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BT snaps up Counterpane Internet Security

Counterpane security guru Bruce Schneier joins BT Group as it tries to increase network security for business customers.

Will Sturgeon

Oct. 25, 2006 5:33 a.m. PT



Britain's BT Group has snapped up United States-based Counterpane Internet Security for a sum of more than \$20 million as part of a continuing commitment to the security offering and overall growth of its Global Services business.

Counterpane provides managed network security services.

As part of the deal, Counterpane's founder, CTO and highly regarded security guru, Bruce Schneier, will join the BT payroll. Schneier will maintain his position as CTO within Counterpane, based in Mountain View, Calif.

Andy Green, CEO of BT Global Services, said the acquisition is a reaction to BT customers' demand for more security at the network level to protect business-critical applications."

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Apple cider vinegar is created by putting apple juice through two stages of fermentation.

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Apple cider vinegar can be found in all sorts of recipes -- dressings, marinades, tonics and more. It's also sometimes used for beauty or cleaning purposes. And believe it or not, it shows some promising health benefits.

Contract

Vinegar has a long history, dating back to at least 5,000 B.C. Its many uses include preservation, flavoring, pickling and medicine. It also has a rich history in ancient Africa, China and Greece as a health aid. Apple cider vinegar has antimicrobial and antioxidant properties, and some research is available to back up some claims of its wellness benefits.

Costs

Monthly price range

Read on to learn about some of the potential health benefits of apple cider vinegar and the best doses and methods for taking it. For more, learn whether your nonstick cookware is safe to use and discover 11 foods that should not be staples of your diet.

Monthly equipment costs

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Overview

What is apple cider vinegar?

When you combine apples, sugar and yeast and allow it to ferment, it creates apple cider vinegar. Over several weeks, the yeast will digest the sugar to make alcohol. Once this happens, natural bacteria will turn the alcohol into acetic acid, which is where the pungent odor and taste of apple cider vinegar comes from.

You have two options when you buy apple cider vinegar: filtered and pasteurized, or raw and unfiltered. The cloudy sediment that collects in the bottom of the bottle is "the mother," which is a combination of bacteria and yeast. Some speculate the mother is what provides the health benefits, as it contains trace amounts of healthy bacteria and probiotics.

Apple cider vinegar can be used in the kitchen, around the home and for your health.

- Deodorizer.
- Preservative.
- Dressing or vinaigrette.
- Facial toner.
- Marinade.

• Fruit and vegetable wash.

• Denture cleaner.

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• Hair rinse.

• Dandruff treatment.

• Weed killer.

• Mouthwash.

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4 Costs benefits of apple cider vinegar

Monthly price range

Although more research is needed, several small and medium-sized studies show the benefits of apple cider vinegar for some health issues and as a potential weight loss aid.

Monthly equipment costs

May help control blood sugar and diabetes

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Up to 95% of diabetics have type 2 diabetes, according to the Centers for Disease Control and Prevention. Type 2 diabetes occurs from insulin resistance, or the body's inability to produce insulin.

Even if you don't have diabetes, it is beneficial to keep blood sugar levels in the normal range. Studies have shown that apple cider vinegar can improve insulin response and lower blood sugar levels after meals.

Overview

Consuming apple cider vinegar before going to sleep has also been shown to reduce fasting blood sugar after waking. Make sure to talk with your doctor before consuming ACV if you have diabetes, especially if you're on medication.

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Kills harmful bacteria

Speed range

Those looking to preserve food naturally may want to consider using apple cider vinegar. It is a known pathogen killer, which includes microbes like staph and candida.

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Vinegar is a popular preservative in Korea as since it can prevent E. coli and norovirus from growing in food. E. coli can cause food poisoning when consumed, but the bactericidal effects of the acetic acid in apple cider vinegar can prevent it from occurring.

Could lead to weight loss

Another benefit of apple cider vinegar that may be useful is its ability to help with weight loss. When taken before or during a meal, ACV has been shown to help with satiety (the feeling of fullness).

Costs

Monthly price range

In one study, participants ate approximately 200 to 275 fewer calories when apple cider vinegar was combined with a meal. Over three months, participants taking one to two tablespoons of ACV per day saw up to 3.7 pounds in weight loss and a reduction in body fat.

Monthly equipment costs

Might improve cholesterol levels

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High cholesterol and triglyceride levels can increase your risk of heart disease.

Incorporating up to an ounce of apple cider vinegar into your day, along with a lower-calorie diet, may reduce total cholesterol and triglycerides while also increasing HDL "good" cholesterol.

Those with type 2 diabetes may also see positive results on their total cholesterol and triglyceride levels when adding a half ounce of ACV to their diet.

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Potential side effects

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Although there are benefits of apple cider vinegar usage, there are also potential side effects to consider. The high acidity can strip tooth enamel, which won't come back once it's gone. It may cause damage to your esophagus or throat if you drink it undiluted.

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Here are some other potential side effects of apple cider vinegar:

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- Can cause hypokalemia (low potassium levels).
- Can interact with diuretics, insulin and other medications.
- Can cause nausea or vomiting.

Costs

Watering it down with water or juice not only makes ACV more palatable, it can also reduce the risk of damaging your throat and teeth. Combining one or two tablespoons with either may also cure an upset stomach.

Monthly price range

Apple cider vinegar dosage

Monthly equipment costs

Apple cider vinegar dosage depends on the reason you're using it. Two teaspoons to two tablespoons is the general dosage recommendation.

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vinaigrettes and even when making your own mayonnaise.

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While some studies have found the benefits of apple cider vinegar, we need more research to definitively prove how beneficial ACV is. It may help with weight loss, controlling type 2 diabetes, blood sugar and cholesterol and it can also prevent harmful bacteria growth on foods. Drinking undiluted apple cider vinegar can cause tooth enamel erosion or throat damage. Mixing ACV with water or juice before consuming it can prevent damage to the teeth and throat. As with any natural remedy, speak with your doctor before trying apple cider vinegar. **Overview** Do a skin test before using it on your skin.

The information contained in this article is for educational and informational purposes only and is not intended as health or medical advice. Always consult a physician or other qualified health provider regarding any questions you may have about a medical condition or health objectives.

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