

“Love is like the wind, you can’t see it but you can feel it.”
– Nicholas Sparks

Last month would’ve been the perfect time to use this quote...after all, it was Valentine’s Day. But for some reason, I always come across quotes when I’m supposed to find them, not when they fit a particular narrative. I’ve learned over these last few years that not many people are fortunate enough to know they are loved not because they’re told, but rather, because they actually **FEEL** it. That is a real blessing. It’s really not that hard to find someone to tell you he or she loves you. What’s hard is finding someone who actually **MEANS** it. I’ve also learned that people make time for those for whom they want to make time. People call, text and reply to people to whom they really want to talk. Never believe anyone who says they’re too busy. If they wanted to be around you, they would. That’s a hard lesson to hear. We often make excuses for those who claim they don’t have time for us. But the people who love us always make the time, no matter how busy they are. During these very difficult times in which we’re now living, it’s important to find and spend time with the people who make your heart smile. Just remember that one day, someone will finally be 100% honest with you and will love you forever. Don’t ever give up trying to find that person because he or she is searching for you too. Once you find each other, never let go because that’s the moment when ‘home’ will go from being a place to being a person. That’s when you’ll realize that being happy isn’t about material things, pride or ego. It’s simply about feeling our hearts and for whom they beat.

Yours in health,
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The Benefits of Apple Cider Vinegar



You may be surprised to learn that apple cider vinegar (“ACV”) is a pretty powerful and underrated product. Believe it or not, it’s been used for thousands of years to treat a myriad of health issues. I obviously can’t get into all of them, but I’ll tell you about a few. Hopefully, as always, it’ll whet your appetite enough to encourage you to learn more.

Many people don’t even know from where ACV comes. It’s produced in a similar process to how alcohol is made. Apples are crushed and then yeast is added, which starts the fermentation process. Then healthy bacteria are added, which furthers the fermentation and converts the sugars to something called acetic acid. It’s this byproduct of the fermentation process that gives ACV most of its healing properties. You may have noticed on many bottles of ACV, it contains the statement, “With the Mother.” I always wondered what that meant. Well, during the fermentation process, a cloudy stringy mass of proteins, enzymes and bacteria is formed, which is “the mother.” It contains small amounts of the minerals magnesium, potassium, calcium and iron as well as some anti-inflammatory and antioxidant properties. This “mother” is left in any organic and unfiltered ACV, which is a good thing because this is from where the health benefits likely come.

ACV can kill bacteria, which makes it useful for cleaning, disinfecting and treating fungus, warts, lice and ear infections. It’s also a natural preservative, which keeps apples from turning brown after they’re cut.

Here are some more of its benefits:

- **Helps with Blood Sugar Issues:** The acetic acid in ACV inhibits an enzyme that breaks down complex sugars into simple sugars. It also puts more sugar into muscle tissue for storage. This helps keep levels of blood sugar down after a meal or snack that’s high in carbohydrates.
- **Helps Prevent Weight Gain:** A study done in 2020 at Arizona State University found that ACV helped lower weight in rats that were fed a high-carb and high-calorie diet for five weeks. The results of the study showed that 13 of 32 males on this diet had 60% LESS weight gain and 12 of 19 females experienced 37% LESS weight gain when ACV was included in their diets.

- **Helps with Weight Loss:** Because ACV helps you feel full faster and longer, it can lead to the consumption of fewer calories, assuming you listen to your body when it tells you you're full. This also slows blood sugar level increases. Another study showed that regular consumption of ACV led to reduced belly fat in addition to weight loss.
- **Helps with Heart Health:** Based on animal studies, ACV has been shown to dramatically lower cholesterol and triglyceride levels, both of which contribute to heart disease. Other studies have shown its ability to bring down blood pressure.
- **Helps Reduce Inflammation:** When combined with honey, ACV somehow reduces inflammation in the body. This helps with managing inflammatory conditions like arthritis. Less inflammation can prevent the onset of some other serious health issues like heart disease and diabetes.
- **Helps Improve Hair:** Most people know that many hair products contain harsh chemicals and unsafe ingredients, which can contribute to the hair feeling to feel dry and brittle. ACV can help hair maintain its PH balance, strengthen the hair shaft by closing the cuticles, unclog hair follicles and help get rid of harmful organisms in the scalp.
- **Helps Improve Skin Health:** ACV helps get rid of dead skin cells, which triggers cell turnover, causing newer skin to replace the older layer. It also helps restore skin's natural acidity, which can help improve the complexion. Additionally, it's natural acids can help kill acne.
- **Helps Improve Digestive Health:** ACV increases the acidity in the stomach. This ultimately helps your body produce more pepsin, which is an enzyme that breaks down protein and aids in digestion.
- **Helps Detox the Body:** Our world is pretty toxic and we're exposed to unhealthy chemicals daily. ACV helps clear out these toxins and eliminate waste by targeting the liver and lymphatic system. This helps us poop.
- **Helps Clean and Whiten Teeth:** If you dilute ACV with water, it can make a terrific mouthwash since it can regulate calcium metabolism and help eliminate tartar on the teeth. It can also help remove stains, which makes teeth look whiter. After brushing your teeth, add one (1) teaspoon of ACV to a small glass of water and swish it around for about a minute. Spit it out and rinse with water. Before doing this, be sure to see the warning I've listed below.

This is obviously not a complete list of ACV's benefits, but hopefully you can see it's a product worth researching and using. The recommended amount is two (2) teaspoons per meal, mixed in water or in olive oil to use as a salad dressing. Don't **EVER** drink it straight from the bottle undiluted, as one of its negative side effects is that it can wear down tooth enamel and irritate the lining of the stomach. One last warning: it can interact with certain medications. Therefore, if you're unfortunately on any pharmaceutical drug, be sure to consult with a trusted doctor before adding it to your daily diet. As always, reach out with any questions.

Have a wonderful month!