



The Benefits of Apple Cider Vinegar

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I am about medicine, great clinical histories to get to the real diagnosis and natural remedies, including ways to control your blood sugars, lose weight, balance your hormones, protect your kids' health, etc.

One of the most POWERFUL natural remedies you can use for you and your loved ones is Apple Cider Vinegar. This ancient elixir has been used for thousands of years, and as a matter of fact, Hippocrates, the "father of medicine" used ACV as a natural antibiotic and antiseptic for his patients as far back as 400 B.C.

Apple cider vinegar, or cider vinegar, is a vinegar made from fermented apple juice. By far, the most successful application of vinegar to date is in patients with type 2 diabetes. Type 2 diabetes is characterized by high blood sugar levels, either because of insulin resistance or an inability to produce insulin.

However, high blood sugar can also be a problem in people who don't have diabetes. It is believed to be a major cause of aging and various chronic diseases. Pretty much everyone should benefit from keeping their blood sugar levels in the normal range. The most effective (and healthiest) way to do that is to avoid refined carbs and sugar, but apple cider vinegar can also have a powerful effect.

Vinegar has been shown to have numerous benefits for blood sugar and insulin levels:

- Improves insulin sensitivity during a high-carb meal by 19–34% and significantly lowers blood sugar and insulin responses.
- 2 tablespoons of apple cider vinegar before bedtime can reduce fasting blood sugar in the morning by 4%.
- Numerous other studies in humans show that vinegar can improve insulin function and lower blood sugar levels after meals.

For these reasons, vinegar can be useful for people with diabetes, pre-diabetes, or those who want to keep their blood sugar levels low for other purposes. If you're currently taking blood-sugar-lowering medications, check with your doctor before increasing your intake of any type of vinegar.

Other Benefits of Apple Cider Vinegar:



- Is useful as a weight loss aid, mainly by promoting satiety and lowering blood sugar and insulin levels.
- Lowers Cholesterol and Improves Heart Health- animal studies suggest that apple cider vinegar can reduce cholesterol and triglyceride levels, along with several other heart disease risk factors
- It is possible that consuming apple cider vinegar may help prevent cancer, but this needs to be researched more before any recommendations can be made.

The dosage should be no more than 1-2 tablespoons (15–30 ml) per day, mixed in a large glass of water to which you can add natural lemon juice as well. Please rinse your mouth after and brush your teeth.

These can be highly useful for people who like to keep things as natural and chemical-free as possible.

At the end of the day, apple cider vinegar appears to be very healthy.

It's not a "miracle" or a "cure-all" like some people seem to believe, but it does clearly have some significant health benefits, especially for blood sugar and weight control. Again, always ask your primary care physician to make sure this natural remedy is not harmful to you.



12 Health Benefits of Apple Cider Vinegar



1. Improved Digestion

Drinking apple cider vinegar in water can help to naturally improve your digestion. Take a tablespoon of ACV in a big glass of water around 15 minutes before a meal to stimulate digestive juices for better breakdown of your food.

It's important to use raw, unpasteurized apple cider vinegar with the mother for this and all of the other health benefits listed below.

The mother is the cloudy strings of naturally occurring pectin and proteins that form during fermentation. Filtered and pasteurized vinegars will not have this and lack the enzymes and other nutritional properties in raw ACV that have such a positive effect on the digestive process.

Real apple cider vinegar, [like this organic version I use](#), contains valuable minerals and trace elements, LDL cholesterol lowering pectin, fat burning acetic acid, anti-viral malic acid, live enzymes, amino acids and many other beneficial nutrients.

When you drink apple cider vinegar regularly, ideally before each main meal, your digestion improves and you naturally begin assimilating more from your food. This can also reduce hunger and help with losing weight.

2. Heartburn, Intestinal Problems and Constipation

Regular apple cider vinegar in water is believed to help correct low stomach acid conditions that leads to heartburn. Importantly, straight ACV is very strong and likely to be too powerful for heartburn sufferers, and especially those with ulcers, so make sure you dilute it well.

Apple pectin fiber, found in the mother of raw and unfiltered apple cider vinegar, soothes the entire gastrointestinal tract, helping to prevent stomach cramps, [bloating and gas](#).

Apple cider vinegar can also be useful as a mild laxative to stimulate peristalsis in cases of occasional constipation. It should not have this effect if your bowel movements are already regular.

3. Prevent Candida and Normalize Intestinal Bacteria

ACV is full of beneficial acids which are believed to help improve the make up of your intestinal flora. These include acetic acid and malic acid, which have antibacterial, antimicrobial and anti-fungal properties and can help control the spread of the candida fungus in your intestines, a [common and debilitating problem](#) with many people's high sugar diets.

