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Best Today

# FAT BURNING APPLE CIDER VINEGAR DRINK TO LOSE 10 POUNDS IN 3 DAYS



# 29



## Benefits And Uses Of

# Apple Cider Vinegar

### Weight Loss

Mix apple cider vinegar, honey, lemon juice in lukewarm water.

### Checks Blood Sugar

Mix apple cider vinegar, in water and drink before meals.

### Detoxifies Body

Mix apple cider vinegar with water and drink every day.

### Soothes Sunburns

Mix apple cider vinegar, coconut oil, aloe vera juice with water

### Treats Acne

Mix apple cider vinegar, bentonite clay, activated charcoal with water.

### Reduces Acid Reflux

Mix apple cider vinegar, in lukewarm water.

### Shiny Hair

Mix apple cider vinegar, in water and apply on your hair.

### Boosts Metabolism

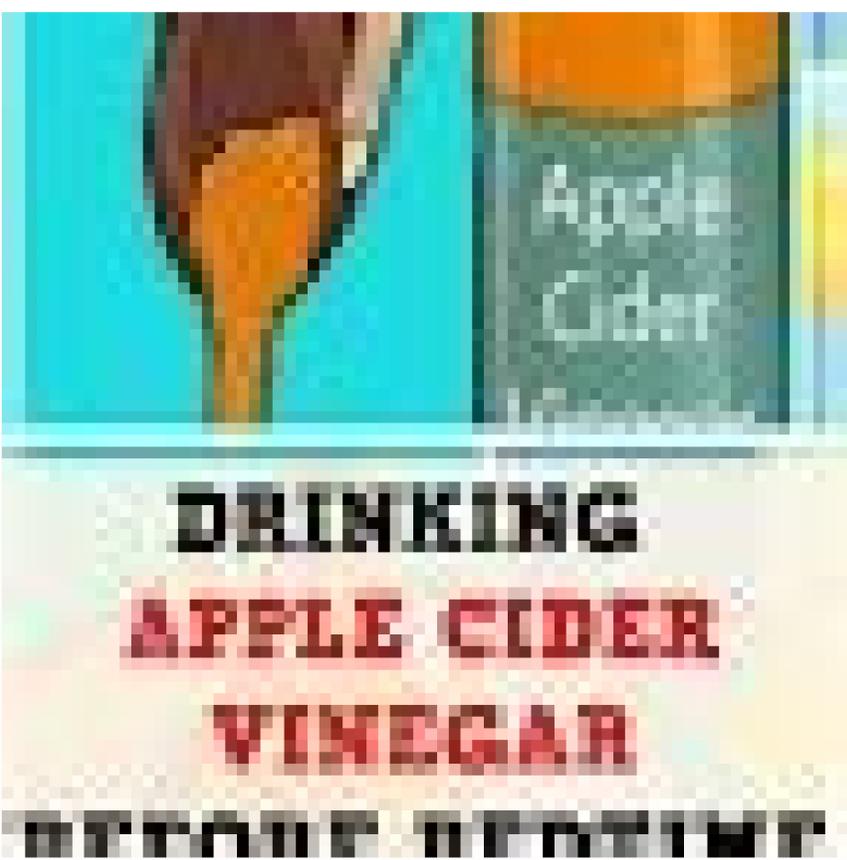
Mix apple cider vinegar, in water and drink every day.

### Relives Cold

Mix apple cider vinegar in lukewarm water.

### Face Toner

Mix apple cider vinegar in water.



Benefits of drinking apple cider vinegar before bed for weight loss. Is drinking apple cider vinegar at night good for you. Benefits of drinking apple cider vinegar and honey before bed. Benefits of having apple cider vinegar before bed. Apple cider vinegar benefits drink at night. Benefits of drinking bragg's apple cider vinegar before bed. Benefit drink apple cider vinegar before sleep.

