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# apple-cider-vinegar-for-health-while-travel-by-cruising-review

Cruising Review

Apple Cider Vinegar benefits for health series by Cruising Review to enhance and protect health before, while, and after traveling.



This webpage QR code

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Explore the myriad health benefits of Apple Cider Vinegar, from aiding in diabetes management and weight loss to improving heart and skin health. Learn about the best forms for absorption and innovative uses in tea and body lotion.

PDF Version of the webpage (first pages)

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# The Remarkable Benefits of Apple Cider Vinegar and Its Optimal Use

Apple Cider Vinegar (ACV) has been recognized for its diverse health benefits, ranging from enhancing weight loss efforts to managing diabetes and improving skin health. This natural remedy has been used for centuries, and recent studies have begun to underline the scientific basis for its effectiveness. Additionally, understanding the best forms of ACV for body absorption and its application in daily routines, such as in tea or body lotions, can maximize its health benefits.

## Health Benefits of ACV

- 1. Blood Sugar Regulation and Diabetes Management:** ACV has shown promising results in improving insulin sensitivity and lowering blood sugar levels after meals. This makes it a valuable dietary addition for individuals with type 2 diabetes or those aiming to maintain optimal blood sugar levels[1].
- 2. Weight Loss:** Consuming ACV can enhance feelings of fullness, leading to reduced calorie intake and aiding weight loss efforts. This effect can be particularly beneficial in a comprehensive diet and lifestyle approach to weight management[2].
- 3. Heart Health:** Preliminary research indicates that ACV may contribute to heart health by potentially lowering blood pressure and improving cholesterol levels, though further research is needed to solidify these effects[3].
- 4. Skin Health:** The topical application of diluted ACV can help balance the skin's natural pH, benefiting conditions like eczema. However, it is crucial to dilute ACV properly to avoid skin irritation[4].

## Best Forms for Absorption

To maximize the benefits of ACV, opt for organic, raw, and unfiltered varieties. These contain the mother, a cobweb-like substance rich in beneficial enzymes, bacteria, and acids. Incorporating ACV into your diet can be as simple as mixing it with water, adding it to salad dressings, or including it in marinades[5].

## Innovative Uses of ACV

**In Tea:** Adding a tablespoon of ACV to a warm cup of tea can dilute its robust taste while retaining its health benefits. This combination can be a soothing way to incorporate ACV into your diet[6].

**In Body Lotions:** While less common, using diluted ACV in skincare routines, either directly on the skin or mixed with body lotions, can support skin health by restoring its acidic balance. It is advisable to consult with a dermatologist before applying ACV topically, especially for sensitive skin conditions[7].

## Conclusion

Apple Cider Vinegar offers a multitude of health benefits, from aiding in weight management to supporting cardiovascular and skin health. When choosing ACV, selecting organic, raw, and unfiltered options provide the most health benefits. Whether incorporated into your diet or used topically, ACV can be a valuable addition to a healthy lifestyle.

## References

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## Apple Cider Vinegar

**APPLE-CIDER-VINEGAR :** Vinegar: Medicinal Uses and Antiglycemic Effect

vinegar, acetic acid, diabetes mellitus, control, systematic review, meta-analysis, meta-regression, HbA1c, insulin, vinegar, phenolics, flavonoids, organic acids, health effects, orange vinegar, antioxidant activity, bioactive compound, curcumin, turmeric, anti diabetes, Apple cider vinegar, Hyperlipidemia, Atherosclerosis, apple, grape, antioxidant, polyphenol, HT29, IC50, DPPH, MTT, functional properties, functional ingredients, blood glucose control, lipid metabolism regulation, anti

**Keywords:** vinegar, acetic acid, diabetes mellitus, control, systematic review, meta-analysis, meta-regression, HbA1c, insulin, vinegar, phenolics, flavonoids, organic acids, health effects, orange vinegar, antioxidant activity, bioactive compound, curcumin, turmeric, anti diabetes, Apple cider vinegar, Hyperlipidemia, Atherosclerosis, apple, grape, antioxidant, polyphenol, HT29, IC50, DPPH, MTT, functional properties, functional ingredients, blood glucose control, lipid metabolism regulation, anti

**Summary of Abstracts:** Vinegar: Medicinal Uses and Antiglycemic Effect  
Vinegar folklore is as colorful as it is practical. Legend states that a courtier in Babylonia (c. 5000 BC) “discovered” wine, formed from unattended grape juice, leading to the eventual discovery of vinegar and its use as a food preservative. Hippocrates (c. 420 BC) used vinegar medicinally to manage wounds. Hannibal of Carthage (c. 200 BC), the great military leader and strategist, used vinegar to dissolve boulders that blocked his army's path. Cleopatra (c. 50 BC) dissolved precious pearls in vinegar and offered her love potion to Anthony. Sung Tse, the 10th century creator of forensic medicine, advocated hand washing with sulfur and vinegar to avoid infection during autopsies. Based on the writings of US medical practitioners dating to the late 18th century, many ailments, from dropsy to poison ivy, croup, and stomachache, were treated with vinegar,[1] and, before the production and marketing of hypoglycemic agents, vinegar teas were commonly consumed by diabetics to help manage their chronic ailment. Vinegar, from the French vin aigre, meaning “sour wine,” can be made from almost any fermentable carbohydrate source, including wine, molasses, dates, sorghum, apples, pears, grapes, berries, melons, coconut, honey, beer, maple syrup, potatoes, beets, malt, grains, and whey. Initially, yeasts ferment the natural food sugars to alcohol. Next, acetic acid bacteria (Acetobacter) convert the alcohol to acetic acid. Commercial vinegar is produced by either fast or slow fermentation processes. For the quick methods, the liquid is oxygenated by agitation and the bacteria culture is submerged permitting rapid fermentation.

