

# 12 Ways Apple Cider Vinegar Improves Your Health

*What do you think about the taste of apple cider vinegar?*

Although there is the word “apple” there, it’s like drinking acid. If you want to consume the AVC, you must dilute it. Otherwise, you will destroy your teeth. Adding one or two drops of honey is going to make this more palatable.

So, which health benefits can you get from drinking ACV? Below are 12 ways drinking apple cider vinegar will [boost your health.](#)

## ACV Cleans Food When Abroad

Research indicates that washing fruit and vegetables in ACV can reduce pathogens, including Salmonella and pesticides. When using a 1:1 mixture of diluted vinegar and lemon water, researchers found that the Salmonella was virtually destroyed and the fruits and vegetables had less pesticide residue.

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To practice this at home, you should add a quarter cup of ACV and lemon juice to a liter of water and soak fruits and vegetables for 45 minutes. After that, rinse and enjoy!

## It Gives You Added Nutrition

ACV is rich in minerals and vitamins, including calcium, phosphorus, iron, magnesium, potassium, and manganese. In which, the dietary manganese, which accounts for 30% of daily value, is the most important thing. It is responsible for the bone production, blood sugar control and free radicals prevention. Additionally, manganese works for the integrity of

the skin. It plays a vital role in creating collagen. Hence, apple cider vinegar may or may not detox the body; it can still bring you healthy skin!

## **It Gives You Fresher Breath**

Bacteria is one of the reasons for bad breath. Apple cider vinegar with the antibacterial properties can kill those microorganisms. However, vinegar probably is not as effective as products that specially designed for fresh breath. Besides, swishing ACV around in the mouth can erode the enamel on the teeth. And, please note that any claims that apple cider vinegar can whiten your teeth are wrong. To prevent this, drink with a straw, then wait at least half an hour and brush your teeth. This will help you protect the teeth while still bringing you the benefits.

## **It Helps Unblock Your Nose**

If you live in the city, I'm pretty sure that your nose will always be stuffed up. I don't know why. But apparently, ACV can detox the body, and its potassium can break up mucus. The acetic acid can bind to toxins and get them out as well. Although there are not any scientific studies on this, in fact, many people claim that consuming ACV has helped them clear sinuses and even heal sore throats.

## **It Improves Digestion**

You have probably heard about probiotics – the live microorganisms which help with digestion and get rid of harmful bacteria. In apple cider vinegar, there are five types of probiotics. However, they can or can not still be alive as you consume your cup of vinegar. Fortunately, there is another part of the “mother” of apple cider vinegar (which gunk at the bottom of the bottle): prebiotics. Being different from probiotics, prebiotics is a particular type of fiber. They help nourish the friendly bacteria which are already in laying

in the gut.

Pectin in ACV can also help to slow down the absorption of glucose. Studies have shown that pectin binds to cholesterol, making less of it to be absorbed. Most benefits from apple cider vinegar are thanks to prebiotics. Therefore, make sure you shake the bottle of ACV well and use the gunk at the bottom!

## **It Improves Energy**

Athletes consume all sorts of concoctions to get optimal performance. And pickle juice is one of them. A group of young men is electronically stimulated to stop cramping faster if they consumed pickle juice. This is probably because of the potassium in vinegar. It is one of the seven crucial minerals for the body. This element helps boost your energy. It can fine-tune muscle control and the sense of touch too. Without enough potassium, you will get muscle twitches and cramps.

In rat studies, acetic acid stimulates glycogen repletion in skeletal muscles. It means the acid helps the muscles turn carbs into energy. So, it will give you more fuel for the workout routine.



## **It Can Help Protect Against Cancer**

Experts suggest that apple cider vinegar has beneficial systemic effects, according to historical records, but these records still need to be confirmed by modern science. In 2004, a study indicated that vinegar has an antitumor effect, especially rice vinegar.

The fermentation process of apple cider vinegar formed a neutral alpha-glycan content. This was able to reduce cancerous tumors in mice. Again, it could make a different impact on actual humans. But it is still a good start! Another research also showed that using vinegar eased esophageal cancer. From these conclusions, it seems ACV may be able to slow the growth of cancer. But it is not the magic remedy for something that is as dangerous as cancer.

## **It Lowers The Body's pH**

Unlike other kinds of vinegar, apple cider vinegar has an alkalizing effect. Although acidic, ACV encourages an alkaline environment inside the body due to how ACV's broken down and digested – it is pretty similar to how lemon juice deacidifies the body. Many viruses and bacteria can survive in an alkaline environment, and if the body is too acidic, it will take calcium in an attempt to become alkaline. And this activity can result in low bone density and osteoporosis. Many people get better health after applying a more alkalizing [diet](#). So, It's worth a try!

## **It Can Reduce The Risk Of Heart Attack**

Currently, cardiovascular disease is the leading cause of death globally. There are numerous factors which can result in cardiovascular disease, both genetic and environmental factors. And the cardiovascular disease that is caused by biological factors can be decreased with the help of apple cider vinegar.

In one research, rats were fed on a high cholesterol diet. The group which also had acetic acid in food had much lower triglyceride and cholesterol levels. In case you do not know, triglycerides are a kind of fat in the blood that can increase the risk for heart disease.

