

EPISODE 126: Vinegar, Weight Loss & Health

The Fasting Podcast WOW (Wellness & Optimal Weight)







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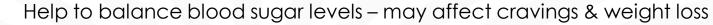


What About Vinegar?

- Fermentation of apple juice into vinegar has occurred since 5000 BC, used in civil war and WW1 to treat wounds on the battle field
- It has been used in liver detoxification, blood purification, lymph node cleansing, and aiding immune system
- Hippocrates used it with honey for coughs & colds
- From the most praised and famous company:
 - 1. Organic Apple Cider Vinegar is produced in a two-step process: The organic apples are **crushed and pressed into apple juice**. Apples are not peeled nor de-seeded.
 - 2. The organic apple juice is fermented with the naturally occurring bacteria and sugars found in apples, converting the apple juice into ethanol (alcohol).
 - The product undergoes a second fermentation where ethanol is converted to acetic acid and results in the formation of the "Mother", consisting of Acetobacter aceti bacteria, cellulose and enzymes.
 Water is added to dilute the organic apple cider vinegar to 5% acidity.



Potential Benefits



- Believed to aid those doing a keto diet, supporting ketone production
- Speed digestion activating enzymes may get into fat burning quicker
- May help with pathogens like sibo, candida which can affect weight...
- Helps absorb minerals like calcium, magnesium, iron
- Helps absorb vitamins like C, K, B12
- Decrease gas and bloating, also helping with gut health & microbiome
- Decrease heartburn/acid reflux
- Help release bile
- Help break down protein into amino acids
- Help immune system by speeding up wbc's to fight infection
- May help blood pressure level
- May help reduce bad LDL and increase good HDL cholesterol
- Skin health
- pH balance the acetic acid actually has an alkalizing effect





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Using the Vinegar

- Rather than balsamic, white, refined vinegars, organic, raw unfiltered apple cider vinegar which contains the "mother" for full benefit
- May use a straw to avoid possible damage to teeth enamel in excess
- Drink diluted with water and may start slow and work up
- If on Rx for blood sugar or pressure, levels & Rx may need doctor input
- Caution 1 study concluded that excessive use may lower potassium level and affect bone density due to the acidity
- Some uses: sunburns, fungal infections, warts, varicose veins, acne, scarring, poison ivy, pet bugs/fleas, seasonal allergies, natural deodorant, hair shine, household cleaner, teeth whitening or mouthwash (careful), cold symptoms, sore throat, fruit/veggie wash for removing chemicals and making them last longer, salad dressings, cleaning dishes, scalp massage for dandruff, bubble bath, weed killing, hiccups, aftershave, feet deodorant, sinus congestion...



How to Take It



- Put on salads and other food, drink diluted with water before meals (e.g. 1 tbsp in 4oz water 15 min before meal), mix with soups/stews, start the day, end the day, between meals...
- 1-2 tablespoons/day generally deemed good amount in water, may add lime or lemon (lime is higher in liminoids which may help with glutathione level), ginger juice (digestive and anti-inflammatory), pink sea salt (good sodium and minerals), cream of tarter (potassium) – aids sodium potassium pump – check out many recipes online
- Bragg's is most popular and my personal favorite for decades
- Tablets are not backed by studies, do not contain the "mother" for the probiotic/prebiotic effect, do not contain pectin/fiber with many potential benefits, and inconsistent so I personally wouldn't use them
- Remember, don't over-do and consider a straw if desired (enamel)



Possible Next Steps



For questions and feedback with me at Julie@JPWOWPrograms.com

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Stay Positive, Focused, & Determined Because Where the Mind Goes, Energy Flows... Ernest Holmes





