

Benefits of Apple Cider Vinegar for Seasonal Allergies:

Apple cider vinegar contains a number of beneficial compounds including acetic and malic acid, vitamin A, vitamin B6, vitamin C, and several others. These nutrients function to balance the body's natural pH to prevent ill-health and to remedy such issues as allergies and other seasonal disorders. The nutrients it contains also boost the immune system and functioning.

6 Tips for Choosing the Best Apple Cider Vinegar

1. Do Not Buy It at a Supermarket

It seems that supermarkets only have the nice, sparkly, clear, refined vinegar. You don't want pretty vinegar; you want it organic and raw. What you will find on supermarket shelves has been overheated, artificially flavored, processed, and pasteurized. Check out the labels and try to get vinegar that is not pasteurized and pretty.

2. Avoid Plastic Bottles

It has been found that plastic bottles might be made up of a toxic material so anything that is packaged in them could be harmful. This is true of vinegar as well. It is not likely you will find anything packaged in a plastic bottle that will list that they are BPA free so stick with glass bottles.

3. Try Organic

With so many things showing up in our foods every day that can harm us, going organic is the way to go. You also need to watch out for GMO food. Make sure that the vinegar you purchase is labeled "certified organic."

4. Look for Raw Vinegar

Besides being organic, look for vinegar that is raw, which means it hasn't gone through any filtration or chemical process that would make it clear. It also will not have any artificial flavors or chemicals to make it taste better. Any unnecessary process to make this vinegar look better is robbing it of the nutrients that you are buying it for.

5 Look for the Mother in It

When you are shopping for apple cider vinegar, look at the bottle at the very bottom. If you find brown stuff floating around that is called the mother. While it may look yucky it is actually the best part. It is from the fermentation and has all of the live bacteria and enzymes that make this product so powerful.

6 Go for Unpasteurized

Lastly, make sure that your vinegar is not pasteurized. When a product is pasteurized, it is heated which is what destroys harmful bacteria but it also kills the good bacteria.