

Apple Cider & Vinegar

By Gavin Walsh



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Warning!

This stuff is pretty, bloody, awful on first taste, but persist with this magical tonic, and you'll notice some remarkable changes within your body...that's a promise!

Admittedly, it does take some getting used to and if you've got a sensitive palate I recommend that you don't knock it back neat like silly old me in this photo. In fact...



There are far more sensible options to benefit from this powerful tonic, which is why I had to get this report into your hands...

Pick yourself up a bottle asap! Something along the lines of **Bragg's Organic Raw Apple Cider Vinegar**, which is unfiltered, unheated, unpasteurized and 5% acidity. Plus, it contains the amazing Mother of Vinegar which occurs naturally as strand-like enzymes of connected protein molecules.

Just a couple of teaspoons a day can help you lose weight, boost your energy levels and even improve your overall health and well-being.

I'd go as far as saying it's a must have in your home.

Gavin

P.S. Just a quick note to say I'll abbreviate apple cider vinegar to ACV from here onwards...

The Health Benefits of ACV

ACV is one of those miracle foods that when used properly can really improve your health.

Personally, I've been using ACV on and off for about 3 years. There are a whole host of reasons to consume ACV, some of which I'll touch on here, but first let me tell you why I drink this golden beverage...

Whenever I'm run down, mostly due to lack of sleep, kids jumping on my head or illness my histamine levels kick off and my hay fever goes into overdrive. I look a total mess when this happens and it's no fun whatsoever. Yet...

With a couple of teaspoons of ACV I feel back to normal in the space of 10 minutes or so. It's crazy how fast it works!

Back in the day and I'm talking hundreds of years ago here, ACV was used as a primary ingredient for many health tonics and home remedies, but with the advances in pharmaceuticals and the big money drug companies, ACV kind of got forgotten. However...

It's making a comeback in a big way and can even be found in many grocery stores nowadays. Despite all the benefits that comes with ACV, it's relatively inexpensive, which means everyone can benefit from this amazing healing food source. So...

Let me tell you some of the benefits...

Detoxification

Let's face it, we've all eaten foods we know we shouldn't. It's difficult to avoid them ALL of the time. The problem we've got is that these foods can clog up our bodies and lead to deadly inflammation causing a



whole host of problems. That's why it's crucial that we use ingredients that will flush out the toxins and remove the waste, so that our bodies can run more effectively.

ACV clears out toxins and other unwanted gubbins by flushing the liver and lymphatic system. Plus, it also helps to keep you regular – if you ever feel a wee bit blocked up, then knock some ACV down your throat and you'll be back on track within hours.

Control Candida Yeast

Let's not mess about here, if you've been eating the wrong foods and boozing it up, then chances are you've suffered from candida yeast. Plus, if you've ever been given anti-biotics willy-nilly by a doctor over the years, then there's a good chance that you've whacked all the good bacteria in your digestive system allowing candida to take over.

Some of the more common symptoms of candida include skin issues like eczema, psoriasis, hives, and rashes; nail fungal infections; Irritability, mood swings, anxiety, or depression; vaginal infections, urinary tract infections, rectal itching, or vaginal itching; and severe seasonal allergies.

Ingesting ACV kills candida yeast and helps your body to promote a more well-balanced population of gut flora.

Many people who suffer from this will think that they have celiac disease, so this could remedy a host of issues. It is highly recommended that if you have an issue with candida that you cut back on sugar intake for a few days while you drink a cup of water with apple cider vinegar at least once a day. This will also reduce bowel inflammation.

Prevent Acid Reflux

I know this sounds strange, especially as ACV is considered acidic and people with acid reflux are told to avoid acidic foods. However, once ACV gets into your bod, it becomes very alkaline

and goes to work on reducing the acidity levels. Of course, this all starts in the stomach and if you suffer from acid reflux it's a good idea to have a teaspoon or two mixed with water before your meals to reduce the dreaded reflux.

