

20 Uses for Apple Cider Vinegar

1. Prevents flu and stomach illness
2. Dissolves kidney stones
3. Helps reduce/prevent acne
4. Regulates pH balance in the body
5. Helps relieve nausea
6. Helps relieve heart burn or chronic acid reflux
7. Helps relieve asthmatics
8. Helps relieve allergies
9. Helps relieve gout
10. Helps lower glucose levels in diabetics
11. Helps break down fat
12. Helps relieve migraines
13. Helps relieve sinus pressure and infection
14. Lowers blood pressure
15. Lowers cholesterol
16. Kills cancer cells or slow their growth
17. Reduces inflammation
18. Gets rid of buildup on scalp
19. Reduces or relieve arthritis
20. Gets rid of fingernail or toenail fungus