

Humble but Mighty APPLE CIDER VINEGAR

外表谦卑但功能强大 苹果醋

by **Leon Tan**, Nutritionist
陈健良, 营养师

Apple Cider Vinegar (ACV) falls right in line with garlic as being one of the most talked-about natural remedies in folk medicine.

Traditional uses of ACV are vast. To name just a few: it has been used to ease digestion, aid in flu prevention, reduce inflammation, regulate pH balance, alleviate allergy symptoms, ease nausea and heartburn, as a staple in detox regimens, and to treat a number of skin conditions, including reducing acne and smoothing wrinkles.

What Do We Know About Raw, Organic Apple Cider Vinegar?

Raw, organic ACV is made from sweet varieties of organic apples. These apples undergo a double fermentation process, which produces enzymes and creates many of the vinegar's health-promoting characteristics. As sugar in the apples is broken down, the first ferment yields what we know as "hard" cider, or alcoholic cider. The second fermentation brings forth ACV.

Organic ACV is unpasteurized and contains what is known as the "mother of vinegar", which is a cobweb-looking solid floating in it, making the vinegar appear somewhat cloudy. Also known as *Mycoderma aceti*, mother of vinegar is created when acetic acid bacteria and a type of cellulose develop during the fermentation process. Mother of vinegar contains health-promoting characteristics such as live nutrients and friendly bacteria, and lets you know that the vinegar is unpasteurized. Most vinegar manufacturers nowadays pasteurize the vinegar before it hits the shelves, to get rid of the mother of vinegar, and in turn, a lot of the nutrients that the vinegar offers.

When choosing an ACV, make sure to select one that is raw, organic and unpasteurized, as the pasteurization process can destroy many of the health benefits.

Beneficial Properties

Some of the beneficial properties contained within the mother of vinegar include:

- * **Potassium:** Essential for healthy metabolism, as well as water and chemical balance in the body.
- * **Iron:** Important for blood health.
- * **Magnesium:** Vital to heart health.
- * **Enzymes:** Boost chemical reactions in the body.

如同大蒜, 苹果醋是民间广泛采用的自然疗法药材之一。

苹果醋的传统用途广泛, 例如: 缓解消化问题、预防流感、减少炎症、调节体质酸碱平衡、舒缓过敏症状、减轻恶心反胃和胃灼热, 作为排毒疗程的主要食疗以及治疗一些皮肤问题, 包括减少暗疮和平滑肌肤皱纹。

认识未加工、纯鲜有机苹果醋

未经加工的纯鲜有机苹果醋是由各种鲜甜有机苹果研制。所有的苹果都经过双重发酵过程, 从中产生酵素和许多促进健康益处的有机醋。苹果所含的糖分经过分解后, 在第一次的发酵过程中将会产生所谓的“干型或烈性”的苹果醋或苹果酒。要经过第二次发酵后, 才产生出真正的苹果醋。

有机苹果醋未经高温消毒, 并含有所谓纯正“醋母”的独特天然物质, 即一种像蜘蛛网漂浮于醋里的固态物质, 使醋液显得浓稠、不清澈。其也被称为醋母菌, 即由醋酸菌和一种纤维素的发酵过程中自然培养而出。醋母蕴含多种促进健康特性, 如活性营养素和益生菌。醋母的存在也就代表那是未经高温消毒的纯正健康醋。如今市场上, 大多数制醋厂商都使用巴氏高温杀菌法将苹果醋杀菌后才出售, 这反而破坏了醋中的大量营养素和健康效益。

由于高温杀菌过程弊多于利, 因此在选购苹果醋时, 必须确保选取纯鲜有机及未经高温杀菌的苹果醋。



- * **Malic acid:** Protects vinegar from viruses, bacteria and fungus.
- * **Acetic acid:** Slows the digestion of starch and inhibits bacterial growth.
- * **Calcium:** Builds strong bones and teeth.
- * **Pectin:** Helps regulate blood pressure and cholesterol.
- * **Ash:** Maintains a healthy alkaline state in the body.
- * **Other Minerals, Trace Elements and Vitamins:** Copper, Phosphorus, Pro-vitamin beta-carotene, Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin C, Vitamin E and Vitamin P.

