

SUPER ACV

This information was generated by Gold Director Rowan Emrys, C.N.M.T., an independent distributor for DYNAMITE® Specialty Products. The views expressed herein do not necessarily reflect those of DYNAMITE® MARKETING, Inc. No claims are expressed or implied, and this information is not intended to diagnose, prescribe or cure.

Question: Apple Cider Vinegar is available all over the place so why does **DYNAMITE®** offer their own brand?

Answer: Because regular grocery store vinegar has been pasteurized and distilled with the result that all the nutritional goodness found in the “mother” has been killed leaving it fit to only kill weeds in your garden, whereas the **Super ACV**:

- is made from only the highest quality whole apples, skin and all with a two-fold fermentation process
- is screened only just prior to bottling
- All the nutritious “mother” is retained
- has never been heated or pasteurized
- contains 10-30% more acetic acid than other “high quality” vinegars
- tastes unbelievably good
- is the highest quality vinegar that you can find bar none, including Bragg’s!

Question: How can I tell that **Super ACV** really is whole?

Answer: It is very easy to see the difference between **Super ACV** and standard store-bought vinegars: **Super ACV** is a rich brownish color with a rather cloudy appearance; in essence, a network of tiny strands of material. The color and the appearance are caused by the “mother” which is what contains all the special nutritional goodness and which is distilled and filtered out of the other vinegars. This mother is alive and can actually activate other fermentation processes!

Question: What is the value of the high acetic acid content of **Super ACV**?

Answer: One reason is that a study published in Science News, January 2005, shows that taking

acetic acid, formed by the *acetobacter aceti* bacteria, in the form of vinegar before meals can help control blood sugar levels even better than diabetic medication.

According to the study results, two tablespoons of vinegar taken prior to eating dramatically reduced insulin and glucose spikes in the blood that occur after meals. In people with type 2 diabetes, these spikes can cause major complications, including heart disease. The researchers concluded that the effects of the high-acetic-acid vinegar's effects were comparable to those from anti-diabetes drugs like *metformin*. In brief:

- all groups had better blood readings with the vinegar than with the placebo
- people with pre-diabetic symptoms benefited the most from the vinegar, with blood-glucose concentrations cut by almost half
- people with diabetes improved their blood-glucose levels by 25 percent with the vinegar
- people with pre-diabetic symptoms had lower blood-glucose levels than healthy participants after both drank vinegar

A follow-up study geared at testing vinegar's long-term effects also found that taking vinegar yielded a pleasant side effect: moderate weight loss. In the four-week study, half of participants took a two-tablespoon dose of vinegar prior to each of two meals daily, while the other half were told to avoid vinegar. Participants taking the vinegar lost an average of two pounds over the four-week period, while weight remained constant in the non-vinegar group. And some participants taking vinegar lost up to four pounds.

Generally speaking, **Super ACV** is filled with all the intrinsic vitamins (including the antioxidant beta-carotene), minerals (over a dozen including potassium, magnesium, phosphorus, sulfur, iron, and calcium), and dietary fiber (including the pectin) of organically grown apples enhanced by the fermentation process which adds numerous enzymes and amino acids. Internally, this all has an alkalizing effect (in other words it can remove acid crystals from joints) in the digestive system, acts as

a natural blood thinner, and improves both digestion and mineral assimilation including regulating calcium metabolism. Externally, it helps to balance skin/hair pH and acts as a harmless antiseptic cleanser both on skin and on counters/appliances. In fact, some studies have shown ACV to be even more effective (and with none of the dangers) than bleach against various pathogens.

It has been used for literally thousands of years (since Babylonian B.C.E, 5000) as a versatile and potent antibiotic and antiseptic home remedy for conditions from A to Y such as: *arthritis, asthma, athletes foot, blemishes, colitis, coughs, dandruff, diarrhea, digestion, dizziness, ear discharge, eczema, fatigue, flu, food poisoning, gout, hair loss, hay fever, headaches, hiccups, high blood pressure, insect bites, insomnia, itchy scalp, kidney inflammation, laryngitis, menstruation regulation, migraines, multiple sclerosis, muscle soreness, nosebleeds, obesity, shingles, sinusitis, sore throat, sun burn, urination difficulties, varicose veins, wound care* and *yeast infections*. Please note that if GI tract ulcers exist, **Super ACV** can irritate until the ulcers are healed (try **Miracle Clay!**).

In fact, D.C. Jarvis, M.D. wrote his seminal work, FOLK MEDICINE, A NEW ENGLAND ALMANAC OF NATURAL HEALTH CARE FROM A NOTED VERMONT COUNTRY DOCTOR, (originally published in 1958 but reprinted numerous times, most recently in 1985 which is still available) with a large amount of his advice based on the incredible curative powers of real, non-pasteurized apple cider vinegar.

Some specific suggestions for use include:

GENERAL HOUSEHOLD

- Spray full strength on all kitchen and bathroom counters, etc. for natural anti-bacterial action
- Spray 4-6:1 on windows for real sparkle

KITCHEN

- Eat/drink it daily in your juice, salad dressing (it makes the best!), etc.
- Give extra “bounce” to your spaghetti sauce, soups, stews, etc. by adding 1 teaspoon to 1 tablespoon per pot
- Put 1/4 cup in your stock pot before cooking bones for stock; dissolves the minerals faster

BATHROOM

- Pour 1 cup into your bath for a general stress release soak
- Mix 1 cup ACV to 1 quart hot water and soak sore joints in it for 10 min daily or wet a cloth in the mixture to poultice joints that are not “soakable”
- Take 2 tablespoons in 8 oz. water 3 times daily when food poisoning is suspected
- Spray it on your skin in a 1:10 dilution to relieve sunburn
- Put a tablespoon in the final rinse water for your hair or face (or dog’s coat) to remove all soap residues before moisturizing or conditioning

GARDEN

- Spray full-strength on weeds

HORSES

- Spray a little bit on hay—horses love the taste and it helps when transitioning from one hay to the other or when traveling to induce an appetite
- Put a touch in horse water to mask the taste of strange waters when traveling
- 1 pint per 50 gallons in a stock tank helps keep algae and mosquito larvae in check
- Mix with natural fly spray (about 1/4 of the suggested water amount) such as **DynaShield** to increase its effectiveness
- Add about two ounces to summer feed to discourage flies; when consumed with feed, vinegar causes B₁, which flies dislike, to be excreted through the skin (add **DYNAMITE® Regular** supplement pellets though to make sure horse does not deplete its B₁ supply)

USE **SUPER ACV** in all the ways you formerly used plain old distilled vinegar; and learn numerous new ways of using it from all the books on vinegar that are now available on the internet or at your health food store. You’ll be glad you made the switch to **Super ACV!** ■