

Life Force Global Pty Ltd

Unit 16, 1 Cowparsture Place

Wetherill Park, NSW 2164

Web: www.lifeforceglobal.com.au



ACV (Apple Cider Vinegar)

A natural, inexpensive, anti-fungal, antibacterial, antiviral, metabolism-firing, immunity-building miracle worker, apple cider vinegar has been used for centuries for its positive lifestyle effects.

ACV Apple Cider Vinegar can be taken before meals, 1 teaspoon in a glass of water, or applied topically.

ACV is made from organic apples and undergoes a double fermentation process, which produces enzymes and preserves its health-promoting characteristics.

Some of the most beneficial nutrients include:

Potassium: essential for normal heart, kidney and other organ and cellular function

Iron: important for blood health

Magnesium: vital to heart health

Enzymes: boost chemical reactions in the body

Malic acid: protects vinegar from viruses, bacteria and fungus

Acetic acid: slows the digestion of starch and inhibits bacterial growth

Calcium: builds strong bones and teeth

Pectin: helps regulate blood pressure and cholesterol

Ash: maintains a healthy alkaline state in the body

Plus, ACV provides a veritable smorgasbord of vitamins and powerful antioxidants including vitamin A, B6, C, E, thiamin, riboflavin, niacin, pantothenic acid, beta-carotene and lycopene.

Additional benefits and uses include:

1. SPEEDS UP METABOLISM + AIDS WEIGHT LOSS

Apple cider vinegar is known to kick metabolism into overdrive! An effective fat burner, it helps reduce overeating (allows you to recognize when you are full quicker), speeds up the body's metabolic rate and helps alkalize the body.

2. CLEARS UP SKIN

For a natural astringent, apply a washcloth soaked in diluted apple cider vinegar to your face. This will restore your skin to its proper pH level, and make your face feel smoother and less oily (even reducing fine lines in the process). If you have any specific trouble spots i.e. age spots or acne, a dab of neat apple cider vinegar will do the trick.

3. DETOXES THE HOME

A simple cup of apple cider vinegar added to 3.5 liters of warm water makes for a super shiny anti bacterial cleaner on most surfaces, including wooden floors and tiles.

4. HEALS A SORE THROAT

If you add two tablespoons of apple cider vinegar to half a cup of water, you have a very effective throat gargle. Gargle every hour at the first sign of a sore throat.

5. INCREASES ENERGY

Apple cider vinegar contains enzymes that help prevent exhaustion. Add a tablespoon to a small glass of water.

6. CURES ACID REFLUX AND HEARTBURN

A teaspoon of apple cider vinegar is helpful in breaking down food in the stomach. It is a natural and effective way to aid digestion.

7. ERADICATES FOOT ODOR

Spray your feet with equal parts water and apple cider vinegar solution. The acid in the apple cider vinegar will help fight off bacteria that causes the smell. It is also great for foot fungus.

8. AIDS JOINT MOBILITY

Apple cider vinegar dissolves uric acid in the body, aiding joint mobility. Add one to two cups to a warm/hot bath and then soak for up to 30 minutes, ensuring you drink plenty of water before and afterwards.

9. AIDS DIGESTION

Apple cider vinegar contains pectin that soothes intestinal spasms. Drink one tablespoon of apple cider vinegar diluted in a cup of water before eating to help reduce gas and bloating.

10. GETS RID OF WARTS

Soak a cotton ball in neat apple cider vinegar and tape it to your wart overnight for as many nights as it takes.

11. ELIMINATES HICCUPS

A spoonful of pure apple cider vinegar triggers nerves in the throat and stops hiccups.

12. ELIMINATES BAD BREATH

Known for its odor-eating qualities, a gargle of apple cider vinegar diluted in water for ten minutes is a great way to restore your breath.

13. HELPS REDUCE THE SYMPTOMS OF ARTHRITIS, TENDONITIS + GOUT.

A soothing bath with a cup of apple cider vinegar added to it helps rid your body of pain.