

Organic, unfiltered apple cider vinegar (like Bragg's) also contains "mother," strands of proteins, enzymes and friendly bacteria that give the product a murky 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 three calories per tablespoon, which is very low. There are not many vitamins or minerals in it, but it does contain a small amount of potassium. Quality apple cider vinegar also contains some amino acids and antioxidants.

Benefits

Apple cider vinegar is used alone or with honey for weak bones (**osteoporosis**), **weight loss, leg cramps and pain, upset stomach, sore throats, sinus problems, high blood pressure, arthritis**, to help **rid the body of toxins, stimulate thinking, slow the aging process, regulate blood pressure, reduce cholesterol, and fight infection.** (Web MD)

Antibiotic Vinegar can help kill pathogens, including bacteria. It has traditionally been used for cleaning and disinfecting, treating nail fungus, lice, warts and ear infections.

Lowers Blood Sugars. Improves insulin sensitivity during a high-carb meal by 19–34% and significantly lowers blood sugar and insulin responses. Reduces blood sugar by 34% after eating 50 grams of white bread. 2 tablespoons of apple cider vinegar before bedtime can reduce fasting blood sugar in the morning by 4% . **If you're currently taking blood-sugar-lowering medications, check with your doctor before increasing your intake of any type of vinegar.**

Lose Weight and Reduces Belly Fat Apple cider vinegar is useful as a weight loss aid, mainly by promoting satiety and lowering blood sugar and insulin levels. People who take vinegar along with a high-carb meal, get increased feelings of fullness and end up eating 200–275 fewer calories for the rest of the day. A study in 175 people with obesity showed that daily apple cider vinegar consumption led to **reduced belly fat and weight loss.**

15 mL (1 tablespoon): Lost 2.6 pounds, or 1.2 kilograms.

30 mL (2 tablespoons): Lost 3.7 pounds, or 1.7 kilograms.

This study went on for 3 months, so the true effects on body weight seem to be rather modest

Lowers Cholesterol and Improves Heart Health It can lower cholesterol and triglyceride levels. There are also some studies showing that vinegar reduces blood pressure in rats, which is a major risk factor for heart disease and kidney problems.

Dosage and How to Use *Hippocrates prescribed Apple Cider Vinegar mixed with honey for its health properties.*

The best way to incorporate apple cider vinegar into your diet is to use it in your cooking — for salad dressings, homemade mayonnaise and that sort of thing. Some people also like to dilute it in water and drink it as a beverage. Common dosages range from 1–2 teaspoons (5–10 ml) to 1–2 tablespoons (15–30 ml) per day, mixed in a large glass of water.

It's best to start with small doses and avoid taking large amounts. **Too much vinegar can cause harmful side effects, including tooth enamel erosion and potential drug interactions.**

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

Bragg's seems to be the most popular option, which is available on Amazon along with tons of interesting testimonials and reviews that are fun to browse through.

Drinking Too Much

As its numerous benefits are known, you might vouch for drinking a lot of apple cider vinegar. This can prove to be dangerous for your body. It can cause burning sensation and has various side effects. Start drinking it in small quantity. Do not go beyond two tablespoons a day and that too after diluting it.

- **NOT AFTER MEALS** Drinking apple cider vinegar on an empty stomach maximises health benefits and boosts ability to process food. If you want to drink it after food, wait for at least 20 minutes. You may think that drinking apple cider vinegar after food might aid weight loss. But this is not healthy at all, in fact it can delay your digestion process.
- **DON'T FORGET TO DILUTE IT:** Drinking swigs of apple cider vinegar is harmful for your teeth. It must be noted that even the diluted apple cider vinegar in water is extremely acidic and taking swigs of it can damage tooth enamel.
- **DRINKING IT RIGHT BEFORE BED:** Taking it before sleeping is definitely not a good idea. Health experts say that drinking apple cider vinegar right before bed can harm esophagus. You must keep a gap of 30 minutes, between drinking ACD and sleeping.
- **AVOID INHALING IT:** Breathing it in can cause major harm to your lungs. You must avoid inhaling it as it could cause burning sensation in your lungs.
- **APPLYING IT DIRECTLY ON SKIN:** Putting apple cider vinegar directly on your skin is also harmful due to its acidic nature. If you're using it as a toner, to treat infections and remove blemishes, do not forget to dilute it as it will minimize its contact with skin.

Sources

WebMD <https://www.webmd.com/vitamins/ai/ingredientmono-816/apple-cider-vinegar>

