*[](http://www.healthyfoodhouse.com/they-said-apple-cider-vinegar-is-great-for-you-but-this-is-what-they-didnt-tell-you/)*AP**ple Cider Vinegar Is Great For You, But This Is What They Didn’t Tell You**

Apple cider vinegar is more than just an ingredient commonly used in your kitchen, with powerful antiseptic properties. Namely, vinegar is able to detoxify your entire organism and eliminate all poisonous compounds and waste.

Yet, you should always use it with caution as it is highly acidic and may damage the teeth enamel.



This article will list the most significant uses of vinegar for your health and wellbeing:

**Arthritis**

In a glass of water, mix 2 teaspoons of honey and 2 teaspoons of apple cider vinegar. Consume the mixture 3 times during the day in order to relieve the pain due to arthritis. Moreover, you can also soak the painful area in a solution of apple cider vinegar for around 10 minutes, twice or three times during the day.

**Headaches**

Apple cider vinegar can provide relief in the case of joint pain, migraines, it will effectively detoxify your body, regulate blood pressure, promote weight loss, balance blood sugar and blood pressure and aid in case of constipation.

**Asthma**

Use apple cider vinegar for inhalation in order to prevent or treat asthma.

**Diarrhea**

In order to treat diarrhea and eliminate bacteria, drink a mixture of 2 tablespoons of apple cider vinegar and 8 ounces of water 3 times a day.

**Cough**

In order to treat cough symptoms, you should take unfiltered, raw apple cider vinegar.

**Eye health**

In order to  relieve sore and tired eyes, drink a mixture of two tablespoons of apple cider vinegar and 2 teaspoons of honey three times daily.

**Dizziness**

Vinegar successfully reduces blood glucose levels and blood pressure, so it is great in the treatment of vertigo and dizziness.

**Hemorrhages**

In order to stop the bleeding from the cut, drink a glass of the following mixture at least 6 times a day: add 2 teaspoons of apple cider vinegar to half a glass of water.

**Eczema**

Mix apple cider vinegar, water and honey and consume it three times a day in order to cure eczema.

**Heartburn**

Drink a mixture of a teaspoon of apple cider vinegar and water before meals in order to relieve reflux and heartburn.

**Blood clotting**

Vinegar stimulates the natural process of blood clotting, so drink 2 tablespoons of apple cider vinegar in a  glass full of water 3 times during the day, in order to stop the persistent bleeding from the nose.

**Insomnia**

Before you go to sleep, drink a mixture of a tablespoon of apple cider vinegar and 8 ounces of water. This will help you fall asleep faster and it will provide the needed energy in the morning.

**Fatigue**

At bedtime, drink a cup of honey mixed with 3 teaspoons of apple cider vinegar in order to treat fatigue and provide relaxation of the muscles.

**Hair loss**

Apple cider vinegar stimulates hair growth and balances the pH levels of the scalp. It also prevents dandruff, treats the itchy scalp, and helps you get rid of dead skin cells which clog the follicles of the hair.

**Food poisoning**

Apple cider vinegar soothes GI lining and eliminates bacteria that lead to food poisoning. You should drink a mixture of 2 tablespoons of vinegar into a cup of water before meals.

**Hiccoughs ( Hiccups)**

In order to prevent hiccups, drink a teaspoon of apple cider vinegar in a glass of water before meals.

**Hay fever**

In order to reduce allergy symptoms, as well as hay fever, you should drink 3 tablespoons of apple cider vinegar in some water during the day.

**Ear discharge**

Combine water and apple cider vinegar in equal amounts, dip a cotton ball in it and put it in the painful ear. Leave it for 5 minutes and then lie down on the side in order to drain the liquid out. This will effectively treat the ear infection.

**Hearing**

Apple cider vinegar is high in zinc, manganese, potassium, and magnesium, which are effective in the case of hearing issues. Therefore, you should drink 3 glasses of water with a teaspoon of honey and apple cider vinegar, three times during the day.

Sources and References:
[livingtraditionally.com](http://livingtraditionally.com/apple-cider-vinegar-wonder-drug-yesterday-today-tomorrow/)
[www.weeklyhealthylife.com](http://www.weeklyhealthylife.com/they-said-apple-cider-vinegar-is-great-for-you-but-this-is-what-they-didnt-tell-you/)

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