



Apple Cider Vinegar for Detoxification

Apple cider vinegar is very versatile and has many all-natural uses in food, household cleaning and health. Many health enthusiasts praise the healing properties of apple cider vinegar to cure almost everything.

It has great cleansing properties due to its rich content of minerals, vitamins and enzymes. It helps the body to remove toxic waste most efficiently before it has time to accumulate and damage the body. It is known to aid digestion and improve bowel movement. It also helps to detoxify the liver, purify the blood and improve circulation due to its powerful enzymes that break down bad cholesterol and prevent it from clogging your arteries.

Apple cider vinegar also helps in maintaining a healthy alkaline pH level to prevent inflammatory processes in the body that are associated with high acidic level in the body. It helps to break up mucus and cleanse the lymph nodes and improve lymph circulation which in turn helps to improve your immune system.

*Note: Apple cider vinegar is very acidic so don't drink it undiluted as it could harm your tooth enamel and your esophagus.

How to Use Apple Cider Vinegar for Detox

Detox Drinks

1 Tbsp. Apple Cider Vinegar
1 Cup of Water
Squeeze of Lemon
Honey to taste

Detox Bath

Add one cup of raw Apple Cider Vinegar to your bath and soak for at least 20 minutes. It's great for softening the skin and rebalancing your skin's pH. It's also an effective treatment if you're suffering from a fungal or bacterial infection or skin irritations, due to its antifungal and antimicrobial properties. You can do this detoxification bath twice a week

Face Wash

Using Apple Cider Vinegar as a face wash helps to treat age spots, acne and pimples. ACV contains powerful alpha hydroxyl acids to help remove dead skin cells and reveal a fresher and healthier complexion underneath them. Many expensive commercial face washes go on about the tiny amounts of alpha hydroxy acids they've added to their products, but Apple Cider Vinegar is full of far higher levels, of which are alive and ready to revive your skin. The 'natural' ingredients in commercial face products are actually dead and useless by the time they are processed and bottled up.

Farming Secrets says: It is amazing how simple remedies are hijacked by industry

With acknowledgement to Jenny Hills of Healthy and Natural World