

## **Red Wine**

For those of you who like to enjoy the occasional glass of wine I summarize the content of an article provided by Dr Jack Wolfson. I have considered red wine in moderation my alcohol of choice since it includes benefits to my cardiology system. When you sit down with a perfectly chilled glass of wine, how much thought goes into how it was made or how the grapes were grown? One would think wine is just fermented grapes, but sadly the list of additives reads like a chemistry experiment. Essentially this is what winemaking has become – creating wine like substances using chemicals. Wines do not even require a nutrition or ingredients label. Wine can be enjoyed more so if it is free from toxic chemicals, pesticides, and GMO's. Wine, particularly red wine, has many heart-healthy benefits. In order to meet customer expectations for consistency, producers use additives to ensure the taste of the wine is very similar from one season to the next. This artificial process makes wine faster to produce and therefore cheaper. But these “artificial” wines come with a laundry list of long- and short-term health consequences.

Wine, particularly red wine, has many heart-healthy benefits. Polyphenols are at the basis of wine's cardioprotective potential and many of the adverse effects of wine can be attributed to simple overindulgence and added chemicals. Our heart is benefited from red wine's antioxidant, anti-inflammatory, and cytoprotective properties. In one study, oxidative levels of polyphenol plasma levels were higher in those drinking wine versus those not partaking, and even higher in those drinking red wine. Flavonoids from red wine inhibit LDL cholesterol oxidation and prevent endothelial dysfunction. Resveratrol is a well-known antioxidant and much sought-after supplement for cardiovascular health. This polyphenol has a positive effect on hypertension, atherosclerosis, stroke, myocardial infarction, and heart failure. Additionally, wine promotes the release of nitric oxide which is known to vasodilate blood vessels and lower blood pressure.

White wine also has beneficial properties, but red wine really takes the crown as it is ten-fold higher in polyphenolic content. White wine consumption does afford benefits due to its antioxidants caffeic acid, tyrosol and hydroxytyrosol, which are also found in olive oil. Wine and olive oil is like the perfect combination and the makings of a delicious and healthy Italian meal. Alcohol/wine should not be indulged by just everyone, especially those with AFib. Consumption of alcohol may trigger AFib, and sustained consumption may cause atrial electric remodeling. It has been shown that consumption of alcohol is a risk factor for Afib, causing increased recurrence and higher rates of persistent Afib.

The best of wine is naturally low in alcohol, statistically sugar and carb free for the very best of life optimization in wine enjoyment. Good wine starts with good soil which is full of nutrients needed for wine making. The best wines are from farms using organic and/or biodynamic practices with lab testing to ensure they meet strict requirements. **Below are some definitions to better understand this message:**

**Polyphenols** – micronutrients from plant-based foods containing antioxidants with potential health benefits through protection of body cells from free radical damage.

**Flavonoids** - protect body cells from oxygen damage and enhances the antioxidant effect of vitamin C to protect blood vessels from rupture or leakage, and prevent excessive inflammation.

**Endothelial** - cells that release substances that control vascular relaxation and contraction as well as enzymes that control blood clotting, immune function and platelet adhesion.

**Tyrosol** - a natural phenolic antioxidant present in natural sources such as olive oil and argan oil.

**Afib** (Atrial fibrillation) - **an irregular and often rapid heart rate that can increase risk of strokes, heart failure and other heart-related complications.**

### Apple Cider Vinegar

The information in this message is summarized from a publication by Linda Wilson as written on the "New Life on a Homestead". I personally use Apple Cider Vinegar, at least one teaspoon per day in my water or iced tea. Vinegar is even mentioned in the Bible (four times in the Old Testament and four times in the New Testament). Claims of curative and restorative powers of Apple Cider Vinegar are legendary. This fabulous liquid is associated with believers who say it can lengthen life, improve hearing, mental powers, and vision.

Apple Cider Vinegar (ACV) has a variety of uses. It is ideal for health, skin care, dietary, antibacterial, antimicrobial, antibiotic and for animal care. It can clean a variety of products and it is an all-around must-have item in any home. Apple Cider Vinegar is apple cider that has been fermented. The fermentation process forms a healthy probiotic and enzymes that gives the Apple Cider Vinegar the benefits that will help heal and protect the body. The ACV has fewer calories than the apple cider itself and it offers a myriad of health benefits to the body. It is important to note that you will want only the raw, unfiltered type of Apple Cider Vinegar. This provides a colony of bacteria often referred to as the "mother". This occurs during the fermentation process and is where the benefits of the apple cider vinegar lie. These live cultures of the colony of bacteria appear web like and will give the user the most nutrition. Apple Cider Vinegar improves skin health. It is excellent for treating acne, reducing the appearance of scars and for eliminating strains of bacteria that can cause acne. Containing acetic acid as well as lactic acid, succinic acid and even citric acid, it can help to reduce the growth of Propionibacterium which causes acne. Following are various beneficial uses for Apple Cider Vinegar with medicinal uses marked in red:

