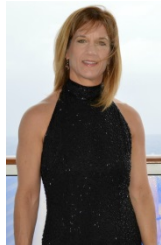


“The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.”

- M. Scott Peck

I absolutely love this quote because it really sums up life for most of us. It reinforces that we have the ability to truly “rise to the occasion” as my father used to say. There are times that we must be completely uncomfortable in order to make a change in our lives. Change isn’t easy. Sometimes, you just have to start with baby steps to get where you want to go. Small changes eventually lead to bigger ones. But the bottom line is that you have to really want change in order to make it happen. If you need help, please reach out to me to help you get started. Remember, the journey of a thousand miles begins with a single step.

Yours in health,



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The Benefits of Apple Cider Vinegar

The idea of little changes in life got me thinking about this amazing product that can really help improve your health. It’s probably one of the most underutilized and inexpensive products in your pantry right now and it probably isn’t the first thing that will come to your mind when thinking about ways to improve your health. But believe it or not, it actually has dozens of amazing health benefits. So I’m going to tell you about a few of them. This is my no means, a complete list. If you want more information, be sure to contact me.

Apple cider vinegar (“ACV”) is an item you must absolutely have in your house at all times. If you don’t have any, I hope you’ll either go get some or order some, preferably organic. You’ll be so glad that you did. In my humble opinion, just about everyone can benefit from adding it to their daily diet.

I’m sure you’re wondering, what exactly ACV is and from where does it come. It comes from fermented apples and its super acidic. Surprisingly, its acidic properties are what create positive changes in your health. It also has raw enzymes and helpful bacteria that can help with digestion. It’s super low in calories, so it won’t impact your diet. By itself, it tastes pretty yucky. So you’ll be glad to hear that there are some simple ways to add it to your daily routine that won’t cause you to make a terrible face as you swallow it. Here are just a few ways it can help with your daily life.

Detox – We live in a very toxic world where we’re exposed to unhealthy chemicals every day from the food we eat and even the air we breathe. ACV helps clear out these toxins from our body and helps us get rid of waste by targeting the liver and lymphatic system and helping us poop.

Balance your PH – While vinegar is acidic, ACV becomes alkaline in the body once you consume it. Therefore, it helps balance out the pH levels in your body. Many of the foods we eat and drink are acidic. Cancer thrives in an acidic environment, but can’t survive in an alkaline one. So the more alkaline you can make your body, the less hospitable it is to cancer. Therefore, it stands to reason that consuming ACV can help prevent cancer.

Stabilize your Blood Sugar – One of the most powerful benefits of ACV is its ability to help stabilize blood sugar levels. Because we Americans eat a ton of processed foods, many of us are either diabetic or pre-diabetic. Sometimes, we don’t even know that we are. Processed foods cause our blood sugar levels to skyrocket. When that happens, our pancreas has to work extra hard to create enough insulin to stabilize what’s

happening inside our body. But the problem is that over time, our cells can become resistant to this insulin, which causes “insulin resistance”. This is the first step to becoming diabetic. The best thing we can do to avoid this situation is get our blood sugar levels under control. Taking ACV before eating meals with a lot of carbs can help stabilize blood sugar levels. The recommendation is to take one Tbsp of ACV at least 15 minutes before eating a high-carb meal. It will help prevent sugar spikes, which can then lead to an energy crash.

Reduce Blood Pressure - ACV can help lower your blood pressure. High blood pressure is one of the leading causes of health risks in our country. Research published in the Bioscience, Biotechnology, and Biochemistry Journal stated that ACV provides an anti-high blood pressure effect. This is most likely the result of its acetic acid. I'm not a doctor and you should certainly discuss any dietary changes with your doctor. But if you have somewhat high blood pressure levels, using ACV on a daily basis may help.

Prevent Cancer - I already mentioned this, but consuming ACV can help reduce your risk of developing cancer. Everyone is afraid of the “C” word. It's obviously one of the scariest diseases out there, so we all want to everything we can to prevent it. ACV may help us reach that goal. Research suggests that it can kill cancer cells as well as shrink tumor growth. Plus, since it makes your body more alkaline, it prevents the growth of cancer cells in the first place. So what have you got to lose?

Improve Fat Burning - ACV may help increase the enzyme AMPK in the body, which can increase the rate of fat oxidation and decrease how fast the liver manufactures fat. The result is increased fat burning. This fact alone is a great reason to start ingesting ACV.

I've given you some amazing reasons to start using ACV, but I'd be remiss if I didn't tell you some of the bad.

- If you have diabetes, be careful when using it to ensure it doesn't lower blood sugar levels to an unsafe range
- If you're on a low-carb diet, it may not provide as many benefits
- Consuming too much ACV (more than 1 cup per day) can lead to low potassium levels. This can cause cramping and other issues.
- Ingesting large amounts of ACV daily for many years could increase your risk for osteoporosis. It's best to limit your intake to 1-2 Tbsp per day.
- It tastes pretty yucky by itself. I add a spoonful of raw honey to help make it more palatable.

To achieve the best results, mix one teaspoon of ACV into a cup of water and drink it once per day. As your body adjusts, increase the amount to up to 2 tablespoons of ACV per day. You may want to spread this into several doses throughout the day and be sure to mix it with some raw honey to make it taste better. You can also add a sprinkle or two of cayenne pepper to help with the fat-burning qualities. Drinking this concoction warm also helps with a sore throat.

Before I close, I want to give you a couple other benefits of using ACV.

- Ease sunburn pain – add 1 cup to a lukewarm bath, plus some coconut oil, then soak for 20 minutes.
- Clean with it – Since ACV is a natural anti-bacterial with a high pH; it makes a great cleaning solution. Mix equal amounts of ACV and warm water.
- Whiter Teeth - Mix one teaspoon ACV with one cup of water, then swish in your mouth for 1-2 minutes. Don't rinse with water for at least 10 minutes after doing this. Never put ACV by itself directly onto your teeth.
- Detox with it – Mix and ingest once daily to help cleanse your system. Do this for at least 1 week. 1 glass of warm water, 2 Tbsp. ACV, 2 Tbsp. lemon juice, ¾ tsp. ground ginger and cinnamon, ½ Tbsp. maple syrup

Again, be sure the ACV you buy is organic. Have a wonderful month.