4. Strengthen Your Immune System

Your intestinal flora are a big part of your body's immune system. It makes sense then that improving the conditions for the growth of friendly bacteria with apple cider vinegar can help improve your overall immunity.

The malic acid in ACV is also a strong antiviral, perhaps one of the reasons people often say they experience fewer colds when they take apple cider vinegar in water daily.

Additionally, raw and unfiltered apple cider vinegar is said to benefit your lymphatic system by helping to cleanse lymph nodes and break up mucus in the body. Over time this can relieve sinus congestion, reduce colds and alleviate allergies.

5. Regulate Blood Sugar and Aid in Diabetes

Apple cider vinegar is full of acetic acid which appears to slow down the digestion of simple carbohydrates, thus regulating blood sugar levels from the brief highs and longer lows of a high carb diet.

The anti-glycemic effect of ACV has been proven in several studies, including [this one](#) that concluded, “vinegar can significantly improve post-prandial insulin and sensitivity in insulin resistant subjects...thus, vinegar may possess physiological effects similar to acarbose or metformin (anti-diabetic drugs). Further investigations to examine the efficacy of vinegar as an antidiabetic therapy are warranted.”

6. High Blood Pressure

Some animal studies have shown that [apple cider vinegar may lower high blood pressure](#) and there are many reports in online forums of using it for this purpose. It's possible that ACV increases nitric oxide production that helps relax blood vessels, or it may just have a generally beneficial effect on your cardiovascular system that, over time, naturally results in a lowering of high blood pressure.

7. Detoxification

Apple cider vinegar is a popular ingredient in detoxification protocols with good reason. Aside from all the other body cleansing benefits already listed, drinking diluted raw and unfiltered apple cider vinegar is believed to help detoxify and cleanse your liver.

One tablespoon of ACV in a large glass of water before each meal is often recommended as an effective dosage for daily detoxification. Some detoxifying methods may use larger doses, though it's best to build up to these over time.

8. Weight Loss

Apple cider vinegar's acetic acid has been [shown in studies](#) to suppress the accumulation of body fat and liver lipids. Its pectin content is also thought to slightly reduce your body's ability to absorb fat.

When you have an apple cider vinegar drink before a meal, as well as improving digestion, it will usually reduce your hunger levels as well, which can only be beneficial for losing weight. Once again, 1 tablespoon in a large glass of water before each meal is the recommended dosage.

Raw ACV may well aid weight loss, but it would be better thought of as part of a larger body fat reduction plan. In all I've read on the subject, I believe the most effective first

step is to [reduce grain-based carbohydrates](#) and eat more, not less, of the [right type of foods](#).

9. Bad Breath

The natural acids in real apple cider vinegar, like acetic and malic acid, can reduce the bacteria in your mouth that cause bad breath.

Using apple cider vinegar for halitosis, you would make it a bit stronger than when drinking it. Add one tablespoon to a third of a cup of water and gargle it for around 20 seconds to minimize bad breath.

10. Skin Benefits

The page on [apple cider vinegar as a skin treatment](#) covered using ACV externally in detail, but drinking it regularly can have a very beneficial effect on your skin from the inside.

Apple cider vinegar balances your skin's pH levels and has long been recommended as a skin tonic. It can also help treat dermatological conditions like [acne](#), especially when used both internally and externally regularly.

11. Leg Cramps and Restless Leg Syndrome

Sipping on an apple cider vinegar drink can increase low potassium levels in your body, a suspect in nighttime leg cramps and restless leg syndrome.

Many people in health forums report positive results with regularly drinking ACV in water right before bed to prevent leg cramps and reduce restless leg syndrome.

12. Stamina and Energy

Improved stamina and energy are harder to measure subjectively, but raw, unpasteurized apple cider vinegar has long been considered a general health tonic and more energy and greater stamina are commonly reported when drinking it.

This may be a combination of all the other health benefits of ACV already listed. Or it could be due to the powerful alkalizing effect it has on your body when you drink apple cider vinegar daily.

Despite been acidic outside the body, ACV, like [lemon water](#), is recognized as a premier alkalizing drink, which reduces acidosis in the body and has been reported to aid in recovering from a wide range of health conditions and diseases.

Drinking ACV to Improve Your Health

[Drink apple cider vinegar like this](#) daily for best results, ideally 15 minutes before each meal.

The starting dosage is 1 tablespoon in a big glass of water and you can slowly increase the dosage, a teaspoon at a time over several weeks, to 2 or even 3 tablespoons, if you find the increased dosage beneficial to your health.

