

Apple Cider Vinegar, Forgotten Ancient Remedy: A Holy Grail for the Fountain of Youth

By Simon Yu, MD

“Apple cider vinegar for the fountain of youth? You must be kidding!”, you may say. How about those new, exotic fruit drinks from Tibet, China or the Pacific islands? On the other hand, what about the old adages like “an apple a day keeps the doctor away?” And what of the old European folk tale that says, “An apple a day keeps the doctor begging for bread?”

Perhaps the apple and apple cider vinegar have hidden powers as elixirs that have been forgotten in search of the allure of newer, exotic fruit drinks from mysterious, remote mountains or islands. Or does our attention simply get quickly diverted with the latest “FDA approved” magic bullet medications?

On the other hand, the latest statistics, as reported in the Journal of the American Medical Association (JAMA) in 2001, indicate that prescription drugs and medical therapies are one of the leading causes of death in the United States after heart disease and cancer.

In the early stage of my exploration for natural alternative therapy for my patients, while I was working for a HMO, I had great success using apple cider vinegar with my patients with all sorts of digestive problems. However, for the last 15 years even I had forgotten the benefits of using apple cider vinegar.

Using apple cider vinegar many patients were able to stop anti-acid medications. In fact, I tried in vain to convince the pharmacy board members that we could save a lot of money for the HMO by switching Tagamet and Zantac to apple cider vinegar. When I proposed this at a meeting of medical doctors, as you might guess, I received a cold, silent treatment. I stopped using it out of humiliation.

Apple cider vinegar was used in the ancient civilizations of Egypt, Babylonia, Greece and the Roman Empire. It was used for every known medical condition from simple digestive problems, for endurance and stamina, and for external wound care. In 400 B.C in Greece, Hippocrates treated his patients with apple cider vinegar and honey for all sorts of ailments.

Why is apple cider vinegar such a powerful anti-aging elixir? Should it be considered a holy grail of the fountain of youth? Paul Bragg, N.D., Ph.D. described it best. In his book he describes the virtue of apple cider vinegar: It helps to promote a youthful skin and vibrant healthy body, helps remove artery plaque and body toxins, fight germs, bacteria, virus and mold naturally, helps regulate calcium metabolism, helps digestion, assimilation and balance the pH, helps banish ache, athlete’s foot, soothes burns, helps fight arthritis, and helps control and normalize body weight.

Apple cider vinegar is rich in potassium, enzymes and many organic acids. It also contains minerals like boron, iron, trace elements and pectin-soluble fiber. Potassium is considered the mineral of youthfulness. It keeps the arteries flexible and resilient, and maintains youthful, healthy skin. Potassium deficiency can stunt growth. A shortened lifespan occurs for people living on foods from potassium deficient soil.

The organic acids like acetic acid, lactic acid and propionic acid promote digestion, balance acid/alkaline levels of the blood, help detoxify the body, dissolve fats, and kill viruses, bacteria and fungus.

Dr. Alexis Carrel, Nobel Laureate in medicine in 1912 from the Rockefeller Institute for Medical Research in New York, kept the cells of a chicken heart alive and healthy for over 35 years by daily

monitoring their nutrition, cleansing, and elimination. A chicken's full life span is about 7 years. Apple cider vinegar was one of the nutrients given to the chicken heart cells daily for its full quota of potassium.

He stopped the experiment after 35 years of keeping the chicken heart cells alive and stated "The cell is immortal. It is merely the fluid in which it floats that degenerates. Renew this fluid at intervals, give the cells what they require for nutrition and, as far as we know, the pulsation of life may go on forever."

Achieving immortality may not be possible or desirable but with good nutrition and healthy life styles, we may lead active lives up to 120 years old like the Hunzas of Kashmir and the Georgians of Russia.

Well, are you ready to feel younger? Let's start the day with apple cider vinegar! You may start with one teaspoon of apple cider vinegar mixed with 8 oz of filtered water. Gradually increase up to two tablespoons with your meal.

When you feel fatigued or run down in the afternoon, drink a mixture of two tablespoons of apple cider vinegar and one teaspoon of honey with water. In the evening, you may add ginger to honey and apple cider vinegar as a hot tea drink.

There are well over 100 indications for medical usage of apple cider vinegar. I highly recommend reading Dr. Paul Bragg's *Apple Cider Vinegar, Miracle Health System*. You may understand why I think apple cider vinegar might be the forgotten ancient remedy for the Holy Grail of the fountain of youth! You don't have to travel to the remote Himalaya Mountains or the pacific islands for the pursuit of the fountain of youth. Go to the nearest health food store and start with organic apple cider vinegar.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more articles and information about alternative medicine as well as patient success stories visit his web site at www.preventionandhealing.com or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly presentation and discussion by Dr. Yu on Alternative Medicine at his office on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



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