- 1. Skin toner.** Use equal parts water and apple cider vinegar for a skin toner.
- 2. Facial mask.** Combine enough apple cider vinegar with a facial clay to make your own facial mask. Apply and allow to sit for about 20 minutes and rinse with tepid water.
- 3. Facial wash.** Mix 1 part apple cider vinegar and 2 parts water and rub on your face. Add some raw honey to the mixture if your skin is dry. Rinse well with tepid water.
- 4. Makeup remover.** Combine 1 part apple cider vinegar and 2 parts water. Gently dab with a cotton ball and remove makeup.
- 5. Soften skin.** Soak it into the skin by gently applying and allow it to dry for softer silkier skin.
- 6. Healing skin.** Gently dab on acne, rough patches of skin and other areas to help gently heal the skin.

**7. Skin tags.** Dip a piece of cotton into apple cider vinegar and wring out a bit then place it on your skin tag then place a bandage over it. Leave this on overnight.

**8. Athlete's foot, jock itch, yeast infections.** Treat with apple cider vinegar. Simply apply to the affected area two to three times per day.

**9. Improve skin health.** Dab on affected areas. Ideal for scars and acne. It can kill off the bad bacteria on the skin that causes acne and scarring from acne. Used as a toner it works well to help clear up troubled skin.

**10. Improve circulation.** Studies show that apple cider vinegar can improve circulation in the body and reduce symptoms of varicose veins. Combine with witch hazel and use as a scrub in a circular motion to help improve circulation and to reduce symptoms.

**11. Heal Poison Ivy.** The potassium in the vinegar may help to alleviate the swelling that is associated with the poison ivy. Apply a teaspoon to the skin several times daily until the poison ivy is all healed up.

**12. Gut Health.** Apple cider vinegar may boost the health of the gut and the bacteria that resides in the apple cider vinegar is an ideal way to improve digestion.

It may help improve the levels of good bacteria in the gut and it will also help to boost the immune system. When taken before meals, it will help in digestion and improve the overall level of health. Simply stir 1 to 2 Tablespoons of apple cider vinegar into an 8 ounce glass of water. Be sure that you always dilute the apple cider vinegar to ensure that you do not burn your mouth or your throat.

**13. Regulate blood sugar in diabetics.** Simply dilute 1 to 2 Tablespoons of apple cider vinegar in 8 ounces of water and drink prior to each meal to help keep blood sugars steady. Per several studies on apple cider vinegar, it can regulate and lower blood sugar levels. Please do not take it on your own, talk to your physician.

**14. Colds and Flu.** Apple cider vinegar also works well for colds and flu viruses when taken as soon as you begin to feel ill. The sooner you take it the sooner it can get to work on your virus to kill off the bad bacteria. Again, take 1 to 2 Tablespoons of apple cider vinegar stirred into a glass of water up to 3 times per day.

**15. Deodorant.** Apple cider vinegar can also double as deodorant. It kills the bacteria that make body odor. Simply dab a bit on your armpits and allow it to dry. It will quickly work to neutralize odors and keep you smelling fresh all day.

**16. Hair care.** It is easy to have shiny hair when you use an apple cider vinegar rinse. Many worry about the smell but it will wash out and the hair will be shiny, luxurious and easy to comb out. Just mix some apple cider vinegar with 8 ounces of warm water and use it like you would use conditioner. As hair dries the smell of the apple cider vinegar will wear off.

**17. Teeth Whitening.** Simply brush some apple cider vinegar on the teeth and use the apple cider vinegar as a mouthwash. Dab a bit on the finger and rub it over the teeth and then rinse well to prevent enamel erosion. Always make sure to rinse teeth well after using apple cider vinegar. There is such a thing as too much of a good thing.

**18. Bad Breath.** Use apple cider vinegar as a Bad Breath Remedy. Take 1 Tablespoon of apple cider vinegar before a meal. You can also dilute the vinegar in a glass of water. The vinegar will help your body digest its meal, and cure bad breath. You can also gargle with the apple cider vinegar after a meal to neutralize the breath and reduce odors.

**19. Weight loss.** If you are dieting and do not see results, try adding some apple cider vinegar into your diet. According to research, just adding 2 Tablespoons of apple cider vinegar to the diet per day for 12 weeks will help release that fat. Add apple cider vinegar into the diet by adding to foods such as salad, greens, green vegetables and more. You will feel fuller longer and it will help to speed up your weight loss. Apple cider vinegar can help you lose even more pounds per month without having to count calories. Add to food, or drink 1 to 2 Tablespoons in a glass of water prior to each meal.

