



THE FASTING PODCAST **WOW**: EPISODE 126: Vinegar, Weight Loss & Health

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The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



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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).
 3. 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.
 4. Water is added to dilute the organic apple cider vinegar to 5% acidity.



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Potential Benefits

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- Help to balance blood sugar levels – may affect cravings & weight loss
 - 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...



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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)



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Possible Next Steps



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

Check out our website: www.JPWOWPrograms.com

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

