

8 Applications of Apple Cider Vinegar

To Prevent Diseases
and Improve Your
Skin & Hair Health



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About Zonia

ZONIA.com is an exclusive online community and a video streaming platform for driven parents, busy professionals, diligent students and all other eager-to-be achievers who will stop at nothing to accomplish their health and wellness goals. ZONIA experts do all the research for you based on the latest science and present it to you in an interesting and fun way in short video format. At ZONIA you will find 23+ original shows and hundreds of short videos focused on every aspect of your healthy lifestyle. We will help you to:

- Understand food nutrition to make educated decisions for you and your family
- Stay informed and never be fooled by the “dirty” advertising and marketing messages
- Adopt proven action plans for any area of your life that you desire to improve
- Manage weight naturally without deprivation and starvation
- Master new healthy cooking recipes from our celebrity chefs
- Find the right exercise routine for your targeted areas using safe and effective techniques by world class instructors – dance, yoga, Pilates or bodyweight workouts series
- Master the practice of meditation and hypnotherapy for strong and peaceful mind

Our mission is to help you improve all three key aspects for a healthy and fulfilled life: balanced eating, healthy exercising and a strong willful mind. We want to share with you our knowledge and experience, and provide you with the tools and mindset to build **YOUR OWN HEALTHY, RICH, AND FULFILLING LIFESTYLE** that is in tune with your body, mind and family.



1. Potent Anti-fungal and Anti-bacterial Agent

Page 7

2. Appetite Suppressant

Page 9

3. Cancer Fighter

Page 10

4. Sore Throat Treatment

Page 11

5. Powerful Mouthwash

Page 12

6. Hair Rinse

Page 13

7. Anti-Dandruff Treatment

Page 14

8. Skin Tonic

Page 15

8.1 For Acne

Page 15

8.2 For Skin Tags

Page 16

8.3 For Sunburns

Page 16

8.4 For Wrinkles

Page 17

8.5 For Exfoliation

Page 18

8.6 For Toning

Page 19

8.7 For Cleanliness

Page 20

8.8 For Blemishes

Page 21



Apple cider vinegar is truly amazing!

It's not just a delicious ingredient in your favorite salad; it's also phenomenal for your health.

In fact, apple cider vinegar is one of the oldest and most potent remedies, used throughout history and being rediscovered again to treat a wide range of conditions.

Join us on a journey to discover the limitless uses of apple cider vinegar to improve your whole-body health, head to toes.

Benefit #1

Potent Anti-Fungal and Anti-Bacterial Agent

Apple cider vinegar has been the subject of a number of studies that delved into its healing and beneficial properties. Research proves that it's a marvelous remedy with a wide number of uses.



One study in 2018¹ looked at the antimicrobial activity of apple cider vinegar, testing its effectiveness against a number of fungi and bacteria, including:

- E. coli
- Staphylococcus aureus
- Candida albicans

Apple cider vinegar was watered down—between a 1:2 and 1:50 ratio—and tested against these three pathogens. It was found that Candida yeast was affected with a stronger concentration

of vinegar (1:2), while E. coli was affected by even a very small amount of apple cider vinegar (1:50). This proves apple cider vinegar's potency when it comes to treating fungal and bacterial infections—including scalp ringworm and toe fungus—a true head to toe treatment!

Apple cider vinegar also had some pretty remarkable effects on pathogens. Cytokine secretion decreased as a result of the vinegar, as did inflammatory markers. The vinegar also impaired cellular integrity and decreased the enzymes produced by the pathogens. As the study concluded, apple cider vinegar “has multiple antimicrobial potential with clinical therapeutic implications.”

Another study from 2019² examined the effects of apple cider vinegar on bacteria, fungi, and viruses, analyzing it as a potential home remedy. The study found that apple cider vinegar had immediate and visible effects on all of the pathogens at full concentration, but when it was watered down to 25% strength, certain types of yeast—such as Candida yeast—were less susceptible to its effects.