Great for Skin

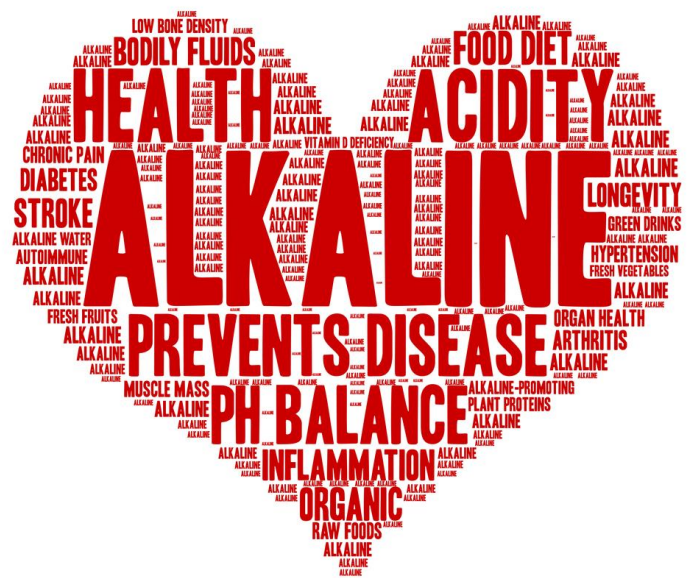
Apple cider vinegar contains acids that promote circulation and dissolve residues found on the surface of the skin. If you were to dilute a small amount of ACV and dip a cotton ball into it, you could dab it onto your face to help promote healing action and gain a more youthful appearance over time. It is also highly anti-inflammatory, so you can use it to treat bites and bruises as well.

pH Balancer

The pH of our organs, blood and body are extremely important to our health and wellness. Our body, for the most part, likes to sit around a neutral pH level. Although with all the stress that comes with modern day life and the shoddy grub that's readily available, many people are leaning dangerously close towards acidosis, which is very bad news if left undetected. You see, disease thrives in an acidic environment and unless we can bring our body back into a neutral pH level, the energy can get sucked right out of you in more ways than one. Bad bacteria can form leading to yeast overgrowth, fungus and potentially life-threatening tumours. ACV is one of the best pH balancers on the planet and an easy fix to administer.

Improve Insulin Sensitivity

ACV has been shown to improve insulin sensitivity and thereby helping to lower blood sugar responses after meals. Why is this good? Here's the dealio...



Constant high levels of blood sugar through poor diet choices can lead to serious weight gain and even diabetes. The hormone, insulin, is released to mop up the excess blood sugar, which then transports it to the relevant organs and tissues for energy usage. Here's the catch though...

Over time your cells, especially your muscles, can become resistant to insulin and so instead of accepting the blood sugar, the cells send insulin on its merry way and unfortunately, this excess blood sugar either gets stored as plain old chub or continues to circulate around the body causing plaque in your arteries, which can lead to heart disease and many other issues.

Reduce Allergy Symptoms

This is something I can personally vouch for and something I mentioned briefly at the start of this report. In fact, many people have been able to reduce their allergies or even reverse them completely using ACV.

How and why this works isn't fully understood, but due to the speed at which ACV gets to work on my allergies I'm willing to go out on a limb and say it related to the pH balance of our bods. Try a couple of teaspoons of ACV mixed with water (or other palatable concoction) taken 2-3 times a day can prevent you from sneezing your head off or scratching away at your skin.

ACV and Weight Loss

Although ACV isn't going to reach into your fat cells and pull out your excess fat kicking and screaming, it can help you lose your excess lard by going under the radar quietly helping other areas of your body function better. And of course, when your body functions better, it makes it easier for you to burn chub.

For instance, when you drink a cup of water with a couple of tablespoons of ACV in it, you will create a more alkaline environment within your body and reduce insulin spikes. As you already know now, an acidic environment is one in which sickness and disease thrives in, so if we can pull you back towards the more of a pH neutral level, you'll have more energy, your hormones will start to function better and the list goes on and on.

ACV can help to keep your insulin hormone from spiking, and raise the presence of another hormone called glucagon that sends messages to the body that it should release fat to be burned for energy. Ingesting a small amount of apple cider vinegar in one cup of water everyday will help to keep your system operating at its most efficient point for fat burning. Happy days!

We live in a world of "clever tricks" and "secret plans" and unfortunately most of these hyped up methods do zip for your weight loss. However, ACV really is a 30-second trick that you can use to drop several pounds without changing anything else...



Reduce Fat Storage

Trial studies on ACV have found that subjects using ACV were able to prevent weight gain, even though their bodies produced chemicals that are usually associated with weight gain and fat storage. This is good news for people who are looking to lose weight, but often struggle because of whacky hormones and sugars often converted to fat almost immediately 😊

It Can Lower Your Blood Sugar

Studies have shown that ACV can help to control and regulate your blood sugar and keep it at a more efficient range for fat burning. Blood sugar spikes are the primary cause of organ damage and other complications that are diabetes related.

