

# From The Merle Boyd Center

## Sac and Fox Nation Represented at State CHR Convention



## Apple Cider Vinegar and Health

by LaDona Johnson, CHR Coordinator



Do you have apple cider vinegar in your pantry right now? Many of us do. It's a delicious addition to many foods, especially in the summer. We love cucumbers and onions this time of year, soaking in vinegar.

We also have heard all the benefits from using apple cider vinegar. It can cure anything (or that's what we've heard!) I know you've read the articles that if you consume a little vinegar each day, you'll feel like a million dollars. How much of that is gimmick? Many of these supposed benefits are unproven, but some experts think that adding a little of this sour liquid each day may have some health benefits.

For over a thousand years, vinegar has been used for a multitude of reasons; as healing elixir for numerous ailments like fever, cough and colds, as antibiotic, natural detox cleansing agent, energizing drink, as preservative and condiment, antiseptic-disinfectant in cleansing wounds and instruments, for polishing armors, and even as a deodorant.

Apple cider vinegar is made from cider or apple must (Apfelmost) that has undergone fermentation, wherein bacteria and yeast convert sugar to alcohol and finally to acetic acid. It has a pale to amber color with a cloudy, cobweb-like substance, called 'mother of vinegar' located at the bottom of the bottle. This mother is reported to contain beneficial enzymes and bacteria. Apple cider vinegar is also rich in minerals.

Uses of apple cider vinegar include: used in making salad dressing and pick-

les, disinfecting and cleaning, eliminating flies on pets and to control fleas.

Some use it to help with weight loss: some reported a modest decrease in weight and decrease in appetite with intake of 30 ml of vinegar.

Bad breath: Mix 15 ml of vinegar in one cup of water, gargle for ten seconds.

Body odor: Wipe armpit with a cotton ball dipped in vinegar each morning. For foot odor: use 1 cup of vinegar and mix in a pan of warm water and soak feet for about 15 minutes once a week.

Acne: Use one part vinegar in 3-4 parts water. Apply to skin using cotton swab and leave for ten minutes, then rinse. Use three times a day.

Age spots: Blend and drain an onion in a bowl, and mix with an equal amount of apple cider vinegar. Apply with cotton swab over the spots. Or, drink a mixture of a few drops of vinegar in a glass of water and add honey as sweetener.

Diabetes: Studies have reported apple cider vinegar to decrease blood glucose levels in patients with type 2 diabetes. One study in 2004 reported apple cider to have similar activity as metformin or acarbose, both antidiabetic drugs. This does not mean to adjust your medications, at any time, without your doctor's advice.

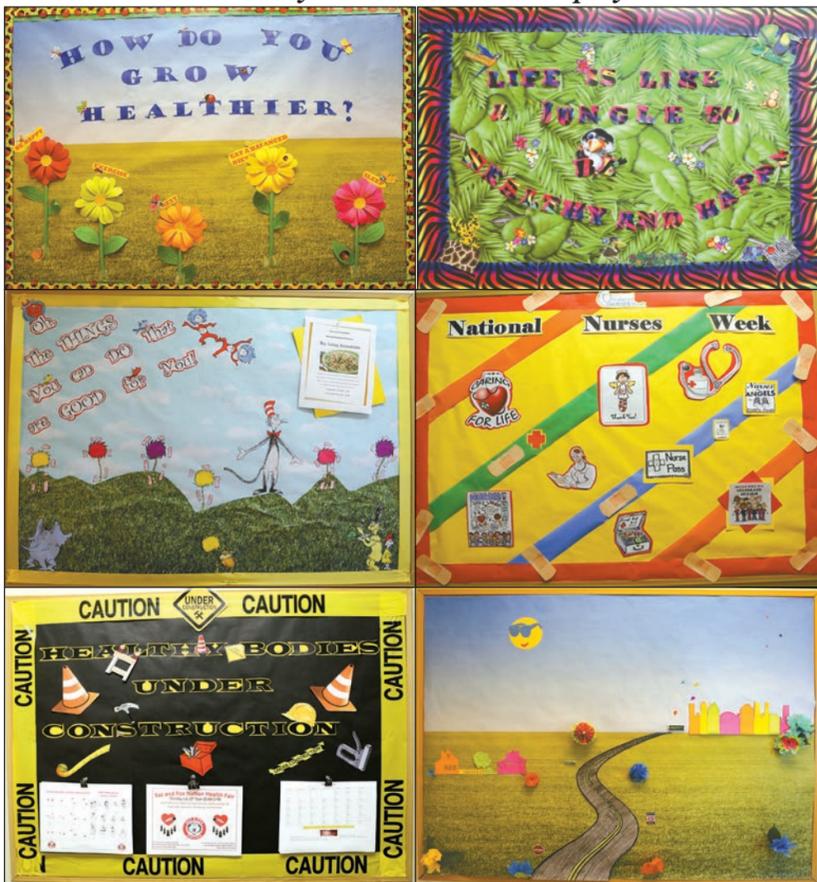
Apple cider vinegar also has been reported to: lower high cholesterol levels, help eliminate toxins, prevent allergies, increase strength and improve stamina, strengthen the immune system, improve metabolism, promote digestion and help with elimination, relieve joint pain and stiffness, and treat bladder infection.

