



apple cider vinegar

Apple cider vinegar is a natural herbal remedy that has been used effectively for thousands of years. Its uses dates as far back as 3000B.C. Apple cider vinegar has been used to treat: arthritis, asthma, candida albicans, constipation and obesity. It has been shown to received a lot of press in promoting weight loss. Apple cider vinegar has been shown to stimulate digestion and to balance out the acid alkalinity levels in the digestive system.

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Apple cider vinegar has a high concentration of the following: potassium, phosphorous, natural organic sodium, magnesium, sulfur, iron, copper, natural organic fluorine, silicon, trace minerals, enzymes, and naturally occurring malic acid and tartaric acids which are important in fighting body toxins and preventing growth of unfriendly bacteria or candida.

It is very rich in potassium in particular. Our cells contain more potassium than any other mineral. Potassium is essential in maintaining fluid balance in our cells and is required for the enzymatic reactions taking place within them. It is used to convert glucose into glycogen for storage. It is also used for nerve transmissions, contraction of muscles and hormone secretion. Potassium neutralizes excess sodium in the body and releases trapped fluids.

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Potassium deficiency symptoms include: nausea, vomiting, listlessness, feelings of apprehension, muscle weakness, muscle spasms, cramps and tachycardia (rapid heartbeat). It has also been shown in studies to reduce chances of stroke and to protect against kidney damage.

Apple cider vinegar has been shown to be safe and non-toxic. Almost anyone could benefit by adding this ancient super food into their daily supplementation program.

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