

ONION PEEL AND APPLE CIDER VINEGAR DRINK

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ABSTRACT

The apple cider vinegar and onion peel extract have health improving and immunity boosting properties.

The onion peel which actually is more healthy than onion flesh as it contains almost 75% of the quercetin of total onion contents. The idea was to bring the regularly wasted onion peels in a healthy use. Along with apple cider vinegar which isn't used on such large scale.

Both of them have supporting health benefits. The drink provides anti-inflammatory properties, improving brain health, increases metabolism, controls insulin rises, decreases fat in obese and overall maintains the health of the body.

The drink mainly comprising of, apple cider vinegar and the extract of organic onion peel extract, and purified water made by the process of boiling and diluting.

The drink has really some exciting health benefits which can make us more healthy.

Keywords: *organic Apple cider vinegar, onion peel extract, detoxicating.*

INTRODUCTION

The research is started with the thought can we make a health drink by using the ingredients available at home. After a lot of suffering we found out that the onion peels that are wasted on large scale have some really exciting health benefits. The question was how to make it consumable ?

Along with it organic apple cider vinegar had some similar health benefits and had an citrusy taste which improves the taste of onion peel extract. Together they can have amazing health benefit.

PROCEDURE

1. Take onion peels from 10 to 12 onions, put them in a vessel and add a couple of glasses of water to it.
2. Start the burner and boil the water for about 3 to 4 min.
3. Remove the peels using a strainer and we will get onion peel extract.
- 4 Take the organic apple cider vinegar add a cup of water to dilute it and add some onion peel extract to it. If ACV is consumed in concentrated form can damage oesophagus.



ONION PEEL EXTRACT



APPLE CIDER VINEGAR



DRINK



BENEFITS

- The drink contains ACV & Quercetin (which is from a large group of compounds called flavonoids), the compound is an anti-inflammatory substance as it prevents the histamine (which can be an cause of allergies). So the drink can prevent allergies.

- The drink contains quercetin which is a powerful antioxidant that may protect brain cells from oxidative stress.
- The drink has quercetin is anti-bacterial, protecting from wide range of oral bacteria. Along with reducing symptoms of arthritis, reduces blood pressure, it may prevent cancer
- The drink is detoxicating as it can remove the various toxins from our body.
- The drink reduces the sugar level of the blood and prevents the insulin spikes .the drink can increase the metabolism.
- The drink can do some fat loss in the obese people as it contains apple cider vinegar which has shown fat loss in obese people.
- The regular consumption drink increases the immunity of the as quercetin and ACV have shown prevention from many diseases.

LIMITATION

1. Drink intake should be avoided by pregnant and lactating women.
2. People with kidneys problem should also avoid consumption of drink.
3. Drink should not be drink after meal.
4. Drink should not be drink before bed.

FUTURE SCOPE

Regular use of this drink can lead to overall increase in the immunity and improve the health.

As well as it can prevent some major incurable diseases like diabetes, cancer and blood pressure.

OBSERVATION

- Orangish red coloured drink onion peel extract
- Pungent smell.
- Orange coloured drink.

CONCLUSION

- Contains high amount of acetic acid which maintains sugar and insulin level.
- Contains quercetin anti-inflammatory, anti-bacterial and increases immunity.
- Improves brain health as its strong anti-oxidating.

- Causes fat loss in obese.
- Detoxicating.
- Increases immunity.
- Easy to make in short time.

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