A person with diabetes could benefit greatly from being able to avoid an organ damaging blood sugar spike. For the best results, fill a cup with water and add 2 tablespoons of apple cider vinegar. Drink the water 10 - 30 minutes before each meal.

If you do this every day, you will keep your body in a healthier blood sugar range and will likely lose your lardy bits over time 😊

Insulin Signals

We've touched on this already, but it's worth reminding you that in recent studies, scientists were able to prove that ACV can lower the levels of insulin in the body. This is amazing because insulin plays a huge role in weight loss and if we can reduce insulin or at the very least make our muscles more sensitive to this hormone, losing weight will be a far less of a bumpy ride.

This is an important find that can help people to become healthier and even prevent type 2 diabetes.

Beauty Uses For ACV

Have you been looking for an ethical, animal safe way to replace your traditional beauty products? Many people are looking for different ways to take care of their skin and beautify without relying on artificial chemical containing products.

Fortunately, many natural processes give you useful and versatile products that you can use in everyday life. One of these natural products is our cheeky friend, ACV.

Heal Bruises

Everyone bumps into things, and sometimes you don't even notice until a bruise shows up. ACV can be used to reduce the appearance of bruises. All you have to do is dip a cotton ball into a small amount of ACV, and bandage it to the area. The acids in the vinegar will help stimulate blood flow, and has anti-inflammatory properties.

Heal Razor Bumps

When you're trying to get a clean shave, sometimes these little inconvenient things happen. ACV can help by reducing the inflammation of the bump, and then softening the skin over the ingrown hair so that it can grow properly. Dip a cotton ball in apple cider vinegar and apply it directly to the razor bump.

Bath Soak

The acids in ACV can help to dissolve dead skin and make cleaning your skin an easier process. Simply add apple cider vinegar to a warm bath and soak in it for 20 minutes.

When you're done, any inflammation should be calmed, and your skin will be softer and smoother.



Use It as A Toner

Would you like to give the skin on your face a tighter appearance? Try mixing a few tablespoons of apple cider vinegar into a cup of water and use a cotton ball to distribute it on your face. The alpha-hydroxy acids will improve circulation and tightens the skin, but for the best results you'll want to avoid rinsing it off.

Hair Cleanse

If you use a lot of different products in your hair, you know how it can sometimes be difficult to get your hair clean. If you mix a few tablespoons ACV with a cup of water, the acids will dissolve any product in your hair. Rinse with water and end with your favourite conditioner!

Detox With ACV

It's no secret that the world around you are full of pollutants. People have strayed so far from the path of what is natural that most people commonly accept the unnatural as ordinary, and even food has become a major source of contention. Although...

There are many peeps, like your good self, that are turning away from the sources of pollution that are accepted in society today. This has given rise to the demand for a biological cleanse, so let's explore how ACV can cleanse your system of impurities.

Detoxify Your Skin

People often forget that your skin is the largest organ of the body. If that's the case, then that means that it would be a very important organ to take care of in more ways than just rinsing it off every day or so. This is where ACV can be very handy. If you want to detoxify the skin, you can make a warm bath and put some apple cider vinegar into the water and soak or about 20 minutes.

This will make your skin soft and dissolve stubborn dead skin. It will also balance the pH of the surface of your skin, making it healthier as a result. The acids in the vinegar will also encourage new skin growth and stimulate better circulation.

It Helps Your Blood

Studies conducted by doctors have shown that ACV can greatly help to improve cholesterol. This means that these free-floating fats in your blood are less likely to build up and cause problems later. It's also been found to contribute heavily to maintaining a healthy balance of insulin and glucagon, a hormone that regulates how fat is stored in the body.

It Stimulates Lymph Action

One of the primary ways that the body can detoxify, is through action of the lymph system. While there are some physical ways to stimulate this action, any help that can be had is advisable because a cleaner system means a less taxed system. This means

that you will feel better because you are running more efficiently and energy that you get from foods and fats can be used for keeping you healthy instead of constantly battling build ups of toxins in the body.

ACV Salads

I may have mentioned that ACV isn't the most delightful of beverages, so finding other ways to get it into your bod isn't a bad idea. And...



