

Vinegar

Vinegar can be made out of most all-sweet fruit juices. Commercial wines use acids because they fear their wines do not have enough alcohol to remain wine and will end up as vinegar. These acids are always toxic, but not enough that a large enough % of people get sick immediately.

In American health history there was a vinegar made of orange juice and boneset and called Boneset Wine or Boneset Vinegar. They used orange juice or a sweet fruit juice to make a wine / vinegar with added herbs, in this case, boneset. Boneset was used as a sweating herb in the treatment of pneumonia and this old wine / vinegar actually works extremely well when consumed in large doses, such as a full bottle.

When people lived alone and grew all their foods and had no doctors other than mom, vinegars were very common way to preserve herbs through the winter. The other method was to make syrups out of the herbs by adding as much as 50% sugar and even then sugar is not reliable when diluted. Fruit / Grain Alcohol is very reliable and extremely reliable when concentrated by a still. Normal yeast and sweet fruit juices are going to make a mild wine or end up as vinegars.

Vinegar's do not make enough wine to stay preserved, so they cannot stay in a bottle with little or no air or they will die and then rot. Yet, as long as a vinegar is given air it can live indefinitely and if season a little fresh juice is added to replace what was used throughout the year, the vinegar has the potential to last 100+ years.

Historically vinegar was made out of nonsalable apples. Often fallen or undesirable looking apples, so the orchard would juice these and turn to vinegar and sale to those that raced horses for a liniment for the legs. Keep in mind in some states, just 20-30 years ago there were often more horses than there were humans.

As more and more laws harmed the farmers and all non commercial sources the orchards were restricted from making vinegar and one by one most are all out of business in just less than 40 years time. 70 years ago you could find apple orchards everywhere. None commercial apple orchards barely exist and mostly operated by Amish families and even then, today many of them will buy apples from the commercial farms and resale on their old apple farm that they have allowed to decay. It takes an enormous amount of labor that makes it impossible to compete with the commercial farms that are all subsidized so they can sale cheaper and put the none commercial farms out of business.

Since you can no longer go local and just buy real vinegar, people today have forgotten what real vinegar is. You cannot buy real Vinegar in a sealed bottle on a store shelf or have shipped to you from a website store. Real Vinegar needs air

or it will die. Vinegar in store bottles has been killed and sterilized. Dead Vinegar is no longer vinegar.

Dr. Howard Hay, M.D. suggested vinegar as an acid food and to not consume it. Dr. John R. Christopher loved vinegar as a real herb, but agreed, it has to be a live vinegar or it is just a commercially sold acid food. As a live vinegar, it has a very small amount of natural alcohol that keeps it living, the same with humans; the human liver makes a very small amount of alcohol. Unless the human is eating grains / breads / sugars / yeast, if a human is stuffing them selves with breads, grains and sugars then there have been some medical doctors from the past that believed those people are making more alcohol weekly than the town drunk buys in a bottle and they love their breads and pies because they are addicted to making constant mild-alcohol in their liver.

Humans know this process as fermenting, burping, and belching and often the elderly in their last year of life is plagued with belching of gas and indigestion. Actually because true live vinegar is a "live" herbal product, it is a live source of bacteria that people want to call "friendly" bacteria and they use to make their own vinegars and would take their yearly supply of honey they made and blend in with ½ fresh vinegar and take an ounce per day as prevention of illness.

The vinegar loves the sugary honey and still should never be capped so no oxygen enters, so commercial bottles of vinegar / honey would have to be killed / sterilized in some manner. Adding alcohol to kill the bacteria or essential oils, etc.

Apple Juice is what people know as apple cider vinegar and all apple juice vinegar is great and what all history is from. All other sweet fruits work, such as orange juice, pineapple juice, black berry juice, mulberry juice, cherry juice, virtually every sweet juice you buy to drink, you can ad to your vinegar tank to make it better, to fit the theory of the 1957 Co-Q10 Scientist.

Vinegar can be made in tanks, barrels or even crocks designed to make vinegar. These crocks will have a spigot at the bottom and you take a glass of vinegar from the bottom of your crock and pour in the top. That is all it takes to give the vinegar a little oxygen so it stays alive.

The Mother

Many people today think the "mother" is the thing to have. When your sweet fruit juice is fermenting, it will develop a thick jelly that floats on top of the vinegar. If this gets disturbs and sinks to the bottom, it dies and people see this in dead commercial vinegar and call it the "mother". Ideally each year, you remove the mother in your vinegar tank and throw it out. It will be heavy and feel like a jellyfish and dry up to almost nothing on the ground.

One good reason that the farm made apple cider vinegar was just for horse's legs was the fact that the farmers used just a lid or loose cloth over their tanks or

barrels and never kept the fruit flies out. Actually many of the Amish apple orchards want to believe that the fruit flies are needed to make good vinegar. So unless your buying apple cider vinegar from an old farmer for your horses; do not buy it for human use, unless you do not mind fruit flies.

The only way to keep fruit flies out in the summer months is to use a very small cloth that keeps all bugs out and even then, that is hard to achieve due to the fact the fruit flies never give up trying. The best way is a simple way, if your making vinegar use a plastic tank that has a large plastic lid that you can reach into and remove the mother once per year and this tank much have a valve at the bottom where you collect your vinegar from. The simple trick I discovered was to just buy an aquarium fish tank pump and drill a hole in the top of the plastic tank and insert the air hose and leave this pump run 365 days every year. Leave the lid just loose enough that the air can come up and out, leaving the tank just slightly pressurized. The tiny fruit flies cannot enter and the vinegar loves the pumped air supply. Always collect from the bottom of the tank when possible.

Always remove the mother year of you risk it falling down to the bottom of your tank in a huge mass that then can clog up your valve. Making vinegar is easy, but of you make more than a few gallons, you just have to spend a few minutes once a year to pitch the mother. I do not see any use for the mother and those that want to use it or fermented herbal teas and the such; as long as they are healthy, then eating live bacteria should not be a problem.

Not that long ago, most humans making or buying live vinegar were using it to cook with, such as adding to a bowel of beans and ham soup covered with fresh cut onions and a little apple cider vinegar added just before you ate it for flavor. The old timers would often take 1 ounce shot glasses of vinegar after a large meal to help with digesting their meats. Often the mother would also use vinegar when preparing meats. This is probably why Dr. Hay did not suggest vinegar, because he knew it had to do with the wrong types of foods that produce the acidic stomach.

If you watch a documentary such as How do they make it, today's apple cider vinegar is made instantly in factories and permanently sealed at a specific acid level and has zero alcohol and zero life and will set on the shelf in the sealed plastic jug for ever. These acid waters often cost less than \$4 a gallon.

A true apple cider vinegar takes a minimum of 3 years to make. It will be tart after the first year, but not a true well made vinegar until the end of the third year. By adding air, the process goes well, but the old original tank made orchard vinegar took years to make and many fruit flies in the process. Nothing I would ever want to put in my mouth. Like many things, if you want a clean product you have to make it your self. A true well made vinegar is just 1 of many ways people made herbal products when you lived free on the farm and no such thing as going to a town or having money to spend.