



BENEFITS OF APPLE CIDER VINEGAR



- Highly recommended to mix 1 TBSP apple cider vinegar (ACV) with the 'mother' with 6oz spring water RIGHT BEFORE you eat at least your 2 largest meals of the day
- Ideal to do prior to every meal, but it can take some getting used to at first
- [Amazon.com : Bragg Organic Raw Apple Cider Vinegar, 32 Ounce - 1 Pack \(or you can get at your local grocery store\)](#)
- Consuming 1 TBSP of ACV with higher carb meals especially greatly reduces glucose spikes
- Vinegar slows down the speed of the digestive enzyme that breaks starches down into glucose molecules
- A study also shows that vinegar helps our muscles uptake glucose more efficiently which also flattens the glucose spike curve
- By stabilizing blood glucose levels, we also reduce cravings
- Cravings and spikes in our appetite tend to have a lot to do with insulin resistance and blood glucose dysregulation





BENEFITS OF APPLE CIDER VINEGAR



Summary of Notable Benefits



#1 Supports Healthy Digestion

- *ACV stimulates stomach acid production, which aids in the breakdown of food and improves nutrient absorption. This helps prevent indigestion and bloating, especially when consumed before meals.*

#2 Promotes Satiety and Weight Management

- *ACV can increase feelings of fullness and reduce overall calorie intake, which may help with weight management. Studies suggest that ACV may slow gastric emptying, making you feel fuller longer.*





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#3 Rich in Acetic Acid

- *The primary active compound in ACV, acetic acid, has been shown to have several health benefits, including improving insulin sensitivity, reducing fat storage, and aiding fat loss.*

#4 Natural Antimicrobial Properties

- *ACV has antimicrobial effects, which can help kill harmful bacteria and pathogens. It has been used traditionally for disinfecting wounds and treating fungal infections.*
- *Incorporate ACV into your diet or use it as a natural remedy for minor skin infections or as a natural cleaning solution.*





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#5 Supports Heart Health

- *Studies have shown that ACV may lower cholesterol and triglyceride levels, which contribute to heart disease. It can also help lower blood pressure by promoting better vascular health.*

#6 Improves Gut Health

- *ACV is rich in probiotics (when unfiltered with "the mother") and enzymes that support gut health and balance the microbiome. A healthy gut is linked to better digestion, improved immunity, and hormonal balance.*





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#7 Boosts Skin Health

- *ACV can help balance skin pH and has been used to soothe skin irritation, reduce acne, and improve the overall appearance of skin when applied topically.*
- *Dilute ACV with water and use as a toner for acne-prone skin, or add it to bathwater to soothe skin irritation.*

#8 Detoxification Support

- *ACV promotes liver detoxification and helps flush toxins out of the body. It also supports lymphatic drainage, which is key for reducing inflammation and improving overall health.*





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#9 Alkalizing Effect

- *Despite its acidic taste, ACV has an alkalizing effect on the body once metabolized. An alkaline environment helps reduce inflammation and supports optimal health.*
- *Incorporate ACV into your daily routine to help maintain a balanced pH level in the body.*

General Usage Tips:

- *Always dilute ACV in water (1 TBSP in 6-8 oz) to protect tooth enamel and avoid irritation to the digestive tract.*
- *Start with small doses and gradually increase to allow your body to adjust.*
- *Use unfiltered, raw ACV with the 'mother' for maximum health benefits, as it retains beneficial enzymes and probiotics.*





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REFERENCES

ACV and Glucose Spikes

- Johnston, C. S., Kim, C. M., & Buller, A. J. (2004). Vinegar improves insulin sensitivity to a high-carbohydrate meal in subjects with insulin resistance or type 2 diabetes. *Diabetes Care*, 27(1), 281-282.
 - This study found that vinegar consumption reduces postprandial blood glucose levels, improving insulin sensitivity.

Vinegar and Digestion of Starches

- Liljeberg, H. G., & Björck, I. M. (1998). Delayed gastric emptying rate as a potential mechanism for lowered glycaemia after food intake in healthy subjects. *European Journal of Clinical Nutrition*, 52(5), 368-371.
 - This study shows how vinegar delays gastric emptying and slows the breakdown of starches into glucose, reducing the glycemic response.

Vinegar and Muscle Glucose Uptake

- Ostman, E., Granfeldt, Y., Persson, L., & Björck, I. (2005). Vinegar supplementation lowers glucose and insulin responses and increases satiety after a bread meal in healthy subjects. *European Journal of Clinical Nutrition*, 59(9), 983-988.
 - The study explains how vinegar enhances muscle glucose uptake, contributing to improved glucose control and satiety.

ACV and Cravings via Blood Glucose Stabilization

- Johnston, C. S., Steplewska, I., Long, C. A., Harris, L. N., & Ryals, R. H. (2010). Examination of the Antiglycemic Properties of Vinegar in Healthy Adults. *Annals of Nutrition & Metabolism*, 56(1), 74-79.
 - This study found that by stabilizing blood glucose levels, vinegar can reduce cravings and overeating, particularly following high-carb meals.