More Powerhouse Properties

Alkalinity: A big reason why ACV is so effective for so many conditions is because it makes the body alkaline, as opposed to acidic. The more acidic your body is, the better the environment for sickness and disease to take hold. Even though ACV is acidic, it has an alkalinizing impact on the body during digestion, unlike other vinegars.

The 3 A's: ACV contains potent antifungal, antibacterial and antiviral properties, which help to make it so effective for so many conditions.

Detoxifier: Toxins often accumulate in our bodies, and the malic acid in ACV helps to eliminate these dangerous compounds. By doing so, ACV supports healthy kidney, bladder and liver function.

A Word about Potassium Deficiency

Potassium deficiency is one of the most common nutritional deficiencies today due to the typical modern diet that is high in sodium and low in potassium. Sodium is found in high quantities in most processed foods and seasonings used in cooking. Fresh fruits and vegetables are primary source of potassium, unfortunately due to industrialized agriculture, potassium in fruits and vegetables has also been reduced significantly.

Potassium is an electrolyte that helps to maintain blood pressure and electrolyte balance within the body. It also helps to build proteins and break down carbohydrates, while controlling the electrical activity of the heart. Potassium is also known to support proper nerve function throughout the body.

Studies have shown that a diet rich in potassium helps in the prevention of conditions such as heart disease, stroke, hypertension, kidney disease, and osteoporosis. Potassium-rich foods such as ACV helps to counter the adverse effects of excess sodium in the typical diet, thus improving the body's electrolyte balance and overall well-being.

Apple Cider Vinegar for Exceptional Health

The benefits of living a healthy lifestyle are practically endless. By eating a balanced, nutritious diet, exercising regularly, practicing stress reducing techniques and getting enough rest, you will do much to improve your quality of life, and possibly even increase its longevity.

The natural world is full of the raw materials that we need to be healthy. Adding ACV to an already healthy and clean lifestyle is just one way that you can utilize a simple, natural provision that costs so little for so much benefits.

The following are some little known usages of ACV that you might not have heard of until today:

Nosebleeds 止流鼻血

If you are injured or prone to nosebleeds, soak a cotton ball in ACV and lightly pack your nostril. Lean forward for 10 minutes, pressing nostrils together. ACV contains properties that help constrict blood vessels and slow bleeding.

如果鼻子受伤或容易流鼻血，可以将棉花球浸泡在苹果醋里，然后轻轻按塞着鼻孔，向前倾斜约10分钟，同时挤压鼻孔。苹果醋所含的独特物质可助收缩血管和控制出血状况。

苹果醋母的健康效益

苹果醋母所提供的一些健康效益包括：

- * **钾质:** 促进身体健康代谢以及体内液体和化学物质平衡。
- * **铁质:** 促进血液健康。
- * **镁:** 促进心脏健康。
- * **酶:** 提高体内化学反应。
- * **苹果酸:** 保护苹果醋免受病毒、细菌和真菌污染。
- * **醋酸:** 缓慢对淀粉的消化以及抑制细菌生长。
- * **钙质:** 强健骨骼和牙齿。
- * **果胶:** 帮助调节血压和胆固醇。
- * **灰分:** 维持健康碱性体质。
- * **其他矿物质、微量元素和维生素:** 铜、磷、原维生素β-胡萝卜素、维生素A、维生素B1、维生素B2、维生素B6、维生素C、维生素E及维生素P。

更多强效功能

提供碱性体质: 苹果醋对许多疾病或症状具有非常好的疗效性，最大的原因是它可碱化体质。我们都知道，身体长期处在酸性状态会导致许多病痛或疾病。虽然苹果醋呈酸性，但它不像其他种类的醋，因为苹果醋在消化过程中可发挥碱化身体作用。

3A's: 苹果醋具有强效抗真菌 (Antifungal)、抗细菌 (Antibacterial) 和抗病毒 (Antiviral) 功效，有助对抗多种状况。

排毒剂: 我们体内常积累很多的毒素。苹果醋中的苹果酸能有效排除这些危害健康的物质，从而促进维持肾脏、膀胱和肝脏的健康功能。

缺钾对健康的影响

缺钾是现今人们营养缺乏最常见的状况之一，这是因为典型的现代饮食都倾向高钠低钾的缘故。大多数的加工食品和烹饪中所使用的调味料都含有很高的钠。钾主要可从新鲜蔬果中获取，但不幸的是，随着农业实践日趋工业化，农作物中供给人们的钾矿物质已显著减少。