Yes it does taste a little sour, but that's a good thing. It's important to train your taste buds to not expect everything to be sweet.

If you really can't handle it at the start, then try it with a drop of [natural stevia sweetener](#), but using sugar or commercial honey to sweeten it will only feed the intestinal problems that ACV is used to treat.

Have you tried having a daily apple cider vinegar drink for better health? Do you have other health conditions you've found ACV beneficial for? Let everyone know in the comments below and spread the word about just how good for you apple cider vinegar is.

Apple Cider Vinegar; Health Benefits and unwanted effects.

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“Let food be thy medicine, thy medicine shall be thy food.”

“Hippocrates”

Introduction.

Apple cider vinegar **has a long history as a home remedy, used to treat everything from a sore throatto varicose veins.** But there’s not much science to support the claims. Still, in recent years, some researchers have been taking a closer look at apple cider vinegar and its possible benefits. It’s mostly apple juice, but adding yeast turns the fruit sugar into alcohol -- this is fermentation. Bacteria turn the alcohol into acetic acid. That’s what gives vinegar its sour taste and strong smell.

Apple Cider Vinegar and Your Health.

Vinegar has been used as a **remedy since the days of Hippocrates. The ancient Greek doctor treated wounds with it. In recent years, people have explored apple cider vinegar as a way to lose weight, improve heart health, and even treat dandruff.** Organic, unfiltered apple cider vinegar contains "**mother,**" **strands of proteins, enzymes and friendly bacteria** that give the product a **murky appearance.** Apple cider vinegar only contains about **three calories per**

tablespoon, which is very low. There are not many vitamins or minerals in it, but it does contain a small amount of potassium. Quality apple cider vinegar also contains some amino acids and antioxidants.

1. Apple Cider Vinegar can Kill Many Types of Harmful Bacteria. Vinegar can help kill pathogens, including bacteria. It has traditionally been used for cleaning and disinfecting, treating nail fungus, lice, warts and ear infections. Hippocrates, the father of modern medicine, used vinegar for wound cleaning over two thousand years ago.

2. Apple Cider Vinegar lowers Blood Sugar Levels and Fights Diabetes.

By far, the most successful application of vinegar to date is in patients with type 2 diabetes. Vinegar has been shown to *have* numerous benefits for blood sugar and insulin levels:

3. Apple Cider Vinegar helps You Lose Weight and Reduces Belly Fat.

Surprisingly, studies also show that vinegar can help you lose weight. Several human studies show that vinegar can increase satiety, help you eat fewer calories and lead to actual pounds lost on the scale.

4. Apple Cider Vinegar lowers Cholesterol and Improves Heart Health.

Studies suggest that apple cider vinegar can lower cholesterol and triglyceride levels, along with several other heart disease risk factors.

5. There are also some studies showing that vinegar reduces blood pressure, which is a major risk factor for heart disease and kidney problems .

6. Apple Cider Vinegar may Have Protective Effects Against Cancer.

Numerous studies have shown that various types of vinegar can kill cancer cells and shrink tumors. Some studies in test tubes and rats have shown that vinegar can slow the growth of cancer cells and shrink tumors.

Noli Nocere!!!!

Unwanted Effects of Apple Cider Vinegar .

Gastrointestinal issues.

Many people recommend vinegar as a natural weight loss aid. Research suggests that it **helps slows the rate at which food leaves the stomach, which can suppress the appetite by making a person feel fuller for longer. However, keeping food in the stomach can cause unwanted side effects. In a study that investigated the potential for vinegar to control the appetite, many participants reported feelings of nausea and indigestion after drinking vinegar with breakfast. Because of the acidity, drinking undiluted apple cider vinegar can also worsen symptoms in people with digestive problems, such as stomach ulcers or acid reflux.**

Skin burns.

The acidity of vinegar means that applying it directly to the skin can cause burns and irritation, especially if the vinegar is undiluted.

If you have any questions concerning “ **Apple Cider Vinegar and Health Benefits and unwanted effects.**”, interactive clinical pharmacology , or any other questions, please inform me.

