

21

ACV

RECIPES

TO HEAL YOUR
FEET, HAIR AND SKIN



21 ACV RECIPES

TO HEAL YOUR
FEET, HAIR AND SKIN



ALTERNATIVE
DAILY

Copyright © Splash Campaign, LLC DBA The Alternative Daily

First Edition: March, 2019

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means: Electronic, photocopy, recording, or by an information storage and retrieval system.

Disclaimer: All material on TheAlternativeDaily.com and in this book are provided for your information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. If you think you may have a medical emergency, call your doctor or 911 immediately. The content of this book (text, graphics, and images) is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on TheAlternativeDaily.com or in this book. The information and opinions expressed here are believed to be accurate, based on the best judgment available to the authors. Readers who fail to consult with appropriate health authorities assume the risk of any injuries. Reliance on any information and content provided by TheAlternativeDaily.com and this book is solely at your own risk. In addition, the information and opinions expressed here do not necessarily reflect the views of every contributor to TheAlternativeDaily.com. TheAlternativeDaily.com acknowledges occasional differences in opinion and welcomes the exchange of different viewpoints. The publisher is not responsible for errors or omissions.



You've probably heard about some of the body cleansing benefits of using Apple Cider Vinegar, but have you heard about the other numerous benefits it can have on your overall health and life? From understanding what ACV truly is, you can maximize its potential. That is what's so crucial about attempting the 21-Day ACV Challenge. Not only will you be improving your current state of health, you'll be improving your state of mind from all of ACV's effects, by witnessing them firsthand.

Raw, organic apple cider vinegar has been called a "Super-vinegar" for a variety of reasons. It has been known to be a "cure-all" tonic, and it has a potent antibacterial and antiviral properties. It's time for you to further familiarize yourself with ACV, and with our 21-Day Challenge. Some of the time-tested uses of ACV include combating ear-infections, skin conditions, digestive disorders, reducing allergy symptoms, and treating seasonal illnesses.



Learning more and trying out the incredible benefits of ACV is entirely within your reach. This 21-Day Challenge will make you learn everything you need to know about this inexpensive, but highly effective health aid to improve your life, and potentially your loved family and friends around you. We are absolutely convinced that once you start this 21-Day Challenge, you will wonder how you ever did without apple cider vinegar in your life!

To join the challenge just follow these simple rules!

Each day you will start with 1 shot (1.5oz) of ACV and you will also complete the Task Of The Day.

Simple right!?... Let's begin!



GENERAL CLEANING

Did you know ACV can be used to clean practically anything!? Try it! Take a 1/2 cup of ACV and 1 cup of water and clean away!



Day



UNCLOG DRAIN

To avoid dangerous chemical cleaners, use ACV to clean out your drain. Take 1/2 cup of baking soda and 1 cup of ACV and funnel it down the drain. After the foaming stops flush it with hot water. Wait 5 minutes. Then flush it with cold water.



REMOVE FRIDGE ODOR

Leftovers stinking up your fridge? Put a 1/2 cup of water and a 1/2 cup of ACV in a bowl and leave it in the fridge. It will keep the bad odors away for a month!



CLEAN GOLD JEWELRY

Have a piece of jewelry you've been meaning to get cleaned? Soak your jewelry for 20 minutes, rinse with warm water, then watch that baby shine like it was new again!



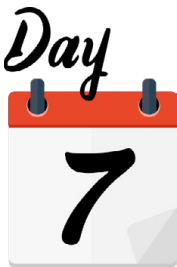
DISHWASHER REFRESHER

Overtime, like all appliances, dishwashers start to smell. Freshen it up with a cup of ACV. Run an empty load with just ACV and it will fight the bad odors!



FACIAL MASK

Yup! ACV on your face can be magical! Just mix 1 teaspoon of ACV, 2 teaspoons of raw honey, and 1 teaspoon of baking soda together. Apply paste on your face. Let it sit for 10-15 minutes. Rinse with warm water.