钾是一种电解质，有助维持体内正常血压和电解质的平衡。它也有助形成蛋白质和分解碳水化合物，同时也具有控制心脏的电活动。此外，钾也可支持全身神经系统的正常功能。

根据研究显示，饮食中摄取高含量的钾有助预防很多疾病，如心脏病、中风、高血压、肾脏病和骨质疏松症等。摄取高钾食物如苹果醋，有助逆转对健康不良的高钠现代饮食，从而促进身体电解质平衡和整体的健康。

苹果醋提供卓越健康

健康生活所带来的益处多不胜数。只要通过营养均衡的饮食、定期运动、经常进行减压和获得足够憩息就可提高生活质量，甚至延命益寿。

自然界提供丰富多样有益健康的新鲜食材。苹果醋是一项简单、天然、低成本的选择。

以下是一些您或许从未听闻过的有关苹果醋用法：



Diarrhoea 腹泻

Although many things can cause diarrhoea and it is sometimes just a way that the body rids itself of dangerous compounds, it should not be ignored. The pectin in ACV helps to form bulk in the stool, which works against diarrhoea and also works to eliminate the bacteria that causes it. In the intestines, gut flora help to turn pectin into a soothing coating that protects the irritated colon. Mix 2 tablespoons of ACV with 1 tablespoon of raw honey and 8 ounces of water, and sip the mixture throughout the day.

虽然引起腹泻的因素有很多，但也可能是身体排除毒素的一种自然方式，不过腹泻情况仍不可被忽视。苹果醋蕴含的果胶有助促成粪便呈固状以抑制腹泻的发生，并可消除引发腹泻的细菌。肠道内所含的肠道菌群能帮助将果胶转化为一种具有舒缓作用的保护层，以保护过敏的结肠。将两汤匙的苹果醋与1汤匙的纯鲜蜜糖倒入8盎司的水混合，全天各个时段小口慢慢饮用。

Workout Endurance 体育锻炼耐力

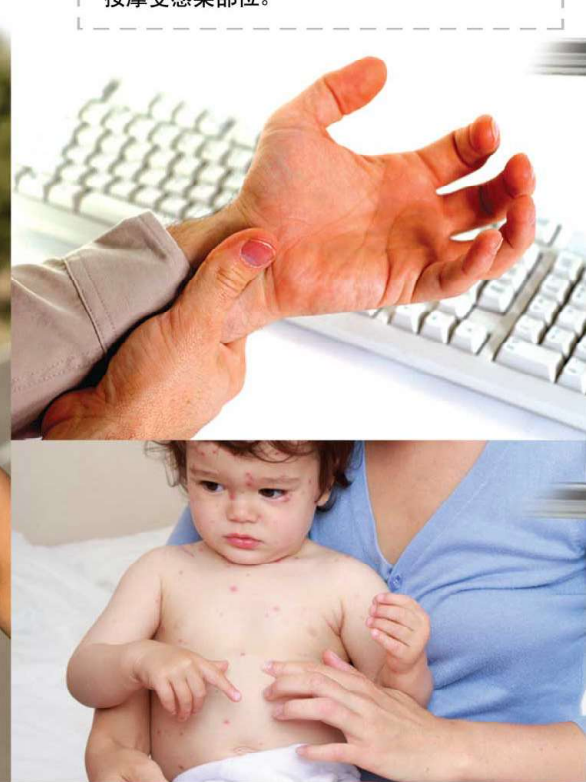
Do you often feel fatigued halfway through your workout? While you are working out, lactic acid collects in your muscles and contributes to a heavy and fatigued feeling. ACV helps to push the toxins produced as a by-product of exercise out of your body and balances your pH levels. For an extra boost to get you through a tough routine, mix 1 tablespoon of ACV in 8 ounces of distilled water and drink during your workout. Follow this with 9 ounces of distilled water.

