



Apple Cider Vinegar

Apple Cider Vinegar – Boosts Metabolism and Helps Burn Fat

Most of us have apple cider vinegar in the kitchen and we have all come across web articles about the “20 Surprising Uses of Vinegar” but it is usually used a little for baking and seasoning and mainly as a cleaning agent. But its consumption has powerful health benefits.

Apple cider vinegar is created from the oxidation of ethanol found in apple cider and does not contain many nutritional elements (nutrients) except for the acid itself, which is acetic acid.

According to many studies, this acid has a very broad effect on health and has several dominant characteristics that are important for metabolism and body weight control:

1. It lowers blood sugar level by improving glucose uptake by skeletal muscles.
2. It improves cellular sensitivity to insulin by improving/balancing insulin resistance.
3. It supports the feeling of satiety.

A little bit of science:

Study #1 (<https://goo.gl/sVgU7b>) Vinegar is an antiglycemic factor. In other words, acetic acid slows down the glycemic reaction (the entry of sugar into the bloodstream) after a meal.

Study No. 2 (<https://goo.gl/cSteTp>) Acetic acid causes a substantial decrease in glucose levels in patients with type 2 diabetes. In addition, this study reveals a decrease in plasma levels of triglycerides and insulin. A decrease in blood sugar is affected by an improvement in glucose uptake in skeletal muscles.

Study No. 3 (<https://goo.gl/uHvfAy>) Vinegar helps reduce blood sugar and insulin levels after a carbohydrate meal (white bread).

Study No. 4 (<https://goo.gl/p3q5wV>) Acetic acid slows down insulin secretion.

Study No. 5 (<https://goo.gl/nH7Z3e>) Improved sensitivity of cells to insulin in type 2 diabetic patients after consuming carbohydrate foods.

Many people think that apple cider vinegar simply dissolves fats in the body and therefore causes weight loss....but it is not so accurate.

First of all, vinegar does not dissolve fats directly, there is no such metabolic pathway. Acetic acid improves the absorption of glucose by the muscles, causes a decrease in the secretion of insulin in the B cells of the pancreas, which brings with it an improvement in the sensitivity of cells to this hormone. Why is it good? The bottom line is that we get a lower level of insulin in the body, a significant improvement in the absorption of macro and micronutrients and metabolic efficiency.

Tip:

20-30 minutes before each meal- drink with a straw a glass of water with 1 table spoon of apple cider vinegar. The straw protects our teeth from acid. If it is difficult at first, you can start with less vinegar and gradually increase it until you get used to it.