

Apple Cider Vinegar: Is it really that useful?

LOWERS BLOOD SUGAR?

One experiment conducted with 4 men and 7 women (all who were diabetic) were placed on a 3 day fast and calorie restricted diet. Each night before bed, they would take 2 tablespoons of apple cider vinegar. After the 3 day period, blood glucose levels dropped by 8%.



References of Studies

White, Andrea M., and Carol S. Johnston. "Vinegar Ingestion at Bedtime Moderates Waking Glucose Concentrations in Adults With Well-Controlled Type 2 Diabetes." *Diabetes Care*, American Diabetes Association, 1 Nov. 2007, <https://care.diabetesjournals.org/content/30/11/2814.full>.

Khezri, Solaleh Sadat, et al. "Beneficial Effects of Apple Cider Vinegar on Weight Management, Visceral Adiposity Index and Lipid Profile in Overweight or Obese Subjects Receiving Restricted Calorie Diet: A Randomized Clinical Trial." *Journal of Functional Foods*, Elsevier, 9 Feb. 2018.

LOWERS CHOLESTEROL?

Another experiment testing the effects of ACV on cholesterol consisted of 39 randomized volunteers. Both groups were placed on a calorie restricted diet while one group was given 30ml of ACV and the other was the control. The results showed that total plasma triglyceride, total cholesterol levels, and BMI dropped in the apple cider vinegar group much more significantly than in the control group.

My Evaluation?

In this sense, it is difficult to pinpoint these results to the ACV alone. Both fasting and calorie restriction are methods to dropping blood glucose levels and LDL cholesterol as well. Furthermore, the potential benefit might not be the apple cider vinegar but the acetic acid properties in the vinegar itself. Finally, subjects may have been motivated to live a healthier lifestyle promoting the level drops via the idea of the "placebo treatment".

Your thoughts???