**Anti-obesity and anti-inflammatory effects of synthetic acetic acid vinegar and Nipa vinegar on high-fat-diet-induced obese mice** Recently, food-based bioactive ingredients, such as vinegar, have been proposed as a potential solution to overcome the global obesity epidemic. Although acetic acid has been identified as the main component in vinegar that contributes to its anti-obesity effect, reports have shown that vinegar produced from different starting materials possess different degrees of bioactivity. Although both synthetic acetic acid vinegar and Nipa vinegar effectively reduced food intake and body weight, a high dose of Nipa vinegar more effectively reduced lipid deposition, improved the serum lipid profile, increased adipokine expression and suppressed inflammation in the obese mice. Thus, a high dose of Nipa vinegar may potentially alleviate obesity by altering the lipid metabolism, inflammation and gut microbe composition in high-fat-diet-induced obese mice.

**Pineapple Vinegar Regulates Obesity-Related Genes and Alters the Gut Microbiota in High-Fat Diet (HFD) C57BL/6 Obese Mice** Obesity is a pandemic metabolic syndrome with increasing incidences every year. Among the significant factors that lead to obesity, overconsumption of high-fat food in daily intake is always the main contributor. Functional foods have shown a positive effect on disease prevention and provide health benefits, including counteracting obesity problem. Vinegar is one of the fermented functional beverages that have been consumed for many years, and different types of vinegar showed different bioactivities and efficacies. Collectively, these data established the mechanism of pineapple vinegar as antiobesity in mice and revealed the potential of pineapple vinegar as a functional food for obesity.

**Diabetes Control: Is Vinegar a Promising Candidate to Help Achieve Targets?** Small significant reduction in mean HbA1c was observed after 8 to 12 weeks of vinegar administration:  $-0.39\%$  (95% confidence interval =  $-0.59,$

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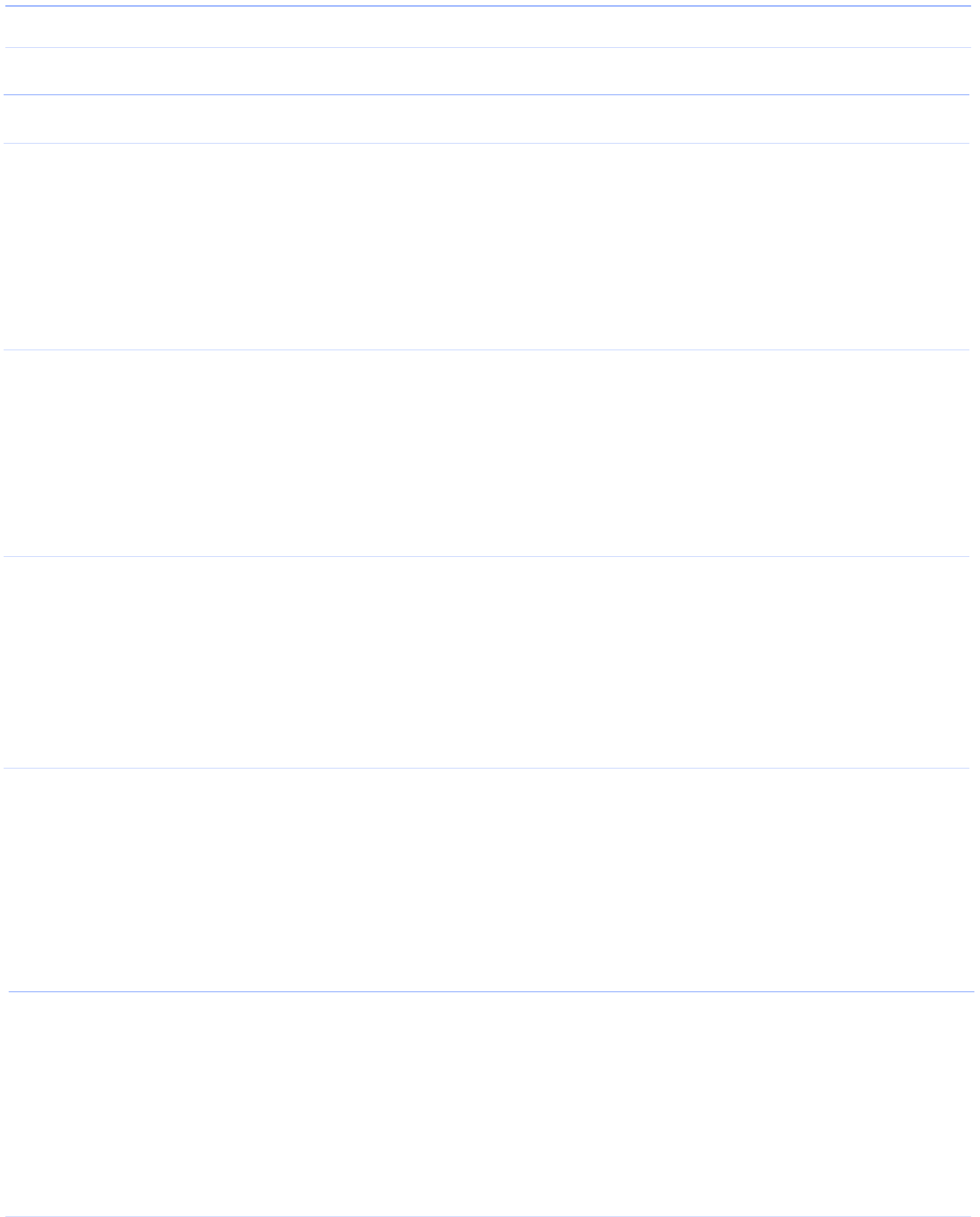
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