The study made it clear that the benefits of apple cider vinegar are the result of the phenolic compounds in the vinegar, as well as its high antioxidant content and bioactive compounds. The study concluded that apple cider vinegar has been proven to be useful for generalized treatments, but further research is needed for realistic and safe applications.

Benefit #2

Appetite Suppressant



One Japanese study³ found that men who drank water with apple cider vinegar every day saw a visible decrease in their visceral fat, waist circumference, body weight, BMI, and cholesterol levels.

However, it's important to note that vinegar is not a direct weight loss tool. But you'll find a lot of diets promoting its use—one, the Apple Cider Vinegar Diet, actually relies heavily on it as a means of curbing your hunger and encouraging weight loss.

There is no scientific proof that apple cider vinegar alone will directly contribute to weight loss. In the Japanese study above, it helped men who were already conscious of their eating habits (and, likely, reducing caloric intake) to see better weight loss. For this reason, it is a good idea to add a bit of apple cider into your water as part of your healthy, balanced diet.

Cancer Fighter



Research has indicated that apple cider vinegar can kill cancer cells in vitro⁴. Thanks to its antioxidant properties, it can induce cellular apoptosis (death) in cancer cells. While it's not a recognized cancer treatment, it's one more addition to your list of home remedies to aid you in the prevention and management of cancer.

This effect may be due to the acetic acid in vinegar, which can possibly impair and even kill off cancer cells. It may also be due to the high polyphenol content in the vinegar.

Polyphenols are antioxidants that are known to have powerful anti-cancer benefits. Not only can they protect against existing cancer cells, but they reduce the damage to your body's cells that may lead to the development of cancerous cells.

Benefit #4

Sore Throat Treatment



If you've got a sore throat caused by an infection, it may be a good idea to make yourself a gargle using warm water and a spoonful of apple cider vinegar. Though there have been no studies conducted to provide concrete evidence, this is one of the oldest home remedies for treating sore throats. Apple cider vinegar has potent antibacterial properties that help kill off the source of the infection. Just be aware that highly concentrated apple cider vinegar can irritate your throat, so make sure to dilute it before gargling.

To really make it an effective remedy for your sore throat, try mixing in a spoonful of honey, too.

Like apple cider vinegar, honey is a potent antibacterial agent that can kill the bacteria causing the throat infection. It's also a powerful cough suppressant that can help soothe the inflammation that is making your throat feel so raw and sore.

A blend of this two-for-one remedy may be the perfect way to treat a nagging sore throat and cough!

