Braggs

Apple Cider Vinegar

✓ Natural
✓ Safe
✓ Amazing

by Jane A. Thomas AAS MH CWC CR Reiki Master
with Karen Harbison and Alexandra Richter

Another healthy bite from your friends at JB's!
Jane and Daniel Thomas own JB's Health Mart, an award-winning health food store in the enchanting Ozarks. In 2012, JB's received the Rising Star of Entrepreneurship award, one of just 20 businesses selected annually for innovation, leadership, and forward thinking. Jane is the author of the e-book Smoothies for Health, several healthy lifestyle booklets, and edits JB's newsletter, Timeless Remedies. Her lifelong passion for holistic health has led her to being a zealous ambassador for wellness in the community. Most days you will find her at the store discussing the path to higher health with her customers.

Jane is a 2012 graduate of the American College of Healthcare Sciences where she earned an Associate of Applied Science degree in Medical Herbalist and became a Master Herbalist. In 2009 she became a Certified Ingham Reflexologist. She achieved Reiki Master in 2012. Jane received the Famous Alumni 2013 award from the DETC. She is a member of the Alliance of International Aromatherapists, the International Institute of Reflexology, Reflexology Association of Missouri, http://reflexology-usa.org/, the National Association of Nutritional Professionals, and the National Products Association. She has spoken about holistic health, marketing, reflexology, and aromatherapy both locally and nationally. Jane has been featured in several trade magazines including Vitamin Retailer. Jane is an herbal medicine maker, healthy gourmet cook, musician, avid reader (about health of course) and dog fancier. She and Dan live on an Ozark Plateau in an insulated concrete home they built in the pastoral Ozark countryside. They have 3 children and 7 grandchildren.
Apple Cider Vinegar is an amazing product that helps the body combat so many different issues. We recommend Braggs Apple Cider Vinegar because it is made from certified organic raw apples and is unfiltered, unheated, unpasteurized with 5% acidity. It contains the floating "mother" which occurs naturally as strand-like enzymes of connected protein molecules. The daily tonic recipe is on the bottle. One of our customers recently proclaimed incredible health improvements after drinking the tonic daily for one month. Get on the vinegar wagon - woot woot!

### 20 Uses for Apple Cider Vinegar

1. Prevents flu and stomach illness  
2. Dissolves kidney stones  
3. Helps reduce/prevent acne  
4. Regulates pH balance in the body  
5. Helps relieve nausea  
6. Helps relieve heart burn or chronic acid reflux  
7. Helps relieve asthma  
8. Helps relieve allergies  
9. Helps relieve gout  
10. Helps lower glucose levels in diabetics  
11. Helps break down fat  
12. Helps relieve migraines  
13. Helps relieve sinus pressure and infection  
14. Lowers blood pressure  
15. Lowers cholesterol  
16. Kills cancer cells or slow their growth  
17. Reduces inflammation  
18. Gets rid of buildup on scalp  
19. Reduces or relieve arthritis  
20. Gets rid of fingernail or toenail fungus

What an excellent way to repurpose a Pilsner glass!
Forget the coffee!
Start and End Your Day with the Following Healthy Energy Drink:

8 oz of purified water
1 or 2 teaspoon(s) Bragg’s Apple Cider Vinegar
1/2 teaspoon of Honey (or stevia to taste)
1/2 teaspoon of Cinnamon

Or pick up a tasty premade vinegar drink and get the same results!
News! Vinegar turns on fat-melting genes

Even in the face of modern medical breakthroughs, some humble folk remedies manage to endure. One of the best? Vinegar. First used by Hippocrates as a curative tonic circa 400 B.C., this nutrient-rich liquid has been pressed into service by everyone from Christopher Columbus (to ward off scurvy) to U.S. soldiers in World War I (to disinfect battle wounds).

Fast-forward to 2009, when scientists began taking a fresh look at this inexpensive kitchen staple—and uncovering unexpected health benefits in the process. Just this year a team of Japanese researchers observed that vinegar’s acetic acid switches on genes that are key to the manufacture of fatty acid oxidation enzyme. These powerful catalysts were shown to block the body’s storage of incoming dietary fat, plus break down and eliminate nearly 10 percent of existing body fat. This discovery builds on a study at Australia’s University of Sydney in which subjects who consumed 2 Tbs. of apple cider vinegar daily experienced fewer surges and crashes in blood sugar levels—and therefore ate 1,400 fewer calories per week—than volunteers in the control group. One reason for this benefit is that apple cider vinegar, though acidic itself, contains potassium. This alkalining mineral has been shown to neutralize internal acidity as it is metabolized, heightening cell sensitivity to glucose-regulating insulin.

