

Vinegar, Better than Diabetes Drugs?

In 2004, a research cited in *Diabetes Care*—American Diabetes Foundation's publication—studied the effects of taking diluted apple cider vinegar (ACV) before meals. The results were clear:

Vinegar dramatically reduced the insulin and glucose spikes that occur after meals. People with diabetes improved their blood glucose levels by 25% with vinegar. And people with pre-diabetic symptoms cut their blood glucose concentrations by nearly half.

In 2007, another study documented in WebMD found that ACV helped reduce blood glucose levels. The study involved 11 people with type 2 diabetes. They all took two tablespoons of ACV with water before bed. And the results showed how they lowered glucose levels in the morning by 4 to 6 percent.

How Can Apple Cider Vinegar Help Regulate Your Insulin?

“ACV’s anti-glycemic effect is very well documented,” says Carol Johnston, PhD—associate director of the School of Nutrition at Arizona State University. She has studied ACV for more than 10 years.

She explains that the acetic acid is the main component in vinegar. And for instance, it may block some of the digestion of starch. “It doesn’t block the starch 100%, but it definitely prevents at least some of that starch from being digested and raising your blood sugar,” Johnston says.

Dr. Mercola—a leader in the world of natural medicine—provides a similar explanation:

“One theory is that it might inactivate some of the digestive enzymes that break down carbohydrates into sugar, thus slowing absorption of sugar from a meal into your bloodstream. This gives your body more time to pull sugar out of your blood, preventing your sugar levels from spiking.”

Is Apple Cider Vinegar the Instant Remedy for Most Human Illnesses?

For years—due to its surprising number of health-promoting qualities—vinegar has been a proven relief to many ailments. Some of them: sore throat, arthritis pain, headaches, sprained muscles, food poisoning, and warts.

Science has shown how vinegar inhibits microbial growth. As result, vinegar is also widely used to promote health and fight infections. Even doctors from the American Academy of Otolaryngology are recommending now using a vinegar mixture, as a preventative for ear infections.

And this is just one side of the story...

Recently, Dr. Mercola reported: “It’s possible that drinking a mild tonic of vinegar and water just before meals, might improve your body's ability to absorb the essential minerals locked in foods.”

Clearly, mixing ACV with fruits and vegetables concentrates the goodness that abounds in healthy food. And it also helps your body to quickly absorb these powerful minerals.

IMPORTANT: When purchasing ACV, you'll want to go with the organic, unfiltered, unprocessed type, which is murky and brown.

You will notice a cobweb-like substance floating in it. That is known as "mother." And it indicates your vinegar is good quality.

Discover How Easy It Is to Improve Your Quality of Life

Unleash the Power and Magic of Vinegar, is a book with over 1000 natural remedies, secrets, and tonics for a healthy and happy lifestyle:

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