Talk to your provider about apple cider vinegar. Who knows????? It may be just what we need!

Information provided by: MDhealth.com Better Health Information from Doctors



### Merle Boyd Center Poster Display



Malinda Seaton and Jack e McCrack n, with a little help from Sandy Harris and Lea Rhodd created posters for the Merle Boyd Center. Great job ladies! (SFNews)

# 2014 ELDERS CONFERENCE, HEALTH FAIR & OLYMPICS

**September 12, 2014** at the **Community Building** in the **Sac and Fox Powwow Grounds.**  
**8:30 AM- 3 PM**

**Plan to attend the full day, we will have guest speakers, fun games to be played indoor and outdoor, exercise bingo, fun walk, health information booths and great prizes!**

**CONTINENTAL BREAKFAST AND TASTY LUNCH FOR ELDERS**



**This event is strictly for the elders of the Sac and Fox Nation and surrounding tribal entities. We know relatives that are not elders will come, and we must limit the food and all other information to elders present. Please be courteous and thank you for your understanding.**

Any questions please contact:  
 Anthony Ramirez  
 918-968-9531 ext 3039  
 Anthony.Ramirez@IHS.GOV



## September 2014

### Black Hawk Health Center Activities



| Monday   | Tuesday                                 | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| 1<br>Closed for Labor Day  | 2<br>open 8-4:30<br>Anthony in Shawnee  | 3<br>11:15 - Sweat in to the Oldies<br>12:15 - Circuit Training<br>beginner's weight training class 5 PM | 4<br>12:15 - CIRCUIT TRAIN<br>5 PM Circuit Training                   | 5<br>11:15<br>Sweatin to the Oldies<br>12:15<br>Circuit Training  |
| 8<br>11:15 - Sweat in to the Oldies<br>12:15 -Circuit Training<br>5 PM Cardio/core training  | 9<br>open 8-4:30<br>Anthony in Shawnee  | 10<br>11:15 - Sweat in to the Oldies<br>12:15 -Circuit Training<br>beginner's weight training class 5 PM | 11<br>12:15 - CIRCUIT TRAIN<br>2:15 Yoga<br>4:45 Circuit Training     | 12<br>11:15<br>Sweatin to the Oldies<br>12:15<br>Circuit Training |
| 15<br>11:15 - Sweat in to the Oldies<br>12:15 -Circuit Training<br>5 PM Cardio/core training | 16<br>open 8-4:30<br>Anthony in Shawnee | 17<br>11:15 - Sweat in to the Oldies<br>12:15 -Circuit Training<br>beginner's weight training class 5 PM | 18<br>Closed 12-4:30 for In-service Training<br>5 PM Circuit training | 19<br>11:15<br>Sweatin to the Oldies<br>12:15<br>Circuit Training |
| 22<br>11:15 - Sweat in to the Oldies<br>12:15 -Circuit Training<br>5 PM Cardio/core training | 23<br>open 8-4:30<br>Anthony in Shawnee | 24<br>11:15 - Sweat in to the Oldies<br>12:15 -Circuit Training<br>beginner's weight training class 5 PM | 25<br>12:15 - CIRCUIT TRAIN<br>2:15 Yoga<br>4:45 Circuit Training     | 26<br>11:15<br>Sweatin to the Oldies<br>12:15<br>Circuit Training |
| 29<br>11:15 - Sweat in to the Oldies<br>12:15 -Circuit Training<br>5 PM Cardio/core training | 30<br>open 8-4:30<br>Anthony in Shawnee |                     |   |   |