Powerful Mouthwash



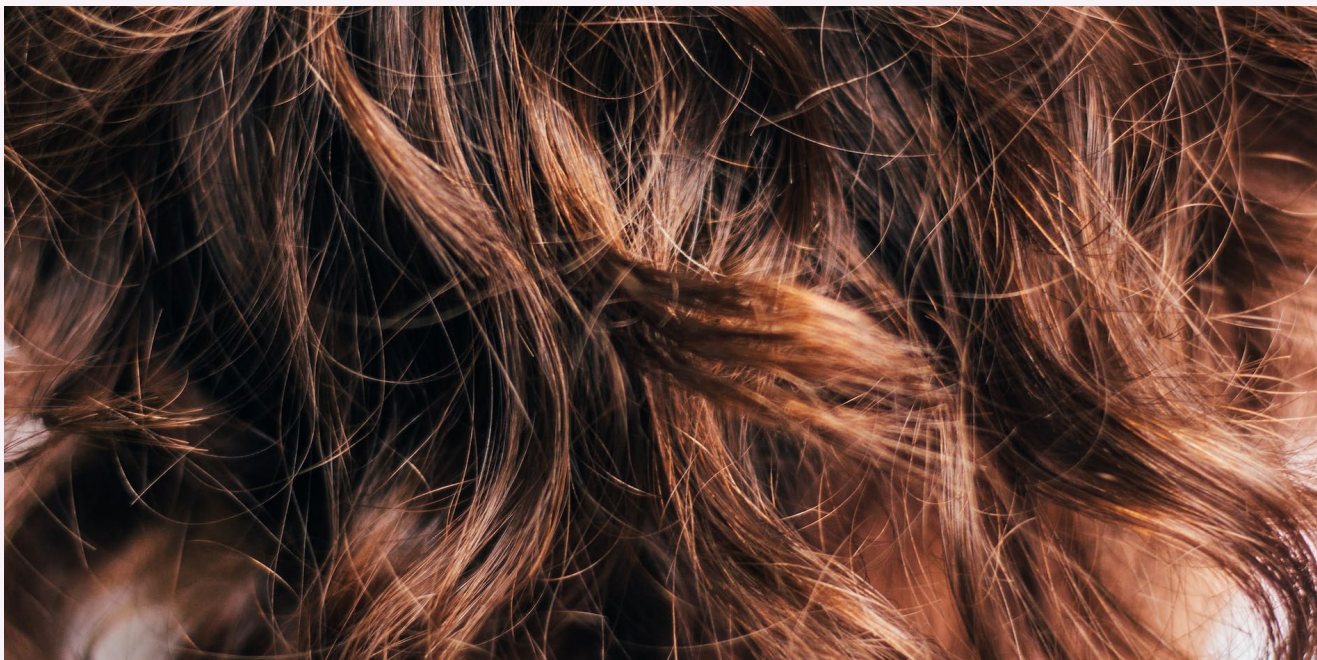
Want to make sure your mouth is extra clean after a meal? Add a spoonful of apple cider vinegar into half a cup of warm water and swish it around in your mouth. The vinegar will help to kill off any bacteria breeding in your mouth while cleaning out food that might be stuck between your teeth.

However, make certain that the vinegar is very diluted before you swish it around in your mouth. Apple cider vinegar is very acidic, and that acid will deteriorate the enamel protecting your teeth. Over time, regular use of full-potency apple cider vinegar may contribute to dental problems.

That's why you should only use a spoonful of apple cider vinegar in your half-cup of water. By diluting it, you maintain the anti-bacterial benefits (killing off the odor-causing bacteria in your mouth) without putting your teeth at risk.

Benefit #6

Hair Rinse



Using a bit of apple cider vinegar with water to rinse your hair could be an amazing new addition to your hair care routine. The acidity of the vinegar will help remove any accumulated product in your hair, and it can detangle your hair and increase its shine. Lowering your scalp and hair's pH can increase its luster. Your hair will look naturally glossier and more beautiful with regular treatments.

Just pay attention to your scalp—if you feel it tingling, the vinegar may be too strong for your sensitive skin.

Ideally, you should wash out the rinse no more than 5 minutes after applying it. If you have sensitive skin, you should wash it out sooner, after just 2-3 minutes.

If left in too long, the acid in the vinegar can burn your scalp.

Anti-Dandruff Treatment



Apple cider vinegar is particularly effective against dandruff. Add a spoonful into a glass of warm water, pour the mixture over your head, and massage it into your scalp. The acidity of the vinegar can help to prevent bacteria from multiplying and accelerating the turnover rate of your scalp's skin cells, preventing dandruff.

Apple cider vinegar will also balance out your skin's pH levels. Many shampoos, soaps, conditioners, and hair care products will push the pH balance of your scalp toward the alkaline. Ideally, you want your scalp to be more acidic—the ideal pH balance is roughly 5.5⁵.

When watered down, the acetic acid in the apple cider vinegar can eradicate anything that could be pushing your scalp toward the alkaline and restore it to a more acidic pH level. The effects are only temporary, though, so you'll want to use this treatment regularly (at least 1-2 times per week) in order to maintain that healthy pH balance in your scalp.

