

APPLE CIDER VINEGAR

Apple Cider Vinegar Weight Loss is the latest buzzword around the fitness and weight-loss industry. Most people think that an apple cider vinegar diet is a new invention. In fact it is quite old, just now returning to popularity.

To truly understand the origins of apple cider vinegar, we must explore vinegar itself, and how it has been used for thousands of years.

Vinegar has been used in one form or another for over 10,000 years. It is currently used for many purposes and throughout the ages has served as a preservative, condiment, beauty aid, cleaning agent and medicine.

The word vinegar comes from the Latin word *vinum* meaning wine and *acer* meaning sour. These two words were combined to make *vinegre*. In 5,000 B.C. the Babylonians fermented the fruit of date palms and created a date vinegar. The Romans made vinegar from grapes, figs, dates and rye. The Julius Caesar and his armies would drink vinegar and water for its antiseptic properties. Hippocrates, the "father of medicine", recommended vinegar for his patients who fell ill. Vinegar is mentioned in the Bible a number of times in both the Old and New Testament. Many ancient cultures used vinegar and valued it for its medicinal benefits. It was used for disinfecting wounds and for insect bites and snake bites. Vinegar compresses were useful for healing bruises.

As modern medicine evolved, people began looking for an equally effective, yet better tasting alternative to the sour, bitter taste of straight vinegar.

The ancient Egyptians are commonly recognized as the inventors of apple cider vinegar, or at least they were the first to realize it's medical benefits. Records show that as far back as 3000 BC, the Egyptians were using apple cider vinegar not just as an antiseptic, but as a weight loss agent as well.

Today, apple cider vinegar is almost exclusively used by people who are looking to shed a few pounds.

I can personally attest to the benefits of apple cider vinegar when it comes to weight loss, but many people don't know that it has lots of other positive uses. The idea of an all natural substance being able to help the body rid itself of many aches, pains, and infections is an attractive prospect. While I certainly don't suffer from most of these ailments on a regular basis, I have read about lots of people who do, and have benefited from using apple cider vinegar.

Headaches: This one was surprising how much it was mentioned. Many chronic headache sufferers begin taking apple cider vinegar immediately when they wake up on days where they can feel a day-long headache coming on. They believe that the apple cider vinegar was able to get to the headache before it set in completely, thereby avoiding it. It should be noted that a lot of these people claimed to be migraine sufferers, but these were certainly not controlled scientific tests, just people's experiences.

Nausea/Queasiness: This one went hand in hand with the headache section. More often than not, people who suffered from chronic headaches also had some degree of nausea that accompanied the headaches. If they were able to avoid the headache, the nausea went with it.

Sore throats: This one is no surprise. People that mixed apple cider vinegar with honey and water had almost instant relief from sore throats. I have tried this one myself and it is quite effective. The honey serves to numb the throat and soothe pain almost on contact, while the vinegar disinfects the germs that are causing the discomfort, thereby providing some longer term relief. Visit the recipe section for simple directions on this one.

Sinus cavities: Along with my sore throat, of course, came a stuffed up head. A positive side-effect of the concoction I made to soothe my sore throat was that it opened up my nasal passage so I could breathe properly again. I suspect this is mainly due to the vinegar.

I was able to gain relief from some of these ailments while taking apple cider vinegar strictly to lose weight. It was a nice unexpected surprise!

Many people have claimed that apple cider vinegar has helped them in their fight with high blood pressure, arthritis, high cholesterol, and bad circulation. These are definitely more serious problems that are apparently helped by apple cider vinegar, but it is best to seek medical attention first.

