



# The Benefits of Apple Cider Vinegar

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I am about medicine, great clinical histories to get to the real diagnosis and natural remedies, including ways to control your blood sugars, lose weight, balance your hormones, protect your kids' health, etc.

One of the most POWERFUL natural remedies you can use for you and your loved ones is Apple Cider Vinegar. This ancient elixir has been used for thousands of years, and as a matter of fact, Hippocrates, the "father of medicine" used ACV as a natural antibiotic and antiseptic for his patients as far back as 400 B.C.

Apple cider vinegar, or cider vinegar, is a vinegar made from fermented apple juice. By far, the most successful application of vinegar to date is in patients with type 2 diabetes. Type 2 diabetes is characterized by high blood sugar levels, either because of insulin resistance or an inability to produce insulin.

However, high blood sugar can also be a problem in people who don't have diabetes. It is believed to be a major cause of aging and various chronic diseases. Pretty much everyone should benefit from keeping their blood sugar levels in the normal range. The most effective (and healthiest) way to do that is to avoid refined carbs and sugar, but apple cider vinegar can also have a powerful effect.

Vinegar has been shown to have numerous benefits for blood sugar and insulin levels:

- Improves insulin sensitivity during a high-carb meal by 19–34% and significantly lowers blood sugar and insulin responses.
- 2 tablespoons of apple cider vinegar before bedtime can reduce fasting blood sugar in the morning by 4%.
- Numerous other studies in humans show that vinegar can improve insulin function and lower blood sugar levels after meals.

For these reasons, vinegar can be useful for people with diabetes, pre-diabetes, or those who want to keep their blood sugar levels low for other purposes. If you're currently taking blood-sugar-lowering medications, check with your doctor before increasing your intake of any type of vinegar.

## Other Benefits of Apple Cider Vinegar:



- Is useful as a weight loss aid, mainly by promoting satiety and lowering blood sugar and insulin levels.
- Lowers Cholesterol and Improves Heart Health- animal studies suggest that apple cider vinegar can reduce cholesterol and triglyceride levels, along with several other heart disease risk factors
- It is possible that consuming apple cider vinegar may help prevent cancer, but this needs to be researched more before any recommendations can be made.

The dosage should be no more than 1-2 tablespoons (15–30 ml) per day, mixed in a large glass of water to which you can add natural lemon juice as well. Please rinse your mouth after and brush your teeth.

These can be highly useful for people who like to keep things as natural and chemical-free as possible.

At the end of the day, apple cider vinegar appears to be very healthy.

It's not a "miracle" or a "cure-all" like some people seem to believe, but it does clearly have some significant health benefits, especially for blood sugar and weight control. Again, always ask your primary care physician to make sure this natural remedy is not harmful to you.