Benefit #8

Skin Tonic

One of the main benefits—and most common uses—of apple cider vinegar is to improve your skin health. In fact, it can be used for just about everything:

8.1 For Acne



The acidity of the vinegar will have natural anti-microbial properties that will kill off any germs that accumulate in your pores along with dead skin cells.

The vinegar's antibacterial properties will eliminate the bacteria that are responsible for causing the acne breakouts in the first place.

Along with the oil-reducing benefits of the vinegar's natural acidity, you can eliminate all four of the main problems that contribute to acne.

For people who regularly suffer from acne breakouts, daily use of apple cider vinegar can be an excellent natural solution for combating the root cause of pimples!

8.2 For Skin Tags



Skin tags are growths of skin that are typically benign and harmless, though many people remove them because they look odd or may rub against your clothing during exercise.

Apple cider vinegar has been used as a home remedy against skin tags. Apply the vinegar to the skin tags to dry them out, and the dried-out tags naturally fall off.

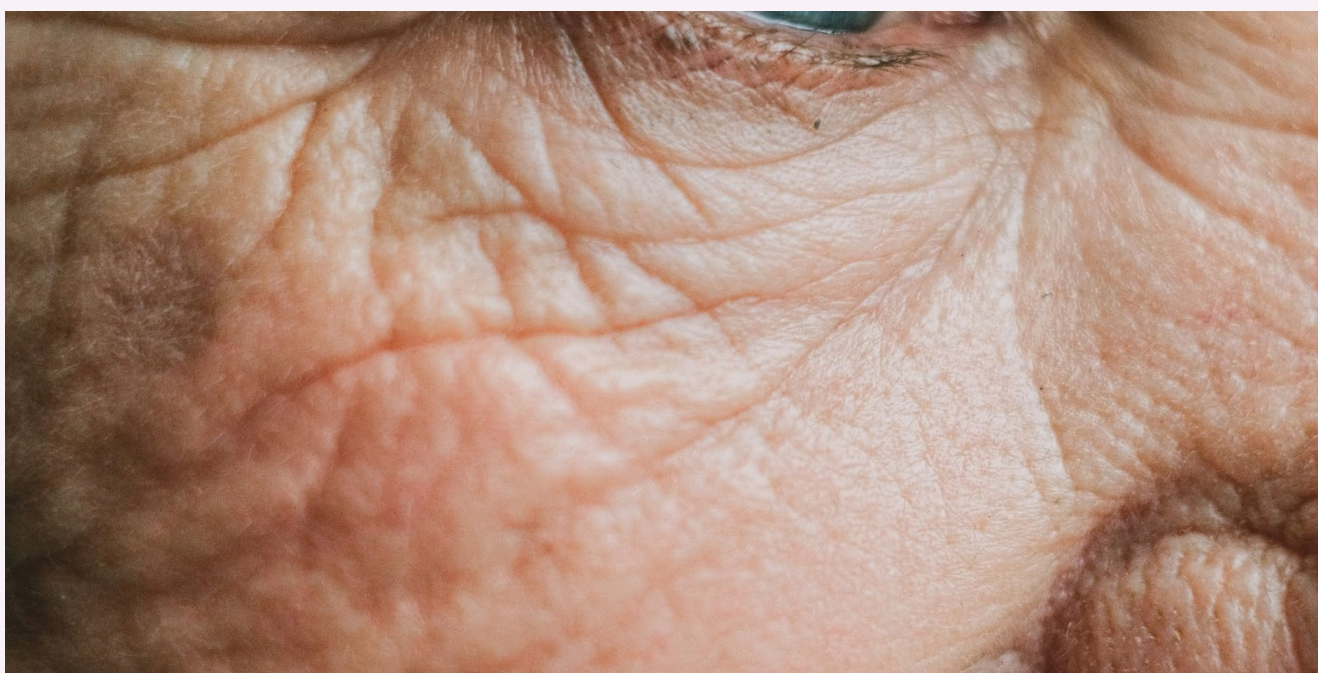
However, there is no scientific evidence to back this up as an effective treatment, but it is a natural remedy that may benefit those who try it.