No wonder Hollywood has come calling: Celebrities like Megan Fox and Cindy Crawford have reportedly started using vinegar to stay slim. And The Black Eyed Peas front woman Fergie doesn’t go a day without it. “I do vinegar shots, 2 tablespoons,” reveals the newlywed, who learned the trick from her trainer, Natasha Kufa. “I’ve noticed a difference on my stomach.”

A trim tummy is just the beginning

It turns out that our ancestors were right about vinegar’s germ-fighting powers. Researchers at Massachusetts General Hospital in Boston found that apple cider vinegar’s stores of acetic acid bind to illness-causing bacteria in the body and render them harmless. This can boost the body’s defenses against infections ranging from MRSA and strep to sinusitis and stomach flu. And there’s more: Studies at UCLA and elsewhere show that apple cider vinegar’s abundant potassium can flatten bloat by flushing retained water from tissues, help normalize muscle contractions to prevent aches and bring down blood pressure.

How to get the perks

For best results, FIRST’s nutrition expert, Ann Louise Gittleman, Ph.D., recommends consuming 2 Tbs. a day of unfiltered, unpasteurized vinegar, which doesn’t undergo the intense processing that can reduce levels of beneficial compounds. (Shake the bottle to distribute any sediment, in which some of these compounds are concentrated.) While many apple cider vinegar fans enjoy drinking it straight, it’s also delicious drizzled over bean salad, boiled potatoes, French fries or hush puppies.

Fergie’s flat-belly secret

“I’m all about sharing secrets,” says singer Fergie, 34, who recently revealed that drinking “shots” of a pantry find helped her shed the 13 pounds she gained for her role in the upcoming film Nine.

THE BEST APPLE CIDER VINEGAR PICKS

Bragg Organic Raw Apple Cider Vinegar ($3 for 16 oz., at Bragg.com and supermarkets)
Spectrum Organic Apple Cider Vinegar ($4, at SpectrumOrganics.com and supermarkets)
White House Apple Cider Vinegar (and supermarkets)
Foods.co and super-markets

Product information courtesy of Cook’s IllustratedCooksIllustrated.com.
And from the apple cider vinegar savants at Braggs:

Bragg Organic Raw Apple Cider Vinegar is made from delicious, healthy, organically grown apples. Processed and bottled in accordance with USDA guidelines, it is Certified Organic by Organic Certifiers and Oregon Tilth; and is Kosher Certified. Bragg Organic Raw Apple Cider Vinegar is full of zesty natural goodness. It’s a wholesome way to add delicious flavor to salads, veggies, most foods, and even sprinkle over popcorn.

Apple Cider Vinegar has been highly regarded throughout history. In 400 B.C. the great Hippocrates, Father of Medicine, used it for its amazing health qualities.

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<tr>
<th>INTERNAL BENEFITS</th>
<th>EXTERNAL BENEFITS</th>
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<tr>
<td>- Rich in enzymes &amp; potassium</td>
<td>- Helps maintain healthy skin</td>
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<tr>
<td>- Support a healthy immune system</td>
<td>- Helps promote youthful, healthy bodies</td>
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<tr>
<td>- Helps control weight</td>
<td>- Soothes irritated skin</td>
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<tr>
<td>- Promotes digestion &amp; pH Balance</td>
<td>- Relieves muscle pain from exercise</td>
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<tr>
<td>- Helps soothe dry throats</td>
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<td>- Helps remove body sludge toxin</td>
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TOP 20 USES FOR APPLE CIDER VINEGAR

1. Wards off flu
2. Dissolves kidney stones
3. Detoxifies the body
4. Regulates pH balance in the body
5. Aids with nausea
6. Relieves heart burn
7. Relieves allergies
8. Lowers glucose levels in diabetics
9. Natural appetite suppressant
10. Helps relieve migraines
11. Helps relieve sinus pressure and infection
12. Lowers blood pressure
13. Lowers cholesterol
14. Kills cancer cells or slow their growth
15. Reduces inflammation, relieve arthritis
16. Gets rid of buildup on scalp
17. Gets rid of fingernail or toenail fungus
18. Soothes bug bites
19. Gets rid of warts
20. Clears skin