Have you been looking for creative ways to lose weight? Some people have read online that using apple cider vinegar can help with weight loss, and they may commit to drinking a glass of acidic food every day, sometimes before bed. However, experts recommend this practice for several reasons. "Apple cider vinegar has not been proven to help people lose weight, despite what you may have read on social media, and it can be harmful if people consume it the wrong way or at the wrong time of day," says Dr. Elliott Rudnitsky, a cardiologist at JFK University Medical Center. Here's what you should know about apple cider vinegar: Apple cider vinegar has not been shown to help with weight loss. Few studies have been conducted to examine the effects of apple cider vinegar on appetite and weight loss in humans, and several studies have come to inconclusive conclusions. In studies where people curbed their appetite or lost weight with apple cider vinegar, the weight loss was slight, not dramatic. People shouldn't expect life-changing weight loss after eating apple cider vinegar, shocking before and after photos. You may know someone who swears that apple cider vinegar has helped them curb their appetite or lose weight, but this information is anecdotal and not backed up by research. Just because a weight loss tactic worked for your friend doesn't mean it will work for you. Bedtime is not the best time to drink apple cider vinegar "Because apple cider vinegar is very acidic, some people experience acid reflux after consuming liquid (or foods containing vinegar)," says Carla Rodriguez, MD, MD, Palisades Medical Center. People prone to heartburn, acid reflux, or gastroesophageal reflux disease (GERD) should avoid eating acidic foods. Have you been looking for creative ways to lose weight? Some people have read online that using apple cider vinegar can help them lose weight, and they may commit to eating acidic foods every day, sometimes before bed. However, experts recommend this practice for several reasons. "Apple cider vinegar has not been proven to help people lose weight, despite what you may have read on social media, and it can be harmful if people use it incorrectly or at the wrong time of day," says Elliott Rudnitsky, MD, of John Cardiologist at Kennedy University Medical Center Here's what you need to know about apple cider vinegar: Apple cider vinegar has not been proven to help you lose weight. Some studies have shown that obese rats who consumed apple cider vinegar ate less food and lost weight. but similar results have not been shown in humans. There have been a few studies examining the effects of apple cider vinegar on appetite and weight loss in humans, and several studies have been inconclusive. In studies in which people curbed their appetite or lost weight with apple cider vinegar, weight loss was small, not dramatic. People shouldn't expect drastic weight loss from drinking apple cider vinegar, shocking before and after photos. You can yam, you know someone who swears that apple cider vinegar has helped them reduce their appetite or lose weight, but this information is anecdotal and not backed by research. Just because a weight loss tactic worked for your friend doesn't mean it will work for you. Before going to bed is not the best time to use apple cider vinegar. "Because apple cider vinegar is very acidic, some people experience acid reflux after drinking the liquid (or foods containing vinegar)," says Carla Rodriguez, MD, an internal medicine specialist in Palisades, Medical centre. People prone to heartburn, acid reflux, or gastroesophageal reflux disease (GERD) should avoid eating anything acidic. at least 30 to 60 minutes before bedtime to reduce the risk of burning and discomfort. If you're prone to reflux, the sphincter muscle between your stomach and esophagus can relax when you go to bed at night, allowing everything else in your stomach to flow up into your esophagus. Apple cider vinegar that rises in the esophagus can cause an unpleasant burning sensation in the chest. A better solution may be to use apple cider vinegar earlier in the day. Apple Cider Vinegar Can Do More Harm Than Good People who want to experience the potential benefits of apple cider vinegar may assume that ingesting vinegar directly—a glass of vinegar—is the best way for the substance to enter their body. However, apple cider vinegar is very acidic. If swallowed undiluted, it can irritate the esophagus and cause heartburn-like symptoms. Constantly drinking plain vinegar can also gradually wear away tooth enamel, which can lead to permanent dental problems. Too much vinegar can alter potassium levels in some people, and some people with diabetes may unknowingly alter insulin levels by consuming apple cider vinegar. Better Ways to Use Apple Cider Vinegar If you choose to use apple cider vinegar regularly for its potential health benefits, dilute it to minimize its potential harm. Safer ways to use apple cider vinegar are: Combining equal parts apple cider vinegar and extra virgin olive oil or avocado oil for a delicious salad dressing (a