您是否经常锻炼到一半时感到疲惫不堪？当您在进行锻炼时，身体肌肉组织会聚集很多的乳酸，进而导致身躯顿时变得沉重和感觉疲惫。苹果醋有助将运动时所产生的副产物或毒素排出体外和平衡身体pH值。如果想要增强身体的锻炼能力，可将1汤匙的苹果醋倒入8盎司的蒸馏水混合，并在运动时饮用。之后再喝上9盎司的蒸馏水。

Nail Fungus 指甲真菌感染

Nail fungus is unsightly and can be painful. This fungus begins as a white spot and eventually becomes a yellow spot under the tip of your finger or toenail. The fungus will spread and go deeper into your nail, causing it to discolour and thicken with crumbling edges. ACV can be used to help with nail fungus in two ways; you can drink 2 tablespoons of ACV mixed in 8 ounces of water 3 times daily to help balance pH levels, and also massage a mixture of 2 tablespoons ACV and 1 tablespoon water into your affected nail 3 times a day.

指甲真菌不但不雅观，还会引起疼痛。此真菌开始会在手指或脚趾甲顶端形成白点，而最终形成黄色斑点。真菌会蔓延和渗入指甲内，从而导致指甲变色和边缘处增厚及易裂。苹果醋具有两种对抗指甲真菌的方式，包括每日各3次饮用将8盎司温开水与两汤匙苹果醋混合的饮料，以平衡身体pH值；以及每日各3次将两汤匙苹果醋加1汤匙温开水的混合液按摩受感染部位。



Unclog Drains 疏通排水管

Commercial drain cleaners are dangerous and can cause stinging of the eyes, rashes, respiratory damage and other medical conditions. To avoid this, use a mixture of ACV and baking soda. This solution is not only better for your health, but also better for your pipes. To unclog drains, funnel ½ cup of baking soda into your drain and follow it with 1 cup of ACV. After the foaming stops, flush the drain with hot water and wait five minutes. After this, flush with cold water. If you have a slow running drain, you can pour in ½ cup of salt followed by cold water. Do this monthly to keep your drains running smoothly.

市面上大多售卖的水管疏通剂都具有危险性物质，可导致眼睛刺痛、皮疹、呼吸道损伤和其他疾病问题。为了避免以上情况发生，可使用苹果醋与苏打粉的混合液替代商业型排水管疏通剂。这种方式不仅有益于您的健康，也对水管道有保护性功能。在疏通排水管时，将半杯的小苏打粉放入排水管内，接着倒入1杯的苹果醋。等到发泡结束后，倒入热水将排水管冲洗。等待五分钟后，再使用冷水冲洗水管。如果排水管流水缓慢，您可倒入半杯的盐巴，再以冷水一起冲洗。每月依照以上方式冲洗排水管可保证排水管顺畅运作。

Remove Water Rings from Furniture 去除家具上的集水环

To remove the white rings left by wet glasses, mix equal parts of ACV and olive oil, and apply the mixture to your furniture with a soft cloth. Use another clean cloth for shining – be sure to go with the wood grain.

要有效去除家具上被湿玻璃杯弄成的白色水环迹，您可将相同含量的苹果醋和橄榄油混合后，使用柔软布料沾湿混合液擦拭在家具上。接着再使用干净的抹布，顺着家具上的纹理擦至光亮。

Carpal Tunnel Syndrome 腕管综合症

Carpal Tunnel Syndrome occurs when the nerve which runs from the forearm to the palm of the hand is pressed or squeezed at the wrist. People who work long hours with their hands or in a repetitive motion suffer from this condition. Because ACV contains anti-inflammatory properties, it has been used as an effective remedy for Carpal Tunnel Syndrome. If you are bothered by the pain of Carpal Tunnel Syndrome, mix 1 tablespoon of ACV with 8 ounces of water and drink 3 times a day on an empty stomach.

腕管综合症的发生是由于前手臂到手掌或手腕上的神经线遭受挤压而致。此症状通常发生在长时间使用手部工作或一直重复同样手部动作的人士。由于苹果醋具有抗炎特性，因此已被用作为一种治疗腕管综合症的有效良方。要是您经常被腕管综合症所困扰，可将1汤匙的苹果醋倒入8盎司的温开水混合搅匀，空腹饮用每天3次。



Fruit Fly Destroyer 驱逐果蝇

If you have ever battled fruit flies, you know how much of a nuisance they can be. Pour some ACV into a container with a few holes and watch the flies disappear.