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According to [http://www.healthylivingmagazine.us/#!current-issue/c1gk7 accessed 7.16.13: “When fresh apples are allowed to ferment organically, the result is vinegar that contains natural sediment with pectin, trace minerals, beneficial bacteria and enzymes. Apple cider vinegar, dark, unrefined and different from refined clear versions, contains high levels of cholesterol-reducing pectin and 19 minerals including potassium, phosphorus, chlorine, sodium, magnesium, calcium, sulfur, iron, fluorine and silicon. In fact, apple cider vinegar contains 93 different components that can help the body.

And it just so happens that apple cider vinegar drinks are gaining popularity. A special edition of The Oprah Winfrey show called 'Diabetes-The Silent Killer,' featured a discussion with Oprah, fitness guru (and Healthy Living contributor) Bob Greene and popular television physician Mehmet Oz, MD, about the health benefits of apple cider vinegar in lowering the glycemic index of a meal when added to foods (the glycemic index is a scientific measure of how fast carbohydrate-containing foods raise blood sugar levels). Low glycemic index foods and meals are associated with better blood sugar and insulin level control for diabetics and for weight control.

A new study conducted at Arizona State University (ASU) by Dr. Carol Johnston, professor and director of the Nutrition Department, supports the therapeutic effects of apple cider vinegar drinks (taken in the form of Bragg Organic Apple Cider) for individuals at risk for Type 2 Diabetes, including those diagnosed with prediabetes. The study is important because it presents a food that may well prove useful in fighting diabetes in susceptible individuals.

'Vinegar ingestion at mealtime reduces postprandial glycemia and increases satiety, metabolic effects that may benefit individuals struggling with diabetes,' say the authors of the study, presented at the 2013 Experimental biology Conference in Boston in April.

The study notes that vinegar has been a favorite food among the diabetic community:

‘In a research summary, the American diabetes Association states that 'Vinegar may make food healthier.' As a result, the medicinal use of vinegar has likely increased in recent years. The main constituent of vinegar, acetic acid, is the active component responsible for the improved glycemic responses to meal ingestion.'
The researchers said that most vinegar research to date involved acute trials spanning one to two meals. Little is known regarding the long-term effects of regular vinegar ingestion in healthy individuals at risk for developing diabetes, they added.

The 12-week study investigated the effects of daily vinegar ingestion on blood glucose concentrations in healthy individuals with elevated fasting glucose and insulin levels (98 mg/dl for glucose, 19 uU/ml).

Of the 14 participants (including 13 women), 8 were diagnosed prediabetic, but were not prescribed hypoglycemic medications. Fasting glucose and two hour post-meal glucose concentrations were recorded daily using a glucometer.

Reductions in fasting glucose were immediate and sustained for the vinegar drink group with an average 12-week reduction of more than 16 and 4.5 mg/dl, respectively. Average 12-week reductions in two-hour post-meal glucose did not vary significantly between groups.

The study concludes, “These results support a therapeutic effect for vinegar in individuals at risk for Type 2 Diabetes, including those diagnosed with prediabetes.”

REFERENCES:

Healthy Living Recommends
www.bragg.com
800-446-1990
So get on the vinegar bandwagon today and reclaim that youthful energy, healthy glow, and pep in your step!!

Sage words by which to live:

"Be so strong that nothing can disturb your piece of mind. Talk, health, happiness, and prosperity to every person you meet. Make all your friends feel there is something special in them. Look at the sunny side of everything. Think only of the best, work only for the best, and expect only the best. Be as enthusiastic about the success of others as you are about your own. Forget the mistakes of the past and press on to the greater achievements of the future. Give everyone a smile. Spend so much time improving yourself that you have no time left to criticize others. Be too big for worry and too noble for anger."

- Christian Andersen

Asante¹

Our affiliations:

¹ Asante - "to your health" in French.
Resources:
facebook.com/steintomygreenworld  pinterest/mygreenworld
www.theskysgrp.com
First for Women magazine
www.emasherbs.com
www.healingpowerhour.com
(all accessed on 7-1-13)

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