Prof. Hayk S. Arakelyan

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RESEARCH ARTICLE

STUDY ABOUT THE NUTRITIONAL AND MEDICINAL PROPERTIES OF APPLE CIDER VINEGAR

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ABSTRACT

Apple cider vinegar otherwise known as cider vinegar or ACV, Is a type of vinegar made from cider or apple must and has a pale medium color. Unpasteurized or organic ACV contains mother of vinegar. Apple cider vinegar is fermented juice from crushed apples. Like apple juice, it likely contains some pectin, vitamin b1, vitamin b2, and vitamin b6, biotin, folic acid, niacin pantothenic acid and vitamin c. Using apple cider vinegar (ACV) diabetes significantly reduces haemoglobin A1C (HbA1C), lower density lipoprotein (LDL), cholesterol and triglycerides and increase high density lipoprotein (HDL) cholesterol. In another patient model, —apple cider vinegar decreased triglycerides and very low density lipoprotein (VLDL) cholesterol. It's nutrient-rich, especially in unfiltered and organic varieties, and contains acetic acid, pectin, potassium and calcium. It also controls the blood levels, loss weight, improves cardio-vascular health, regulate body pH & detoxify body. Two spoonfuls of Apple Cider Vinegar and mix it glass of water. Take this regularly before having a meal.

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INTRODUCTION

Apple cider vinegar otherwise known as cider vinegar or ACV, Is a type of vinegar made from cider or apple must and has a pale medium color. Unpasteurized or organic ACV contains mother of vinegar. Apple cider vinegar is fermented juice from crushed apples. Like apple juice, it likely contains some pectin, vitamin b1, vitamin b2, and vitamin b6, biotin, folic acid, niacin pantothenic acid and vitamin c. Preliminary research is being conducted to determine possible effects on blood glucose levels, satiety, anti-infective properties (either topically or orally) and hypertension or cancer, ingestion of the acetic acid in vinegar poses a risk of possible injury to soft tissues of the mouth, throat, and stomach. Uses for topical treatment, cleaning solutions, or eye accidents are included as warnings under poison advisories. In order to prevent diabetes, in addition to oral hypoglycaemic drugs the dietary component such as apple cider vinegar seems to be promising for glycolic control in patient with Type 2 diabetes as well as for diabetes related medical conditions (Khan et al. 2003, Anderson et al., 1999 and Sultan et al., 2012).

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Many medicinal components that are good for health have been reported in natural vinegar, such as carbohydrate, organic acid (acetic, formic, lactic, malic, citric, succinic and tartaric), alcohols and amino acid and peptides (Cocchia et al. 2006), vitamins and minerals salts, polyphenolic compounds (gallic acid, catechin, caffeic, ferulic acid). Different types of vinegar are produced from regional foods according to well established customs. Different types of vinegar are available in market. Traditional vinegar is produced from regional foods according to well established customs. The balsamic vinegar of Modena, Italy is made from the local white Trebbiano grapes. Traditional rice wine vinegar is produced in Asia, coconut and cane vinegar is common in India and Philippines and date vinegars are popular in the Middle East. Some scientific investigation clearly states the benefits of vinegar such as antimicrobial properties (Vijayakumar and Wolf Hall., 2002.), prevent inflammation and hypertension (Murooka and Yamshita, 2008), lower serum cholesterol (Fushimi et al., 2006), reduction in systolic blood pressure (Kondo et al., 2000), enhanced calcium absorption and retention (Kishi et al., 1999), decrease the glycemic index of carbohydrate food for people with and without diabetes (Sugiyama et al., 2003; Johnston et al., 2004). Antiglycemic effects of vinegar have been known for more than a century and have been demonstrated in animal as well as human studies (Salbe et al.,

2009). There is interest in using apple cider vinegar (ACV) to patients with the experimentally induce diabetes significantly reduces haemoglobin A1C (HbA1C), lower density lipoprotein (LDL), cholesterol and triglycerides and increase high density lipoprotein (HDL) cholesterol. Apple cider vinegar is made through the fermentation of apple. It's nutrient- rich, especially in unfiltered and organic varieties, and contains acetic acid, pectin, potassium and calcium. Honey can be added to apple cider vinegar drinks to improve the flavour without adding unnecessary calories. A small amount of apple cider vinegar, taken just prior to a meal, will stimulate production of digestive juices. Some alternative practitioners recommend using apple cider vinegar to restore alkaline acid balance. Apple cider vinegar plays an important role in controlling the sugar levels in the blood. It also controls the blood levels, which rises noticeably right after finish meal. Moreover, it helps to loss weight, which is Important, considering obesity drivers of diabetes. Two spoonfuls of —Apple Cider Vinegar and mix it glass of water. Take this regularly before having a meal.

OBJECTIVE

- The nutritional properties of Apple Cider Vinegar.
- To know the level of awareness among the population about the use of Apple Cider Vinegar.

