

APPLE CIDER VINEGAR

BENEFITS

If you suffer from burping, gas, bloating, reflux, indigestion.....

A table spoon of Apple Cider Vinegar (ACV) before meals may help get rid of those annoying symptoms.

As we age, we can lose the ability to create enough stomach acid to break down our foods for proper digestion resulting in reflux and bloating. Medications, GMO foods, glyphosate and bacterial overgrowth can result in reduced stomach acid.

If you've had your gallbladder removed, you may need an ox bile digestive enzyme to help you process and absorb fats. If ACV isn't strong enough to conquer your digestive issues, you may need a general digestive enzyme with certain meals to resolve issues.

Common ACV brands are Braggs, Filsingers, Flora Wellness Shot, ACV capsules.

ACV CAN HELP WITH

- √ **Acid Reflux and Digestion**
- √ **Acne, Skin Issues**
- √ **Allergies**
- √ **Arthritis**
- √ **Asthma**
- √ **Blood Pressure**
- √ **Blood Sugar and Diabetes**
- √ **Shiny Hair**
- √ **Stronger Immunity**
- √ **Healthy PH Balance**

- √ **Cholesterol**
- √ **Gout**
- √ **Candida and Bacteria**
- √ **Food Poisoning**
- √ **Sore Throat**
- √ **Sinus Infection**
- √ **Nail Fungus**
- √ **Athlete's Foot**
- √ **Anti Inflammatory**
- √ **Weight Reduction**