

WARREN COUNTY HEALTH DEPARTMENT WEIGHT MANAGEMENT CLASS

JUNE 17, 2019

APPLE CIDER VINEGAR - GOOD OR BAD?

IN THE LAST COUPLE YEARS, I'M SURE WE'VE PROBABLY ALL SEEN NEWS ARTICLES ABOUT THE BENEFITS OF DRINKING VINEGAR. YOU KNOW THERE ARE SEVERAL DIFFERENT TYPES OF VINEGAR; WHEN IT COMES TO CLAIMING HEALTH BENEFITS, THOUGH, THEY'RE USUALLY REFERRING TO THE APPLE CIDER TYPE.

FIRST OF ALL, HOW IT'S MADE:

- CRUSHED APPLES ARE EXPOSED TO YEAST, WHICH CONVERTS THE SUGARS IN THE APPLES TO ALCOHOL
- BACTERIA IS ADDED TO THE MIXTURE, WHICH FERMENTS THE ALCOHOL INTO ACETIC ACID
- ACETIC ACID MAKES UP ~ 5 – 6% OF APPLE CIDER VINEGAR...THIS IS CLASSIFIED AS A WEAK ACID, BUT STILL HAS FAIRLY STRONG ACIDIC PROPERTIES WHEN IT'S CONCENTRATED

SO...TAKING APPLE CIDER VINEGAR *IN SMALL DOSES* HAS BEEN FOUND TO HAVE SOME HEALTH BENEFITS – BUT AS ALWAYS, YOU CAN GET TOO MUCH OF A GOOD THING!

1. VINEGAR IS A KNOWN ANTIBACTERIAL AGENT. IT CAN KILL MANY TYPES OF HARMFUL PATHOGENS, INCLUDING BACTERIA! IN DAYS OF YORE, IT WAS USED TO CLEAN WOUNDS. TO THIS DAY, OF COURSE, IT'S ALSO USED AS A FOOD PRESERVATIVE. IT'S A NATURAL DISINFECTANT; I USE HIGHLY DILUTED WHITE VINEGAR ON MY WOOD FLOORS. (LET'S BE CLEAR...I DON'T USE IT VERY OFTEN! I'M A MUCH BETTER DIETITIAN THAN I AM A HOUSEKEEPER!)
2. VINEGAR CAN APPARENTLY BE A USEFUL TOOL FOR MANAGING YOUR BLOOD SUGAR LEVELS. WHEN WE USE THE TERM "BLOOD SUGAR LEVELS," WE AUTOMATICALLY THINK OF DIABETES. HIGH BLOOD SUGAR, THOUGH, PLAYS A PART IN AGING AND VARIOUS CHRONIC DISEASES. THE MAIN CULPRIT IS INFLAMMATION. IF YOU HAVE PROBLEMS WITH YOUR A1C, BUT YOU'RE NOT A DIABETIC, THIS WOULD APPLY TO YOU.

THE ONLY “DOSE” I SAW IN RELATION TO THIS IS “2 TABLESPOONS BEFORE BEDTIME.” THAT SOUNDS YUCKY. (YOU DO HAVE TO DILUTE IT; MORE ON THAT IN A MINUTE.) ANYWAY, IT HAS BEEN SHOWN TO IMPROVE INSULIN SENSITIVITY AND REDUCE BLOOD SUGAR! OF COURSE, IF YOU’RE ON ANY BLOOD-SUGAR LOWERING MEDICATIONS, CHECK WITH YOUR DOCTOR BEFORE TAKING ANY TYPE OF VINEGAR.

3. STUDIES ALSO SHOW YOU CAN LOSE WEIGHT AND REDUCE BELLY FAT! (*YOU’VE GOT MY ATTENTION!!!*)

IF VINEGAR IS TAKEN ALONG WITH A HIGH-CARB MEAL, YOU SHOULD EXPERIENCE INCREASED FEELINGS OF FULLNESS (SATIETY) AND END UP EATING 200 – 275 FEWER CALORIES FOR THE REMAINDER OF THE DAY.

A STUDY IN 175 OBESE PEOPLE SHOWED THAT DAILY APPLE CIDER VINEGAR CONSUMPTION LED TO REDUCED BELLY FAT AND WEIGHT LOSS. (YES, I’M AWARE THAT 175 IS A SMALL SAMPLE – AND I COULDN’T FIND STATISTICS, SO I’M GUESSING THE RESULTS WEREN’T TOO IMPRESSIVE?!)