Apple Cider Vinegar Production

Apple cider vinegar is product of fermentation. It is made by crushing apples and squeezing out the liquid. Bacteria and yeast are added to the liquid to start the alcoholic fermentation process, and the sugars are turned into alcohol. In a second fermentation process, the alcohol is converted into vinegar by acetic acid-forming bacteria (acetobacter). Acetic acid and malic acid give vinegar its sour taste.

Nutritional and Medicinal properties of ACV

In ACV nutritionally contain pectin, vitamin b1, vitamin b2, and vitamin b6, biotin, folic acid, niacin pantothenic acid and vitamin c. New medical research also suggests that apple cider vinegar use can help cure acid reflux, lower blood pressure, improve diabetes, and support weight loss. The benefits of apple cider vinegar come from its powerful heading compounds which include acetic acid, potassium, magnesium, probiotics and enzyme. Acetic acid has the ability to kill dangerous —bad bacteria, and at the same time to foster the growth of beneficial —good bacteria. Because acetic acid kills unwanted bacteria when it comes into contact with it, it essentially acts as a natural antibiotic. Apple cider vinegar naturally provide numerous benefits related to skin, digestion, and immunity health without any side effects. Additionally, apple cider vinegar is a good source of polyphenols. Research supports the role of polyphenols in the prevention of cardiovascular diseases, cancers, neurodegenerative diseases like Alzheimer's, osteoporosis, and Diabetes. A study published in the Journal of Diabetes Care found that consuming apple cider vinegar could promote weight loss. There are several reasons ACV promotes fat loss but one of those reasons include that ACV reduces sugar cravings and improves detoxification. Another study found that supplementing with the acetic acid found in apple cider vinegar reduced body fat in mice by 10%.

A small amount of apple cider vinegar, taken just prior to a meal, will stimulate production of digestive juices. Some alternative practitioners recommend using apple cider vinegar to restore alkaline acid balance. Alkaline diet is that our blood is slightly alkaline (with a normal pH level of between 7.35 and 7.45) and that our diet should reflect this pH level. Propionates of the alkaline- acid theory believe that a diet high in acid- producing foods leads to lack of energy, excessive mucous production, infections, anxiety, irritability, headache, sore throat, a nasal and sinus congestion, allergic reactions, and increased risk of conditions such as arthritis and gout.

Use of ACV

Use the cider vinegar and honey treatment for arthritis and also use ACV externally to painful joints. Drinking a glass of water with two teaspoons of cider vinegar and two teaspoons of honey three times a day, get relief in arthritis pain. Apple cider vinegar plays an important role in controlling the sugar levels in the blood. It also controls the blood levels, which rises noticeably right after finish meal. Moreover, it helps to loss weight, which is Important, considering obesity drivers of diabetes. Two fullspoons of Apple Cider Vinegar and mix it glass of water. Take this regularly before having a meal. When taken at bedtime, vinegar also lowers morning fasting blood sugar level. Simply drink a glass of water containing two teaspoon ACV before each meal. This concoction also known to relieve stomach ache. When it is used medicinally it helps the body rid itself to harmful toxins has wonderful disinfecting properties as a natural bad germ fighter, and is a very biodegradable substance that does not pollute the environment. With regular and continued use, this wonderful liquid helps restore and balance the body's pH, taking it from acidic to neutral in a short amount of time.

Conclusion

It is great as a preventative and for maintaining good health. Each of these five ingredients (Ginger, Garlic, Lemon, Apple Cider Vinegar and Honey) have individual benefits on their own and in this mixture, a synergistic effect enhances the properties of each. It lowers blood pressure as well as cholesterol, it leads to fewer colds and infections, and is helpful in conditions such as gout, arthritis, and joint aches. It is also a good tonic for the digestive tract and benefits the skin, and is helpful in weight loss. consumption of apple cider vinegar can reduce the LDL, triglyceride, and cholesterol levels in patients with hyperlipidemia.

Besides, given that hyperlipidemia is a known risk factor for atherosclerosis, apple cider vinegar can be used to prevent and even treat this complication and probably other heart problems. Many recent scientific investigations have documented that vinegar ingestion reduces the glucose response to a carbohydrate load in healthy adults and in individuals with diabetes. There is also some evidence that vinegar ingestion increases short-term satiety. Future investigations are needed to delineate the mechanism by which vinegar alters postprandial glycemia and to determine whether regular vinegar ingestion favorably influences glycemic control as indicated by reductions in hemoglobin A1c. Vinegar is widely available; it is affordable and, as a remedy, it is appealing. But whether vinegar is a useful adjunct therapy for individuals with diabetes or pre Diabetes has yet to be determined.

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