



*Benefits of
Raw Apple Cider Vinegar*

Hi there!

I am Peggy Ennenga, certified holistic health coach through the Institute for Integrative Nutrition. My areas of study include healthy aging, healthy hormones, gut health, detox, & weight loss.

I think I was born a “health nut” and even with this passion, I was overwhelmed with so much information on diets and how to age without feeling old and decrepit.

I feel great, have improved my bone density and almost never have a migraine after years of regular excruciatingly painful migraines.

I help people like myself who want to avoid osteoporosis & migraines, know how to eat healthy on the go and have great energy.

It's my passion to teach you the simple habits I use that will help you to Feel Ageless, Be Ageless at every age.

Ready to dive in? I am!

Love,

Coach Peggy ☺





APPLE CIDER VINEGAR GUIDE

Apple cider vinegar is often used for natural home cleaning products, but it is also extremely good for you when drinking or eating it. Apple cider vinegar is a special type of vinegar that has an amber color, and a bit of a bitter taste. It has a lot of excellent health benefits as well. Here are some things to know about ACV and some ways to use it.

1. THE HEALTH BENEFITS OF ACV

Apple cider vinegar is one of those miracle foods that when used properly can improve your health over time. In the past, apple cider vinegar was used as a primary ingredient for many health tonics, home remedies and even as a cleaner.

This versatile acidic liquid can be found in the grocery store, and is somewhat inexpensive, but you're probably wondering what it can do for you. As you read this section, you will discover some of the amazing health benefits of apple cider vinegar.

HELPS TO CONTROL CANDIDA YEAST

One of the most common problems among people who suffer from symptoms like bad breath and difficulty digesting food is that they could overabundance of candida yeast and not even know it. Ingesting apple cider vinegar 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.



HELPS WITH WEIGHT LOSS

When you drink a cup of water with a few tablespoons of apple cider vinegar in it, you will create a more suitable environment in your body for weight loss. When insulin spikes, it can trigger fat storage signals which will result in immediate weight gain.

Apple Cider Vinegar can help to keep your insulin from spiking and raise the presence of a 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.

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 apple cider vinegar 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.


2. BEAUTY USES FOR APPLE CIDER VINEGAR

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 apple cider vinegar. This acidic liquid can be used for everything from cleaning to food, and it is also very affordable. The following information will be about the beauty uses for apple cider vinegar.

IT CAN HEAL BRUISES

Everyone bumps into things, and sometimes you don't even notice until a bruise shows up. Apple cider vinegar can be used to reduce the appearance of bruises. All you have to do is dip a cotton ball into a small amount of apple cider



vinegar 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. Apple cider vinegar 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 apple cider vinegar 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 the texture of your skin and give you radiant, fresher looking skin, but for 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 of apple cider vinegar with a cup of water, the acids will dissolve any product in your hair. Rinse with water and end with your favorite conditioner!

3. HOW APPLE CIDER VINEGAR CAN HELP WITH WEIGHT LOSS

Weight loss can seem like it's nearly impossible for some people. With all the fad diets, and meal plans that are currently dominating the health landscape, it can be hard to know what you can do to achieve your health goals. One thing that



might really surprise you is that there are ways to help yourself to lose weight that are surprisingly simple, and the one you will be reading about today is the marvelous ways in which apple cider vinegar can help you to lose weight.

CAN HELP REDUCE FAT STORAGE

When studies on apple cider vinegar were first being conducted, it was being given to rats so that the doctors could test and monitor blood sugar and weight gain. During the trial, rats didn't gain any significant weight even though their bodies produced chemicals that are usually associated with weight gain. This is good news for people who are looking to lose weight but can't because the food they eat is stored in the form of fat almost immediately.

IT CAN LOWER YOUR BLOOD SUGAR

Studies have shown that apple cider vinegar 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 and add 2 tablespoons of apple cider vinegar. Drink the water 10 - 30 minutes before you eat.

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

INSULIN SIGNALS

In recent studies, scientists were able to prove that apple cider vinegar can lower the levels of insulin in the body. This is a good thing for weight loss because insulin levels have a lot to do with losing weight. When your insulin level is lower, your body is more likely to begin to burn fat because the hormone glucagon sends messages to the body to use the fat you've stored for energy.

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



4. EASY SMOOTHIE RECIPES WITH ACV

Smoothies are a great way to get fast nutrition and jumpstart your metabolism in the morning. These drinks provide a powerful punch of antioxidants and small amounts of protein to get your day off to a good start, but how can you make them even more beneficial? One way that you can beef that smoothies even further, would be to add apple cider vinegar to the mix. This acidic liquid can give you access to a wide range of benefits that can have far reaching effects for days to come, so this section will include a few recipes for you to try.

GETTING READY

For ease and cost effectiveness, most of these recipes will call for frozen fruit. This is a great thing because frozen fruit won't go bad as quickly as fruit that is sitting out. You will need some freezer space and some frozen food containers. Be sure to get some that are good enough to seal properly or it might end up tasting funny.

