Pros And Cons Of Apple Cider Vinegar

Apple cider vinegar is prepared from apples that have been fermented. You can use it to prepare a sauce and to dress a salad.

It has been used to aid in digestion, weight loss, cancer, and diabetes. We will look into details the pros and cons of using it.

Weigh the pros and cons before using it. Refer to marymuyu2018@gmail.com.

Pros

1. Weight Loss

Are you comfortable with your weight? Suppose you are not, do not be stressed about it. Taking sips of apple cider vinegar aid in getting rid of unwanted weight. When you burn several calories in a day, you will be able to get the figure that you want.

There was a study that was done on 2 groups of people who were taking apple cider vinegar. One group would prepare a mixture of warm water with one tablespoonful of apple cider vinegar. They would take a spoonful of the mixture 3 times in a day.

The other group was taking a glass of pure warm water 3 times a day. At the end of the study, the group that was sipping 3 tablespoonfuls of apple cider vinegar had shed off some weight.

You should take a balanced diet and exercise as you continue taking apple cider vinegar for you to successfully lose weight.

Ensure that you take 300 calories only in a day. Mix whole grains with protein. You can sandwich apple butter with peanut butter. You will feel full for long hours.

Ensure that you add vegetables to your food. What you eat has a direct effect on your weight.

2. It Cleanses You Organs.

It detoxifies your organs by keeping your PH level on a check. It helps blood circulation in the body to take place effectively. This enables all the waste in your bloodstream and organs to be eliminated.

As a result, it eliminates the skin and blood conditions that you would be having. It cleans your lymph nodes, breaks the mucus, and enables lymph circulation to take place well.

Your immune system hikes when your lymphatic system is functioning well. All the toxins that are in the bloodstream are eradicated.

The general energy level goes up.

3. It Controls Your Appetite

Apple cider vinegar makes you feel full after taking a small portion of food. This will make you eat less portion of food in a day.

It makes the glucose response to be more regular. This contributes to weight loss which is healthy. Being overweight can cause you many health issues.

4. It eradicates free radicals

Apple cider vinegar is rich in polyphenols, which is a natural antioxidant. Its antioxidant level is higher compared to that of wine, other kinds of vinegar and balsamic.

5. It Aids In Digestion

It has helpful bacteria like probiotics that aid indigestion. You can mix a glass of warm water with 2 spoonfuls of apple cider vinegar. Drink it before taking the type of food that can cause you stomach issues.

It has can activate helpful bacteria to develop in your gut. It will protect you from having constipation.

Cons

1. It Can Harm Your Tooth Enamel And Esophagus

Every product that you come across has both advantages and disadvantages. Apple cider vinegar has numerous benefits but it has its limitations as well.

It has a high level of acid which can damage your tooth enamel and esophagus when you take it without diluting it. Ensure that when you are using 8 ounces of water you add only 2 spoonfuls of apple cider vinegar.

Take the precaution for you to stay safe.

2. It Takes Time For It To Work

There are many studies that have proved the efficiency of apple cider vinegar. It is an effective remedy for flu, diabetes, hypertension, indigestion, wounds, acne and others.

The only challenge is that it is not an instant remedy. You will need to take it consistently and give it time for it to work. You cannot enjoy the results when you are impatient and inconsistent.

There was a study done on a group of obese people for a period of time. They were given a similar diet. The only difference was that a ½ of them took apple cider vinegar daily for certain duration. The other half didn’t take it.

The group that was taking the apple cider vinegar lost two pounds. The other half did not lose anything. Be patient and consistent and you will enjoy the outcome.

3. Gastroparesis

You can be at a risk of getting conditions like gastroparesis which relates to diabetic people. It interferes with the rate at which a stomach releases food into the small intestine.

This takes place due to a high level of acid which strains your organs and the entire body system. Ensure that you dilute it well before taking it.

Do not take high quantity; take it in small portions to allow it to function efficiently.

4. It Can Cause You To Have Hypotension And Type 2 Diabetes

Apple cider vinegar can make your potassium level to go low and make your blood sugar to fall instantly. This can take place when you take apple cider vinegar along with diabetes medication.

5 It Affects Your Bone Density

Avoid taking apple cider vinegar when you have osteoporosis. This condition causes your bones to be weak.

Taking apple cider vinegar can cause an effect on your bone density.

5. It Can Damage Your Gum Tissues

When you try to take apple cider vinegar without diluting it, you should be ready to face the consequences.

It can injure your gun and cause it to have a painful reddish rash. Ensure that you dilute it as you are required before taking it.

6. It Can Damage Your Skin

This vinegar is a strong acid. It can bruise and tear your skin when you apply it. Mix it with water before you make this attempt.

Conclusion

All the products that we use or consume have side effects and advantages. For you to enjoy the benefits you have to follow the instructions.

Never take apple cider vinegar before diluting it. It can harm your teeth enamel, skin, gut and gum.