APPLE CIDER VINEGAR CURES

For centuries people have been using natural apple cider vinegar as both a food and a medicine for themselves and for their pets. Since 400BC, Hippocrates, the father of modern medicine, and others, have used vinegar and vinegar mixed with honey, as an energizing tonic and a healing elixir.

Acid reflux
Acne
Allergies
Arthritis
Asthma
Blood pressure
Candida
Cholesterol problems
Chronic fatigue
Dermatitis
Athlete’s foot
Nail fungus
Gout
Influenza
Sinus infection
Sore throat
food poisoning
skin problems

source: somethingawful rawforbeauty.com