Most smaller fruit will go into a container with ease. Break bananas into pieces for quick easy portioning. For larger fruit like water melon, simply cut it up when you get it home. Place it in a large container and freeze it, and you're ready to go.

BLUEBERRY WATERMELON

This is a super easy and fast smoothie that will give you some great antioxidants and some vasodilatation. Simply blend a half cup of watermelon, a half cup of blueberries, 3 tablespoons of plain yogurt, and 2 - 3 tablespoons of apple cider vinegar.

CINNAMON BANANA AND FRESH PEAR

This smoothie is a great idea for people with type 2 diabetes because it has the insulin surge protection of not only the apple cider vinegar, but the cinnamon as well. Blend one whole banana with freshly sliced pear pieces. Add a 1/3 teaspoon of cinnamon for flavor and 2 tablespoons of apple cider vinegar to cap it off.



STRAWBERRY BANANA

This is a super simple smoothie that can put a smile on any face, and calls for blending a whole banana, half cup of strawberries, 4 tablespoons of plain or vanilla yogurt, and 2 tablespoons of apple cider vinegar.

SIMPLE AVOCADO

This smoothie very simple smoothie only needs one fresh avocado, 1 tablespoon of honey, 4 tablespoons of vanilla yogurt and 2 tablespoons of apple cider vinegar, for a healthy dose of plant-based fats and a double dose of cholesterol blocking power.

5. HOW TO DETOX YOUR BODY WITH APPLE CIDER VINEGAR

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 source of contention.

Now that many have begun the quest to find what is natural, they 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 this section will be exploring how you can use apple cider vinegar 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 apple cider vinegar 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 apple cider vinegar 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.

Science has shown that even when hormones that are detected during weight gain are found, tests showed that there was no significant weight gain. This is good news for anyone looking to lose weight.

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.

6. SALAD DRESSINGS THAT USE APPLE CIDER VINEGAR

Eating salad has always been the go to food for people who are trying to lose weight. A great mixture of greens should give you the majority of the nutrients that you need to keep energized and ready to take on the day, but salad dressing can make a break this leafy goodness.

When selecting a salad dressing, nothing beats a dressing that has strong nutritional benefits, so this section will be focusing on dressings that are made with a great natural tonic, apple cider vinegar.

SIMPLE OIL AND 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 flavor to help make some bitter types of greens more palatable.



Ingredients

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

OIL AND VINEGAR AND MORE

Some of the best dressings for health are those with the classic oil 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 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 flavor. The following recipe is below.

Ingredients

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

GINGER OIL AND VINEGAR

This dressing has great flavor 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 apple cider vinegar and the ginger, your salad will be packed full of health 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



7. WHAT TO ADD TO YOUR APPLE CIDER VINEGAR DRINKS

Most people who are aware of the natural health movement know that apple cider vinegar has a multitude of benefits that can help you to achieve health goals and help cleanse the body, but very few realize that there are options other than simply drinking it in a glass of water. There are even apple cider vinegar drinks can be quite delicious. At this point you're probably wondering what they may be, so this section will be sharing a few apple cider vinegar drink recipes.

LEMON WATER ACV DRINK

This totally classic drink is probably one that some people have come across, but it's being included here for people that are coming across this concept for the first time. This drink should do a bit of work once 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
- 1.5 tbsp raw apple cider vinegar
- 1.5 tbsp fresh squeezed lemon juice
- 1/2 tsp ground cinnamon
- 1 pinch cayenne pepper (optional)
- Honey or apple juice (optional)

CRANBERRY AND ACV

Cranberry is famous for the way it helps with the urinary tract, helps to lower and improve your blood pressure, and gives you a massive dose of antioxidants. This apple cider vinegar drink is pretty simple and inexpensive. You can add more cranberry just to improve the flavor if you choose. You can even add a small amount of mint to the mix to liven things up.



Ingredients

- 1 cup cold water
- $\frac{3}{4}$ cup cranberry juice
- jigger of lime juice
- 1.5 tbsp apple cider vinegar

THROAT MAGIC HOT ACV DETOX

This recipe requires a small amount of effort because you will need to heat or boil some of the ingredients. 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 $\frac{1}{2}$ cups of water
- 2 tbsp ACV
- 3 tbsp honey

GRAPEFRUIT ACV

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

Ingredients

- 1 $\frac{1}{2}$ cups grapefruit juice
- 1 tbsp raw organic ACV
- Honey or apple juice
- Sparkling water
- Ice



READY TO TAKE YOUR HEALTH TO THE NEXT LEVEL?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits.

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<http://www.healthcoachmt.com/14-day-seasonal-energy-boosting-weight-loss-program/>

You'll receive an in-depth guide, over 50 mouthwatering, allergy-friendly, easy-to-make recipes, and a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally. Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you.



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Testimonials:

“This is life changing! Thank you!” J. H.

“Thank you for not judging me. I felt accepted and listened to during our sessions.” A. T.

“I didn't know how sick I was until I felt good.” M. W.

Connect with Me:

Peggy@healthcoachmt.com

www.healthcoachmt.com

<https://www.facebook.com/PeggyEnnengaCertifiedHealthCoach/>