**20. Fabric softener.** Add 1 cup of apple cider vinegar to the rinse cycle of the washing machine and you will not need anything else for fabric softening. The smell dissipates as the clothes dry.

**21. Whiten laundry.** Add in  $\frac{1}{4}$  cup of apple cider vinegar to the wash cycle to increase whiteness. You can also add in some baking soda if desired.

**22. Rinsing agent for laundry.** Add in one cup of apple cider vinegar to your laundry at the beginning of the rinse cycle to reduce static cling and help remove laundry detergent from clothes when doing laundry.

**23. Household cleaner.** Both antimicrobial and antibacterial, apple cider vinegar works to kill germs that are lurking in the household. Use it on the kitchen sponge, counter tops and even to clean the bathroom. It works better than those harsh chemicals and the scent will dissipate as it dries.

**24. Cloth diapers.** Sanitize diapers and what better way to sanitize them than to add in  $\frac{1}{2}$  cup of apple cider vinegar to the laundry to help remove bacteria.

**25. Create your own spray cleaner.** Mix  $\frac{1}{2}$  cup baking soda, and 1 cup of apple cider vinegar pour into a spray bottle and fill the rest of the way with water. Use this as your go to spray cleaner and spray counters, and other areas that require cleaning.

**26. Clean Air conditioner and humidifier.** Remove the filters and soak them in apple cider vinegar for about 30 minutes. Rinse well and allow to dry and put the filters back into the unit.

**27. Clean the dishwasher.** Clean the dishwasher by pouring 1 cup of apple cider vinegar into the bottom and running a cycle. It also works well as a rinse aid in the rinse dispenser.

**28. Keep ants away.** Ants and apple cider vinegar are mortal enemies. Take that spray bottle of household apple cider vinegar that you just made and spray it around where ants like to visit. Ants avoid it like its poison.

**29. Fruit fly trap / fly trap / gnat.** Place a bowl of apple cider vinegar near fruit flies and gnats. Cover the bowl with plastic wrap and poke holes into it with a toothpick and they will flock to the holes and not be able to escape.

**30. Flea spray.** If your pet has fleas, mix equal parts of water and apple cider vinegar in a spray bottle and spray to the fur daily until the fleas are gone.

**31. Bug spray for you when you are outdoors.** Tired of the mosquitoes. Simply use equal parts of apple cider vinegar and water in a spray bottle and spray yourself.

**32. Drain cleaner.** Sluggish slow drain? Pour some apple cider vinegar down and allow it to sit for an hour. Flush it with hot tap water and  $\frac{1}{2}$  cup of baking soda.

**33. Jewelry cleaner.** Combine  $\frac{1}{2}$  cup of apple cider vinegar and 2 Tablespoons of baking soda together and place silver jewelry into it for a few hours. Rinse well and gently pat dry and polish with a fine cloth.

**34. Weed killer.** Heat up a pan of apple cider vinegar to boiling and pour it on the weeds in the cracks of the sidewalk and anywhere else that they appear. Weeds will be dead by morning. Repeat as needed.

**35. Keep cats away.** Use that spray bottle of apple cider vinegar to spray areas that you do not want the cat to tear up. They do not like the scent.

**36. Freshen fur.** Did the puppy roll in something that smells horrible and there is no time for a bath? Spray the puppy with a bottle of 1 cup apple cider vinegar and fill it the rest of the way with water. Massage it in and you will have a fresh clean smelling puppy.

**37. Ward off parasites.** Pour a capful of apple cider vinegar in the dogs water dish. Parasites will no longer be an issue.

**38. Conjunctivitis of dogs.** Combine 1 part apple cider vinegar with 2 parts water. Dab a clean washcloth in the mixture and apply below the eyes only. Repeat every few hours as required.

**39. Ear mites in cats and dogs.** Combine equal amounts of apple cider vinegar and water and use as a rinse twice per day for 2 weeks. Ear mites will leave and pets will be happy.

**40. Homemade dog shampoo.** Commercial dog shampoos can be costly. Make your own with 1 part apple cider vinegar, 1 part water and 1 part baby shampoo. Wash pet as usual and use this soap to lather up your pet and be sure to rinse well keeping soap out of the eyes.

**41. Chicken immune system.** As a booster add in 1 Tablespoon of apple cider vinegar per gallon of water to help boost the chickens immune system.

**42. It may lower cholesterol.** In studies done on mice by adding a teaspoon of apple cider vinegar to one cup of water.