Besides acetic acid, apple cider vinegar may also contain chlorogenic acid, which prevents LDL cholesterol particles from oxidizing. The oxidation of LDL particles is crucial in developing heart disease.

However, most experiments were done on rats. The only human evidence is given by Harvard, where research proved that women eating oil and vinegar salad dressing had the lower risk for heart disease than those having no dressing.

Although the evidence is not concrete, it may be beneficial to add vinegar salad dressing to your diet!

## **It Can Help Cure Heartburn**

People having acid reflux know how uncomfortable it is. It is the condition where the muscle at the stomach's entrance cannot close correctly or at the right time, that allows acid to escape and move up the esophagus and lead to a burning pain that is called heartburn. If you suffer this more than two times per month, you can have acid reflux disease. It is also known as gastroesophageal reflux disease (GRD).

In spite of what you may think, many acidic drinks have been noted to stop heartburn. Apart from apple cider vinegar, lemon water is also included. Because when they are diluted with water, there is an alkalizing effect.

However, with ACV, the different causes of your heartburn-like symptoms make the different effects:

- Stomach ulcers or esophagus lesions: ACV will make things worse
- Something you consume: Adding a bit of acetic acid is going to help neutralize the acid

Therefore, it is better to ask your doctor first before using apple cider vinegar if you have heartburn!

## **It Keeps Blood Sugar Levels Constant**

Acetic acid is a primary component of apple cider vinegar, and it is often used for medical purposes. The pharmaceutical versions of acetic acid are commonly used to cure ear conditions and others. Some studies suggest it helps control your blood pressure and unclog arteries.

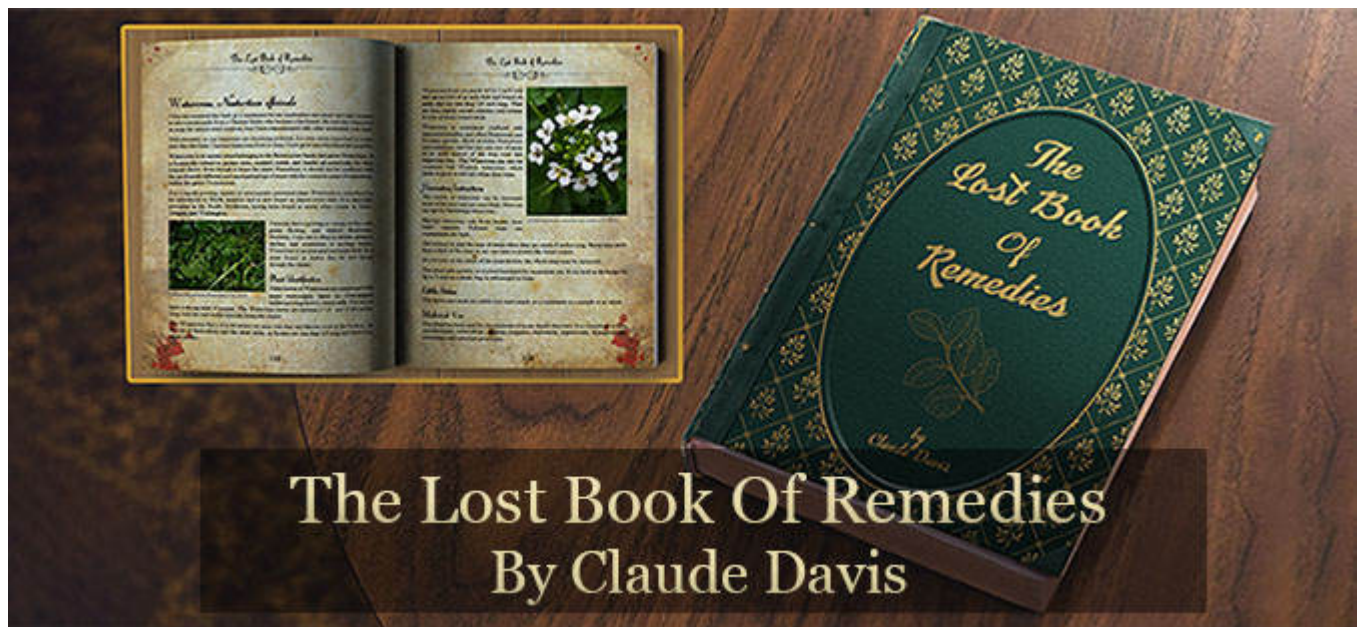
For instance, one study of Japan looked at the impacts of acetic acid and vinegar on rats with hypertension. Both could

significantly decrease blood sugar. And the researchers concluded that acetic acid is the cause for the effect of vinegar.

## It Keeps The Flab Away

Vinegar contains acetic acid working against enzymes in the stomach which digests starch. This may prevent you from absorbing the calories from the carbs. Therefore, it can help with weight loss. Only a handful of researches support this claim. However, no one knows how effective apple cider vinegar is since there has not been enough study done, but there's evidence that apple cider vinegar can make you feel fuller.

For instance, in one research, white bread was served with three levels of vinegar. The higher the level of acetic acid that vinegar has, the fuller the participants felt. Plus, they also had lower insulin and blood glucose levels. This can help you consume 200 to 275 fewer calories each day!



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