little honey can emulsify it) 1 or 2 teaspoons of apple cider vinegar mixed in a tall glass Diluted acidic water in a Tonic or in a cider drink that contains other ingredients, preferably with little or no added sugar Apple cider vinegar supplements Although some of these products (including gummies) contain sugar, which can counteract any potential benefits of using vinegar alone, the apple doesn't help weight loss. You will be more likely to succeed if you eat right and exercise more while taking vinegar. "There is no 'magic cure' that promotes sustainable weight loss," says Marissa Winters, holistic nutritionist. "It's about taking care of yourself through lifestyle choices that promote your overall health." Next Steps and Resources: The materials provided by HealthU are for general information only and should not replace advice from your doctor. Always consult your physician for personalized care. Divinity Nutra, updated July 18, 2022 It's unlikely that you'll look up a list of home remedies online and not find apple cider vinegar. Touted for its many health benefits, apple cider vinegar acts as a detoxifier, antibiotic, and anti-glycemic agent. To take full advantage of its potential, advocates are always coming up with different strategies for when to drink apple cider vinegar. Let's look at each individually. Health Benefits of Apple Cider Vinegar Apple cider vinegar is a form of vinegar obtained from the fermentation of applesauce. The process converts the sugar in the apple into acetic acid with the help of bacteria. It is the key ingredient that gives ACV many of its well known health benefits. Although the direct impact of apple cider vinegar on human health is underestimated, many clinical studies have indirectly contributed to its validity. Here are some of the health benefits of apple cider vinegar, backed by both research and significant anecdotal evidence. This is an antibacterial agent. Scientists have studied and demonstrated its antibacterial nature and skin benefits for several dermatological dysfunctions, including acne. Vinegar is also traditionally used as a cleaning agent and cooking agent due to its ability to fight bacteria. Helps in the treatment of gastrointestinal dysfunctions. Various studies have shown that the acetic acid in vinegar works against diseases such as acid reflux and GERD, as well as their symptoms. Metabolism. Both animal and human studies have shown that apple cider vinegar works to fight fat by improving metabolic rate. It suppresses appetite. Further research shows that apple cider vinegar can increase satiety, making you feel fuller for longer. This helps preserve the products. Vinegar's antimicrobial properties have been shown to help keep food cool. It helps cleanse the body. Many studies show the ability of apple cider vinegar to detoxify the body. Some even suggest a way to flush uric acid from the body and treat gout naturally. Possible Side Effects There are a few possible side effects to be aware of when using apple cider vinegar. Delays digestion. Some studies using apple cider vinegar have reported a significant slowdown in the rate of gastric emptying. This can damage the tooth enamel. This is especially true with direct exposure or in high doses. This can cause a burning sensation in the throat. Always dilute apple cider vinegar before drinking and use a straw to drink it in liquid form. This can lower your potassium levels. If you are taking blood pressure medication or have a history of blood abnormalities, consult your doctor before adding ACV to your regimen. When to drink apple cider vinegar The best time to use apple cider vinegar is when it is most convenient for you. Proponents recommend doing this at different times of the day, but it's very rare to find direct evidence of effectiveness at one time versus another. Should you drink apple cider vinegar in the morning? Vinegar advocates often recommend using apple cider vinegar in the morning, for a powerful, energizing start to the day. The results of an Iranian study support this claim. After drinking 30mL of apple cider vinegar every morning and afternoon for eight weeks, patients reported lower levels of harmful lipids. Each participant had never taken lipid-lowering drugs before, but showed reductions in cholesterol, triglycerides, and LDL levels. (1) Apple cider vinegar contains a significant amount of acetic acid and bacteria generally grow at neutral pH. Therefore, apple cider vinegar in the morning also suggests the prospect of fresh breath. In addition, Middlesex University in London reported high antimicrobial and antifungal activity of apple cider vinegar. (2) Further Reading: Apple Cider Vinegar for Gas Should You Drink Apple Cider Vinegar on an Empty Stomach? While many prefer to drink ACV in the morning, some are strict about taking ACV on an empty stomach right before meals. This idea has potential, as research supports eating vinaigrette dishes directly for breakfast after an overnight fast. A study in the European Journal of Clinical Nutrition looked at the effects of vinegar on the glycemic