

HOW CAN I BENEFIT FROM APPLE CIDER VINEGAR?



WHAT IS APPLE CIDER VINEGAR?

Apple cider vinegar is made by a double fermentation process. First, the pressed apple juice is fermented to make hard cider; then the second fermentation makes the cider vinegar. The process of double fermentation retains all the nutritional benefits of the apples from which the cider vinegar is made. In addition, beneficial acids and enzymes are produced during fermentation. It is the sum of these ingredients, which give apple cider vinegar its health benefits.

WHICH APPLE CIDER VINEGAR SHOULD I USE?

The best apple cider vinegar is made from organically grown whole apples to which no chemicals or preservatives have been added. The juice should be cold pressed and should not be pasteurized. The “mother of vinegar,” the natural gelatinous substance formed during the second fermentation step, should be included in the final product. You will be able to see the “mother of vinegar” in the bottle because it will settle to the bottom. It is important to shake the bottle prior to pouring in order to obtain all the nutrients.

WHAT ARE THE HEALTH BENEFITS OF APPLE CIDER VINEGAR?

- ◆ Taking 1 tsp of apple cider vinegar 15-20 minutes before a meal increases stomach acid production, and thereby improves digestion and nutrient uptake.
- ◆ Apple cider vinegar has an antiseptic property which helps deter the growth of unwanted bacteria and yeast in the digestive tract.
- ◆ Apple cider vinegar contains pectin, a water-soluble fiber, which absorbs water, fat, toxins, and cholesterol in the digestive tract and removes them from the body.
- ◆ The pectin content of apple cider vinegar also helps improve glucose metabolism and lower blood pressure – improving heart health.
- ◆ In addition to water-soluble fiber, apple cider vinegar contains insoluble fiber. This insoluble fiber aids in digestion and elimination, promotes regularity of bowel movements, and contributes to bowel cleaning.