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### **BENEFITS**

- Reduces skin flaking and dander
- Improves digestion
- Alleviates itching
- Helps body be less attractive to parasites
- Reduces skin inflammation
- Balances internal pH
- Easy ear cleaner



### **DEXTER SUGGESTS**

*If you suspect your pet has a mild yeast overgrowth, adding raw apple cider vinegar to their diet, in addition to a probiotic supplement, might just do the trick!*

# APPLE CIDER VINEGAR

## **APPLE CIDER VINEGAR – AN OLD STANDBY**

Apple Cider Vinegar (ACV) has been used for centuries as a reliable home remedy for many health issues. It can be used both internally and externally, and unless used thoughtlessly (don't get it in the eyes, don't overdo it) should cause no harm.

## **ALWAYS USE RAW ACV**

It's essential to use raw apple cider vinegar. The label should read "raw," "unpasteurized," and preferably "organic." You may also see the phrase "includes mother," which is referring to the cloudy sediment at the bottom of the bottle. Don't worry, it's not spoiled! This is a sign that the product is just what you're looking for, and contains the enzymes and other natural elements that make it so useful.

## **INTERNAL USE**

Can be fed daily as a tonic to improve digestion, and balance pH in the digestive and urinary systems.

Suggested daily amount (can be added to food or water):

- 1/8 for cats
- ¼ - 1 tsp for small dogs
- 1-2 tsp for medium dogs
- ½ -1 tbsp for large dogs
- 1-2 tbsp for giant dogs

## **TOPICAL USES**

Always dilute ACV with water in a 50/50 ratio when using topically (unless directed by a practitioner). Avoid eye contact because it will sting. There is no need to rinse. Chronic conditions will need additional care through diet, supplements, and veterinary or practitioner care.

- Skin Inflammation, Itching, Flaking – Apply 2-3 times a day directly to the irritated area, either by spraying or dabbing with a cloth. A chronic itching problem will need additional care through diet, supplements, and veterinary or practitioner care.
- Irritated Feet – Dunk feet for thorough application. Safe to use daily for animal with grass allergies, just dunk at the end of your walks and have them walk on a towel into the house (you don't want to wipe away too much of the ACV).