Eating plenty of greens with a sprinkle of ACV on top is a good shout. In fact, the greens have an alkalising effect and as long as you've gone for cruciferous greens like spinach, kale, etc you'll also be able to melt away excess fat in the hips, thighs and butt much easier. Now...

When selecting a salad dressing, nothing beats a dressing that has strong nutritional benefits, so let me give you some pointers...

Simple Oil & Vinegar

If you're making your own dressing for the first time, then this recipe will be a great place to start. This is the simplest dressing on this list, so it's a great choice if you're in a crunch for time and can be made on the go. Another great thing about this simple dressing, is that it has enough flavour to help make some bitter types of greens more palatable.

Ingredients:

- 1 cup apple cider vinegar
- 1 cup olive, grapeseed, or sunflower oil
- 4 tsp honey or pure maple syrup
- 2 dashes of salt and pepper

Oil, Vinegar & More

Some of the best dressings for your health are those with the classic oils and vinegar. An oil and vinegar dressing will also be relatively cost effective and provide you with enough dressing to be used for multiple meals. If you want to add a bit of variety to this recipe, that would be super easy! You can add a tablespoon or two of parmesan cheese to give it a bolder more intense flavour. The following recipe is below.

Ingredients:

- 1 cup apple cider vinegar
- 1 cup extra virgin olive oil
- 4 tsp honey or pure maple syrup
- Fresh juice from 1 lemon
- 1 teaspoon basil, parsley, and/or oregano

Ginger Oil and Vinegar

This dressing packs a real flavour punch and is the best dressing on this list for those of you who would like to avoid eating any kind of sugar with your dressing. Between the ACV and the ginger, your salad will be packed full of healthy beneficial vitamins and minerals, as well as immune boosting nutrients.

Ingredients:

- 1 cup apple cider vinegar
- 1/2 cup extra virgin olive oil
- 1/2 cup sesame oil
- 4 tbsp fresh grated ginger
- 2 tsp fresh lemon juice
- 2 tsp minced garlic

Making ACV More Palatable

There are tons of health benefits when it comes to ACV and I've only just scratched the surface in this report. However, the biggest problem with ACV is that it's not easy to drink. For peeps it can deliver a heavy dose of the heebie-jeebies, so we need to make ACV more palatable without losing the dozens of health benefits that comes with it. Here are a few to help you on your way...

Lemon Water ACV

This is a classic and is probably one that you've come across if you're at all familiar with ACV. However, if you're a total newbie to the delightful world of ACV, this is your best place to start...

This drink should go to work as soon as it hits your stomach as many of the ingredients have the ability to trigger metabolic function and arouse parts of the system that control weight loss.

Ingredients:

- 1 cup of water
- 2 tsp raw apple cider vinegar
- 1.5 tbsp fresh squeezed lemon juice
- 1/2 tsp ground cinnamon
- 1 pinch cayenne pepper (optional)
- 1-3 tsp honey or apple juice (optional)

Cranberry & ACV

Cranberry is famous for helping with the urinary tract issues, improving your blood pressure and giving your bod a huge dose of antioxidants. This ACV drink is simple and inexpensive, so you've got no excuses! You can add more cranberry juice if the flavour isn't quite there or you can even add a small amount of mint to liven it up.

Ingredients:

- 1 cup cold water
- ¾ cup cranberry juice
- jigger of lime juice
- 2 tsp apple cider vinegar

Warm ACV Detox

This recipe requires a wee bit of effort because you will need to heat or boil some of the ingredients.

First up, boil some water and drop in the cloves, and cinnamon. After the mixture cools to a drinkable temperature, add the apple cider vinegar.

Ingredients:

- 2 cinnamon sticks
- 4 cloves
- 1 ½ cups of water
- 2 tsp raw organic ACV
- 1-3 tsp honey

Grapefruit ACV

Grapefruit is well known for its great health benefits. When you pair it with ACV, you get a lot more of those attributes all in one place!

Ingredients:

- 1 1/2 cups grapefruit juice
- 2 tsp raw organic ACV
- 1-3 tsp honey or apple juice
- Sparkling water
- Ice

Final thoughts

Woohoo! You are now officially an ACV convert 😊

Well, give it time and start making ACV a daily habit of yours. When you do, you really start to benefit from the incredible health boosting properties that comes with ACV.



Try to overlook the taste and instead of dismissing it completely, get creative. It's too good a health tool to miss out on!

Anyway...

Thanks for reading this report and I'll be seeing you soon.

Cheerio,

Garvin