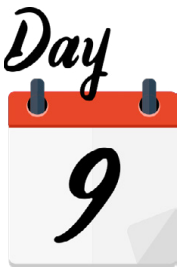
DEODORANT

Are you bold enough to use ACV as a deodorant? Rub a little bit under your arms using a cotton ball before you go out and odor will be a thing of the past!



TIRED EYES

It's Monday. You might need a boost to get you through the day! Take 2 teaspoons of ACV, 1 teaspoon of raw honey, and 8oz of warm water. (Take up to 3x if needed)



BAD BREATH

Skip the toxic mouthwash! Gargle with 1/2 tablespoon of ACV and 1 cup of water. Bad breath be gone!



LEMON HONEY DETOX TEA

Before the night ends, soothe yourself with a hot cup of tea. Take 1 glass of warm water, 2 tablespoons of ACV, 2 tablespoons of lemon juice, 1 teaspoon of cinnamon, 1 teaspoon of cayenne pepper, and a 1/2 teaspoon of honey. Enjoy.



DRY HANDS SOAK

Does the cold weather have your hands feeling a little dry? Combine 2 cups of warm water with 1 cup of ACV and 3 tablespoons of olive oil. Soak hands for 10 minutes and pat dry.



FAUCET CLEANER

Remove hard water buildup and give your faucet that extra shine. Fill a sandwich baggie with ACV, and a few drops of lemon essential oil (optional). Tie the baggie over the faucet, securing it with a rubber band. Let it sit overnight. Wipe clean in the morning.



FOOT SOAK

It's Saturday! Treat yourself! Fill a large bowl with warm water, 1 cup of ACV, and 1 cup of Epsom salt. Soak for 20 minutes, pat dry, add lotion, and slip into some warm socks!



HAIR RINSE

Shampoo contains chemicals and alcohol that damages your hair. Instead, use 1/2 cup of ACV and 1 cup of water. Apply like regular shampoo.



CREAMY OATMEAL

Make a deliciously, filling breakfast. Mix 1 cup of rolled organic oats, 2 cups of water, 2 tablespoons of ACV, and 1/2 teaspoon of sea salt. Let it sit overnight in a container. In the morning, enjoy cold or heat on medium temperature.



ALL OVER BODY SPRITZ

Need to feel refreshed? Mix 1 cup of water with 1/2 cup of ACV and 10 drops of your favorite essential oil. Pour mixture into a spray bottle.



BOOST

Feeling tired, sore, or maybe you're low on energy? Take an extra shot of ACV today to give you that boost you need!



FACE WASH

You did the face mask, but maybe today you have a little less time. Wash your face with 1 tablespoon of ACV and 3 tablespoons warm water. Apply and rinse with warm water. Pat dry.



Day

19

BODY SCRUB

You can apply this to your entire body, your feet, or just your hands. Mix 1 teaspoon of ACV with 2 teaspoons of cool green tea, 1 teaspoon of raw honey, and 5 teaspoons of organic brown sugar. Apply in circular motions. Rinse with warm water and pat dry.



FABRIC SOFTENER

Doing a load of laundry? Pour a 1/2 cup of ACV in the fabric softener compartment of your washer machine and let the magic happen!



CHEERS TO A GOOD YEAR!

You did it! You made it to the end! Take an extra shot to congratulate yourself!



Congrats on sticking to this 21-day challenge, you've unquestionably changed your life for the better. You've officially made a step towards creating better habits, while also learning about the amazing benefits of ACV. To actually see and feel the astonishing effects, you needed to stick to all 21 days and you did, congrats!

Now, it's time to get out and keep expanding on what you've learned. Tell others about the 21-day challenge so that they too can change their lives forever. You've seen firsthand the once seemingly impractical positive effects of ACV change your life. It's time for all of us to continue to live our most healthy lives. That's our main priority at The Alternative Daily!