



Detoxing Fruits Vegetables and Meat with Apple Cider Vinegar

Raw Unfiltered Apple Cider Vinegar has natural antimicrobial, antibacterial properties. Even organic fruits and vegetables produce can have pesticides on it and need washed before eating. Non-organic vegetables and fruits are loaded with pesticides and herbicides. Many people handle your produce many times before you buy it from the laborers in the field to the grocery clerk and do not forget the customers that have to pick up and inspect before they select the perfect bunch of spinach. A bacterium such as Listeria, Salmonella, and E. coli is most always present. These bacteria can cause food-borne illness and need to be washed away from your produce. It is important to remove the pesticide residue and bacteria residue off the produce. Remember to wash your hands during the preparation process or you can easily re-contaminate anything you touch.

Apple Cider Vinegar has been shown to Kill cancer cells in recent studies. It is also Anti-Viral, Anti- Fungal, Anti-Bacterial, Anti-Septic and Kills 98% of All Germs. The only thing that kills more germs than Apple Cider Vinegar is Bleach, which kills 99% of all Germs. But you can't eat or drink Bleach. Therefore, that is not an option.

Organic and non-organic meat and vegetables should be soaked in water an apple cider vinegar to remove chemicals before consuming.

Instructions

Detoxing Vegetables and Fruits:

- In a large mixing bowl, place the fruit in the bottom and fill with water until the fruit is covered.
- Add 1/4 cup of apple cider vinegar and let sit for 15 minutes
- You can put something heavy on top of the fruit and vegetables to keep them from floating to the top.
- After time is up, drain the water and rinse with filtered water.

Instructions

Detoxing Meat:

- In a large mixing bowl, place the meat in the bottom and fill with water until the meat is covered.
- Add 1/4 cup apple cider vinegar and let sit for 20 minutes.
- After the time is up, drain the bowl and rinse the meat with filtered water.
- You will want to strain ground meat to drain as much liquid as possible.
- Cheese Cloth is great for straining water out of the meat.
- Allow the meat to drain for at least 30 minutes