**43. Energy drinks can be dangerous and expensive.** Avoid the dangers by adding 1 Teaspoon to 1 Tablespoon of apple cider vinegar in 8 ounces of water and add in raw local honey to taste. Splash some lemon juice in and add in a dash of ground ginger and drink prior to each meal for more energy.

**44. For dry scalp / dandruff treatment.** Add in apple cider vinegar to your shampoo prior to washing the hair.

**45. Hair rinse / hair wash / hair soak.** Add into the conditioner prior to adding it to the hair and use that as a cream rinse.

**46. Hair conditioner / detangler / hair spray.** These products are all easily replaced with apple cider vinegar. Just dilute it equally with water and use as a detangler, conditioner, and spray.

**47. Soften hair.** Use equal parts of apple cider vinegar and water. Use as rinse, or simply spray the hair with it daily.

**48. Bath soak.** Add apple cider vinegar and Epsom salts and a teaspoon of coconut oil if desired help to detox the skin and body.

**49. Set hair dye.** With equal parts of apple cider vinegar and water. Use as a final rinse when dying hair.

**50. Immune system building / booster tea.** Drinks are all costly, so make your own with apple cider vinegar with raw local honey and a dash of cinnamon. Dilute with warm water and mix as strong or weak as desired. Drink daily to boost the immune system.

**51. For sore throats, coughs, lost voices.** Combine hot water with 2 Tablespoons of apple cider vinegar and 2 Tablespoons of raw local honey. Sip as needed for sore throats, coughs, and lost voices.

**52. Indigestion / upset stomach.** Avoid with drinking 1 Tablespoon of apple cider vinegar with a cup of water daily.

**53. Fungus-like ring worm / kill toenail fungus.** These can all be eradicated if you soak the area with apple cider vinegar daily until gone. Kill candida yeast with a Tablespoon of apple cider vinegar mixed with one cup of warm water. Drink daily to help manage the candida overgrowth.

**54. Morning sickness.** Can be eased naturally when you consume 1 Teaspoon of apple cider vinegar in a glass of water with a dash of stevia and drink it.

**55. Diaper rashes.** These are painful for babies. Soak diapers in an apple cider vinegar bath and rinse well and add in ½ cup to baby's bath to help soothe the skin.

**56. Clear sinuses.** Boil apple cider vinegar with water and inhale to clear sinuses.

**57. Foot soak / for athlete's foot/ foot scrub.** Add 1 part apple cider vinegar to 4 parts water make an excellent foot soak for sore feet or athlete's foot.

**58. UTIs are very uncomfortable.** Add in a cup or two of apple cider vinegar to a warm bath and soak in it for 20 minutes. Pat the area dry gently with a soft cloth but talk to your doctor about this first.

**59. Nausea / vomiting / diarrhea.** Combine equal parts of apple cider vinegar and raw local honey to make it palatable enough to drink.

**60. Bursitis.** Drink 2 Tablespoons of apple cider vinegar in a glass of warm water to treat bursitis.

**61. Fever blisters.** Dab some apple cider vinegar on them several times a day to get rid of them faster.

**62. Soak new clothes.** To set color before washing soak with apple cider vinegar.

**63. For washing fruits and vegetables.** Use apple cider vinegar as an ideal solution.

**64. Make buttermilk.** Add in 1 Tablespoon of apple cider vinegar to one cup of milk. Allow to sit until it thickens.

**65. Salad dressing.** Make it even better with extra virgin olive oil or EVOO and a dash of salt and some apple cider vinegar.

**66. Pickle bologna.** Apple cider vinegar provides a flavor treat.

**67. Soaking grains.** Grains will be tenderer if you add in some apple cider vinegar.

**68. Cooking.** Meats, sauces and other foods will all be richer if you add in a teaspoon of apple cider vinegar when cooking.

**69. Vinaigrette dressings.** Delicious on salads, fruits and vegetables if you use apple cider vinegar.

**70. Homemade mayonnaise.** Tastes richer if you add some apple cider vinegar into the blend.

**71. Buttermilk pancakes are delicious.** Add some apple cider vinegar in with the buttermilk and allow it to begin to curdle and they will taste even better.

**72. Baked goods will rise better and be flakier.** Add some apple cider vinegar to the dough.

**73. Roasts will be extra-juicy.** Add in some apple cider vinegar while cooking.

**74. Chutney is excellent.** Add in some apple cider vinegar while cooking the apple cider vinegar will soften the fruit.

**75. Hard boiled eggs.** Will not break when cooking if you add some apple cider vinegar to the water when boiling. .

**76. Marinade your meat.** Make it tenderer and deepen the flavor with apple cider vinegar.