

Apple Cider Vinegar

Post 1/22/2014

We get a lot of questions about our cattle mineral program. People want to know what works and why. In addition to a trace mineral salt and natural mineral, one of our staples is Apple Cider Vinegar (ACV). It is becoming an accepted supplement to improve immune system function and overall cattle health. Thanks to the likes of Will Winter, DVM, and others who have explained the benefits and how it works. It wasn't that long ago that we were getting some strange looks from people when we mentioned that we fed ACV to our cattle. As always, it's imperative that you start with a raw (unpasteurized), unfiltered ACV. The distilled versions won't work. We mix it 50:50 with water and feed it free-choice to our cattle. During cold weather, we use a heated trough. The benefits we have seen from supplementing with ACV include increased feed efficiency, reduced internal parasites, less biting insects, less scratching and rubbing, quick shedding in the spring, and healthy cattle with shiny hair coats. In the rare cases of scours or bloat, we drench our cattle with a 50:50 mix of ACV. One or two doses is usually all it takes. We purchase the organic ACV in bulk from Wick's Livestock Nutrition (www.wickslivestock.com) to save on shipping. The nice thing about the organic ACV is that we can use it for ourselves as well.

We try to keep ACV in stock to supply small producers in our area who don't want to purchase 275 gallons at a time. We have also provided it to people who have asked for it for their own use. The ACV we purchase comes from the same place that Braggs gets theirs. Braggs dilutes theirs to 5% acidity (from 6%), bottles it, and sells it to the public for a nice profit. See (<http://bragg.com/products/bragg-organic-apple-cider-vinegar.html>) for human uses and benefits.

ACV works great to bolster your immune system. I have used it successfully to treat any kind of stomach ailment, from the flu to indigestion. It also works great for muscle cramps, and for growing pains in children. To get my kids to take it, I mix 1-2 tsp of ACV in 8 oz of orange juice. My favorite is 2-3 tsp of ACV in a cup of hot tea with a tsp of honey. During hot weather, try it in ice tea.

The more we learn about the mineral needs of our cattle, the more we learn about our own mineral needs. ACV is an inexpensive supplement that works great for the cows and the kids.