



Benefits of Organic Apple Cider Vinegar

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Nearly a hundred different health-promoting substances have been identified in organic Apple Cider Vinegar. ACV is arguably one of the best all-around detoxifiers for your body's intestinal tract and organs. This is why it's so important to use only raw organic apple cider vinegar - it's the only way to obtain all the life-promoting enzymes and vitamins needed for proper intestinal detoxification. High quality ACV brands include: [Bragg™](#), [Solana Gold™](#) or [Spectrum™](#).

Do your best to avoid drinking any other liquids during the 19-Day Liver Cleanse as this tends to decrease the water's cleansing action and may dehydrate you.

Avoid or abstain as much as possible from the following:

1. **Coffee** - Heavy in [caffeine](#), volatile oils, & added calories from sugar, creamer, etc.
2. **Milk** - Dairy & soy [milk](#) can constipate and slow down the digestive process.
3. **Alcohol** - In both name and function, [Alcohol](#) is just poison for your body.
4. **Bottled Juices** - They contain very little actual juice, toxic preservatives and sugars.
5. **Soft Drinks & Energy Drinks** - Loaded with calories, [refined sugar](#), chemical preservatives, or [artificial sweeteners](#), these rank among the worst things you can put in your body.

The beverages above will decrease the effectiveness of your liver cleansing efforts and increase your [daily toxin intake](#). Remember, the body is comprised mostly of water and wants and needs only this life-giving substance.

The following are a few health benefits of apple cider vinegar, that are supported by scientific research.

1. Apple Cider Vinegar is High in Acetic Acid, Which Has Potent Biological Effects

Vinegar is made in a two-step process, related to how alcohol is made (1).

The first step exposes crushed apples (or apple cider) to yeast, which ferment the sugars and turn them into alcohol.

In the second step, bacteria are added to the alcohol solution, which further ferment the alcohol and turn it into [acetic acid](#)... the main active compound in vinegar.

Organic, unfiltered apple cider vinegar (like [Bragg's](#)) also contains “mother,” strands of [proteins](#), enzymes and friendly bacteria that give the product a murky, cobweb-like appearance.

Some people believe that the “mother” is responsible for most of the health benefits, although there are currently no studies to support this.

Apple cider vinegar only contains about 3 [calories](#) per tablespoon, which is very low.

There are not many vitamins or minerals in it, but it does contain a tiny amount of potassium. Quality apple cider vinegar also contains some amino acids and antioxidants.

Bottom Line: Apple cider vinegar is made by fermenting the sugars from apples. This turns them into acetic acid, the active ingredient in vinegar.

2. Acetic Acid is a Potent Antimicrobial and Can Kill Some Types of Bacteria



Vinegar can help kill pathogens, including bacteria (2).

Vinegar has been used as a food preservative, and studies show that it inhibits bacteria (like *E. coli*) from growing in the food and spoiling it (3, 4, 5, 6).

Bottom Line: The main substance in vinegar, acetic acid, can kill bacteria and/or prevent them from multiplying and reaching harmful levels. It has a history of use as a disinfectant and natural preservative.

3. Apple Cider Vinegar May Lower Blood Sugar Levels, Which is Very Useful For Diabetics

By **far** the most successful application of vinegar to date, is in patients with type 2 diabetes.



Type 2 diabetes is characterized by elevated blood sugars, either in the context of insulin resistance or an inability to produce insulin.

However, elevated blood sugar can also be a problem in people who don't have diabetes... it is believed to be a major cause of ageing and various chronic diseases.

So, pretty much everyone should benefit from keeping their blood sugar levels stable.

The most effective (and healthiest) way to do that is to avoid refined carbs and [sugar](#), but apple cider vinegar may also have a powerful effect.

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

- Improves insulin sensitivity during a high-carb meal by 19-34% and significantly lowers blood glucose and insulin responses (7).
- Reduces blood sugar by 34% when eating 50 grams of white bread (8).
- 2 tablespoons of apple cider vinegar before bedtime can reduce fasting blood sugars by 4% (9).
- Numerous other studies, in both rats and humans, show that vinegar can increase insulin sensitivity and significantly lower blood sugar responses during meals (10, 11, 12, 13, 14, 15).

For these reasons, vinegar can be useful for people with [diabetes](#), pre-diabetes, or those who want to keep their blood sugar levels low to normal for other reasons.

If you're currently taking blood sugar lowering medications, then check with your doctor **before** increasing your intake of apple cider vinegar.

Bottom Line: Apple cider vinegar has shown great promise in improving insulin sensitivity and helping to lower blood sugar responses after meals.

4. There Are Some Studies Showing That Apple Cider Vinegar Can Help With Weight Loss

Given that vinegar lowers blood sugar and insulin levels, it makes sense that it could help you lose weight.

Several human studies suggest that vinegar can increase satiety, help you eat [fewer calories](#) and even lead to actual pounds lost on the scale.

Vinegar along with high-carb meals can increase feelings of fullness and make people eat 200-275 fewer calories for the rest of the day (16, 17).

By reducing calorie intake, this should translate to reduced weight over time.

A study in obese individuals showed that daily vinegar consumption led to reduced belly fat, waist circumference, lower blood triglycerides and weight loss (18):

- **15mL (1 tablespoon):** Lost 2.6 pounds, or 1.2 kilograms.
- **30mL (2 tablespoons):** Lost 3.7 pounds, or 1.7 kilograms.

However... keep in mind that this study went on for 12 weeks, so the true effects on body weight seem to be rather modest.

That being said, just adding/subtracting single foods or ingredients rarely has a noticeable effect on weight.

It's the entire diet/lifestyle that counts... you need to **combine** several effective methods to see results.

Overall, it seems like apple cider vinegar may be useful as a [weight loss](#) aid, mainly by promoting satiety and lowering glucose and insulin levels.

But it won't work any miracles on its own.

Bottom Line: Studies suggest that vinegar can increase feelings of fullness and help people eat fewer calories, which can lead to weight loss.

5. Apple Cider Vinegar May Have Some Benefits For Heart Health



Cardiovascular disease (heart disease and stroke) is currently the world's biggest cause of death (19).

It is known that several measurable biological factors are linked to either a decreased or increased risk of cardiovascular disease.

It is recommended to use organic, unfiltered apple cider vinegar with the “mother.”

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

It’s not a “miracle” or a “cure-all” like some people seem to believe, but it does clearly have some important health benefits, especially for blood sugar and weight control.