index and insulin. Participants ate potatoes for breakfast, each with a vinaigrette dressing containing 6% acetic acid, after an overnight intermittent fast. The results showed a positive high postprandial glycemia and insulin response. (3) Another study observed the postprandial glycemic index after supplementing acetic acid with bread flour. Twelve healthy participants consumed varying doses of acetic acid with whole grain bread. A simple bread meal served as a reference. Reports have shown the greatest drop in blood glucose after 30-45 minutes and insulin response after 15-30 minutes. (4) Should you drink ACV at night before bed? Consuming vinegar before bed was shown to be beneficial in a study published in the Diabetes Care Journal. The antiglycemic effects of acetic acid have been shown to be essential in helping diabetics wake up with moderate blood sugar levels. (5) Find Out: Can Apple Cider Vinegar Help Nerve Pain? However, drinking apple cider vinegar before bed can be counterproductive if not done with proper care. Always drink ACV at least 30 minutes before bed. Otherwise, the contents could flow directly into the esophagus. Patients with gastrointestinal disorders should consult their physician's instructions before use. ACV before or after meals? Taking ACV before meals Studies have shown that ACV supports appetite control through various clinical trials. ACV contains 5-6% acetic acid, which slows down the absorption of nutrients into the bloodstream. A 2005 study by the European Journal of Clinical Nutrition found that patients felt fuller after taking ACV. A Japanese study achieved similar results after testing the ACV diet on 175 participants for 12 weeks. The results showed lower triglyceride levels and a controlled metabolic syndrome. (6) ACV's appetite-suppressing properties therefore support its use before meals for a healthier lifestyle. In addition, it can also help you lose weight. Imperial College London again reported signs of appetite suppression in healthy individuals after consuming vinegar. Ingestion of the substance with food indicated a feeling of satiety. Eventually, though, I felt sick. This turn of events calls into question whether taking ACV before meals just to control appetite has potential negative effects. (7) Taking ACV after a meal Another clinical study looked at the effects of acetic acid on healthy volunteers when eating a mixed meal. Five healthy people took a serving of acid in the form of vinegar after a salad meal. Ingestion had a significant positive effect on the glycemic response. (8) In 2015, a study was presented in the Journal of Diabetes in which blood sugar levels dropped significantly after eating food with vinegar. (9) The Korean Food and Nutrition Society presented a study to understand the effects of fermented beverages with 5% vinegar on metabolic syndrome. The results indicated possible mitigation of metabolic syndrome after consuming 250 ml of fermented juice per day. (10) Read more: Can apple cider vinegar dissolve gallstones? How about taking ACV with food? A study of the effects of vinegar as a dietary supplement showed the possibility of incorporating ACV into foods. High blood sugareating can lead to chronic diseases. This study showed significant postprandial glycemic control in eleven healthy subjects when vinegar was consumed as a dietary supplement. (11) In another study published in the Journal of Functional Foods, subjects were directly exposed to a VKA-restricted diet. The results showed promise for the use of VKAs in weight loss, with reports indicating decreases in body weight, hip circumference, and BMI. A study in rats also showed positive health benefits when including VKA directly in food. (12, 13) How to Drink Apple Cider Vinegar There are various drink recipes with ACV, but if you have raw, unfiltered ACV, they will all work. In general, the basic recipe goes like this: Mix a tablespoon or two of apple cider vinegar with 8 ounces of water. Add a sweetener of your choice, natural or artificial. Apple cider vinegar and honey is the most common mixture. Add the secret ingredient you love. Some examples are lemon juice, cinnamon, ginger, turmeric, curcumin, or cayenne pepper. Recommended dosage The maximum dosage does not exceed 15-30 ml of apple cider vinegar per day. Makes about 1-2 tablespoons. If you want to save yourself the trouble, you can opt for ACV tablets. However, there have been reports questioning their effectiveness when compared to liquid vinegar. For best results, we recommend discussing this with your doctor. (14) Apple cider vinegar gummies, a new popular dietary supplement on the market, may be a tastier option. For most brands, 2 rubber bands a day is sufficient. Final Thoughts on When to Use Apple Cider Vinegar Ultimately, there is no perfect time to drink apple cider vinegar. Decide what's best for you, but don't forget the more important thing - drinking apple cider vinegar. Always dilute ACV with water, and if you experience any side effects, stop drinking ACV and talk to your doctor about it. knowledge. knowledge.