8.3 For Sunburns



There is no concrete evidence that apple cider vinegar is an effective treatment against sunburn. However, many sunburn remedies involve vinegar (along with egg whites and aloe vera) as a means of combatting the inflammation and mediating the skin damage caused by the sunburn.

8.4 For Wrinkles



Wrinkles form due to a number of causes, but the most common cause is a lack of collagen and elastin.

Collagen and elastin are the two proteins your skin produces that maintain its elasticity, tightness, and freshness. When your skin can't produce enough (a common problem as we age), the skin begins to sag, age, and develop wrinkles.

Apple cider vinegar is often used as an anti-wrinkle treatment because of its natural anti-inflammatory properties. Inflammation can reduce the skin's production of collagen and

elastin, so curbing inflammation is an excellent way to ensure your body can produce enough of these proteins to maintain healthy skin.

Apple cider vinegar also contains alpha hydroxy acid, which is highly effective at clearing away dead skin cells (which is why it's so great for acne). Eliminating dead skin cells will make way for new skin cells to form, which in turn will increase the “freshness” of your skin's appearance.

Last, but certainly not least, apple cider vinegar tightens your skin, naturally preventing the sagging and fading that leads to wrinkles. It's not a permanent solution—it won't replace the need for collagen and elastin—but it can help you in your fight against premature skin aging.

8.5 For Exfoliation



Exfoliation, or the removal of old, dead skin cells, is crucial for good skin health. When you eliminate the old and dead skin cells, it makes way for your skin to produce more new, healthy cells.

The acids in apple cider vinegar (including malic acid) can be a potent chemical exfoliating agent that removes the faded, tired, old outermost layer of skin and makes way for fresh skin to form.

8.6 For Toning



Apple cider vinegar can be used as a toner to eliminate any bacteria that may contribute to skin discoloration or blemishes, and to encourage the turnover of skin cells to produce fresh, healthy skin.

Typically, apple cider vinegar is diluted with water and applied to tighten, tone, and rejuvenate the skin. It's important to avoid the eye area when applying it to the face.

8.7 For Cleanliness



Our faces accumulate a lot of dirt, grime, oil, and dead skin cells over the course of the day. For people who have dirty jobs (such as mechanics, welders, carpenters, painters, etc.), the accumulation of gunk and germs is exponentially higher.

Apple cider vinegar is an excellent facial cleanser. The acids in vinegar will eradicate any germs, neutralize bacteria, and wash away any dirt and grime.

Using apple cider vinegar to wash your face every morning and night will do wonders to encourage better skin health and cleanliness no matter how “dirty” your job is or what you’re exposed to during your day.

8.8 For Blemishes



When you see blemishes forming on your skin, you can dab a bit of apple cider vinegar (diluted in water) onto the dark or light spots. If the blemishes are caused by bacteria, fungi, or other microbes, the acidity of the vinegar will curb their growth. If the blemishes are the result of excessive build-up of grime, dirt, or dead skin cells, the vinegar will eradicate the source of the problem, too.

Did you know that apple cider vinegar can be used as a spot treatment to combat blemishes?

Conclusion

As you can see, apple cider vinegar has some truly amazing properties.

It can improve your health both inside and out, helping you to combat everything from sore throats to oral bacteria, scalp problems to skin conditions. It may even be a powerful cancer-fighting and cancer-preventing remedy, too.

It's definitely time to start using it in your home!

Resources

1. <https://pubmed.ncbi.nlm.nih.gov/29379012/>
2. <https://pubmed.ncbi.nlm.nih.gov/29224370/>
3. <https://pubmed.ncbi.nlm.nih.gov/19661687/>
4. <https://pubmed.ncbi.nlm.nih.gov/15149153/>
5. <https://www.medicalnewstoday.com/articles/apple-cider-vinegar-for-dandruff#does-it-work>

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