HMMMM...IT JUST OCCURRED TO ME THAT “INCREASED SATIETY” (FEELING MORE SATISFIED, IN OTHER WORDS) MIGHT INVOLVE FOOD NOT BEING DIGESTED AS QUICKLY. I WENT BACK TO MY RESEARCH (AKA GOOGLE!) TO CONFIRM THIS. IF YOU HAVE A PROBLEM KNOWN AS “GASTROPARESIS,” WHICH IS DELAYED STOMACH EMPTYING, VINEGAR CAN MAKE THIS WORSE. IN THAT CASE, THIS IS DEFINITELY NOT FOR YOU!

4. VINEGAR HAS BEEN KNOWN TO LOWER CHOLESTEROL AND IMPROVE HEART HEALTH. HOWEVER! THE STUDIES I READ ABOUT WERE DONE IN ANIMALS, SO...

SHOULD YOU DECIDE TO GIVE IT A TRY, DILUTE THE VINEGAR IN WATER AND USE IT AS A BEVERAGE. COMMON DOSAGES RANGE FROM 1 – 2 TEASPOONS TO 1 – 2 TABLESPOONS, MIXED IN A LARGE GLASS OF WATER. OF COURSE, YOU CAN ALSO SHAKE IT UP WITH SOME OLIVE OIL AND USE IT AS A SALAD DRESSING.

IT’S RECOMMENDED TO USE ORGANIC, UNFILTERED APPLE CIDER VINEGAR WITH THE “MOTHER,” WHICH IS THE GUNK FLOATING AROUND IN THE BOTTLE. IT CONTAINS ENZYMES AND GUT-FRIENDLY BACTERIA, SO SHAKE THE BOTTLE LIGHTLY BEFORE CONSUMING.

PROCEED WITH CAUTION! LARGE DOSES OF ACV ARE A BAD IDEA! IT CAN BE HARD ON YOUR TEETH, YOUR ESOPHAGUS, AND YOUR STOMACH...HENCE THE NEED TO DILUTE.

THERE ARE SOME COMMON DRUGS THAT INTERACT NEGATIVELY WITH VINEGAR, SO IT WOULD THEN BE CONTRAINDICATED :

- INSULIN
- METFORMIN
- DIGOXIN OR LANOXIN (HEART MEDICATIONS)
- DIURETICS

ALL IN ALL, I'M UNDERWHELMED. AS I SUSPECTED, THERE WERE A TON OF ARTICLES – MOST HAVING FANTASTIC, TOO-GOOD-TO-BE-TRUE TITLES. THERE ARE CASES WHERE VINEGAR CONSUMPTION WAS DETRIMENTAL, HOWEVER ALL THE ONES I READ ABOUT WERE EXTREME, AS IN “CONSUMING ONE CUP OF VINEGAR DAILY FOR MONTHS FOR WEIGHT LOSS ,” OR “APPLYING IT FULL STRENGTH DIRECTLY TO THE SKIN FOR THE TREATMENT OF ACNE,” BOTH OF WHICH PRODUCED PRETTY HARMFUL SIDE EFFECTS! THESE ARE THINGS I'M POSITIVE NO ONE IN THIS ROOM TONIGHT WOULD BE EVEN MILDLY TEMPTED TO TRY!

I WAS INTRIGUED BY AN ARTICLE I READ LAST WEEK WHICH STATED THAT “BELLY FAT” COULD BE REDUCED BY DRINKING ACV. SINCE I RESEMBLE THAT REMARK, I WENT TO WHAT I'D CONSIDER A BETTER AND MORE RELIABLE SOURCE: LIVESTRONG.COM (LANCE ARMSTRONG'S WEBSITE). HERE'S A QUOTE:

“USING APPLE CIDER VINEGAR IN CONJUNCTION WITH A HEALTHY DIET AND REGULAR EXERCISE CAN HELP YOU LOSE FAT ALL OVER, INCLUDING BELLY FAT.”

THERE WERE SEVERAL STUDIES (ON HUMANS!) FROM RELIABLE INSTITUTIONS AND PUBLICATIONS CITED. BOTTOM LINE: IT'S NOT A MAGIC BULLET, BUT IN THE RIGHT SITUATIONS, IT COULD BE HELPFUL!

WE SAMPLED KOMBUCHA LAST WEEK, AND I REALLY INTENDED TO COMPARE THE TWO TONIGHT. I'M TIRED OF HANGING OUT ON THE INTERNET, SO WE'LL SAVE THAT FOR NEXT WEEK!

DON'T FORGET! NO CLASS NEXT MONDAY, INSTEAD WE'LL MEET TUESDAY THE 25TH...SAME TIME, SAME PLACE!!!

HOW DID YOU DO WITH “NO BAKED GOODS?”

OUR “NO!” FOOD FOR THIS WEEK: **ALL SALTY SNACKS!!!**