果蝇惹人心烦讨厌。不妨将适量的苹果醋倒入有洞孔的容器内，置放在柜台上，有驱逐果蝇的功效，让它消失匿迹。

Hangover Helper 舒解宿醉

Consuming alcohol leaves toxins in our body, which contribute to that nasty hangover. ACV helps to balance pH levels while replenishing minerals including potassium, calcium, iron, sodium and magnesium. What does this mean for you? It means that you will recover much quicker. Mix 2 tablespoons of ACV into 8 ounces of distilled water and drink – repeat this 2 more times during the day. You may also add some raw honey for taste.

摄取酒精将导致毒素残留体内，也是造成宿醉的原因。苹果醋有助平衡身体pH值，同时也补充身体矿物质，包括钾、钙、铁、钠和镁，也就是说它能帮助身体更快速恢复正常状态。将两汤匙的苹果醋倒入8盎司的蒸馏水混合饮用。之后，在同一天内再重复饮用多两次。也可添加少许的蜜糖作调味。

ACV in Cooking 厨房好帮手

If you are using ACV only for making a drink, you are seriously underutilizing its full potentials. ACV is a great tool in cooking. Here are a few examples:

- **Salad dressing** – Mix flaxseed oil, ACV, a little bit of honey and herbs; sprinkle dressing over a salad - adds wonders to its taste.
- **Marinate** - Marinating meat in ACV helps tenderize the meat and kill bacteria. In $\frac{3}{4}$ cup of ACV add your spices and herbs. Marinate the meat in the mixture for a few hours or overnight.
- **The perfect poached eggs** - Bring a small pot of water to a rapid boil and pour in a drop of ACV. Crack one egg, being careful to keep the yolk intact, and slip the egg into the boiling water. With a spatula, keep the water moving by swirling gently around the egg.
- **DIY buttermilk** – Take one tablespoon of ACV and add enough milk to make 1 cup (240 ml). Let it stand for 5-10 minutes, and now you have your buttermilk.

如果您以为苹果醋只能用来泡制饮料的话，那么就真的太太材小用了。苹果醋的烹调用途广泛，以下为几项可供参考的例子：

- **沙拉酱** – 将亚麻籽油、苹果醋、少许的蜜糖和香叶混合后撒在沙拉上，可增添独特风味。
- **腌制调料** – 使用苹果醋腌制肉类有助肉质变嫩和杀菌。将所需的香料和香叶倒入 $\frac{3}{4}$ 杯的苹果醋液里搅拌后，再放入肉类腌制至数小时或一个晚上。
- **完美水煮荷包蛋** – 把水倒入小锅中迅速煮沸后，倒入一滴的苹果醋。打破蛋壳时确保蛋黄保持完整，之后将蛋滑入沸水中，再用木勺轻轻搅动水。
- **自制酸奶** – 用1汤匙的苹果醋再加入鲜奶至刚满一杯（即240毫升），轻轻混合搅匀后，再搁置5至10分钟左右即可。

Chicken Pox 水痘

Relieve itching by mixing 1 cup of ACV in 5 cups of distilled water. Wash the affected areas with a clean cloth dipped in the mixture. This will help reduce swelling and will also help keep the infection from spreading.

将1杯的苹果醋倒入5杯的蒸馏水混合数用具有止痒作用。将干净毛巾沾湿混合液用来清洗水痘患处，有助减少肿胀和防御水痘感染的蔓延。

General Cleaning 一般清洁作用

For clean toilets and a fresh-smelling bathroom, pour some ACV into your toilet and allow it to sit overnight. Clean windows, glasses, wood and tile floors and mirrors with a mixture of $\frac{1}{2}$ cup ACV and 1 cup water.

将适量的苹果醋倒入马桶里置放隔夜，可达到真正清洁和去除厕所臭味的效果。另外您也可将半杯的苹果醋与1杯清水混合，用来清洁窗户、玻璃物品、木制或瓷砖地板以及镜子。

Bed Wetting 尿床

Mix 2 drops of ACV in 6 ounces of water and drink at least one hour before bed. ACV helps to reduce acid levels in the stomach, which often contribute to excessive bed wetting.

将两滴的苹果醋滴入6盎司的温开水，在睡前至少1小时前饮用。苹果醋有助减少胃酸的分泌，从而抑制过多尿液的产生而防止半夜尿床问题。