

APPLE CIDER VINEGAR: A miracle cure?



The belief that apple cider vinegar is a “cure-all” has been circulating in recent years on numerous websites and promoted by natural health groups. But, can it really cure diseases and keep you healthy?

Some say apple cider vinegar helps you lose weight, control blood sugar and improve digestion. Unfortunately, these health claims have not been proven by any valid research study. And, using it in place of medications or healthy lifestyle changes can be downright dangerous.

In addition, people with heartburn or gastroesophageal reflux disease (GERD) may find that vinegar actually makes their reflux worse. Drinking too much of it can also damage tooth enamel.

The bottom line:

Most healthy people can enjoy apple cider vinegar in food without any problems. But, don't use it, or any natural remedy, to cure diseases. Always ask your doctor before you try any natural remedy or supplement to be sure it's safe for you.

