



Is apple cider vinegar the new cure-all?

Despite becoming the latest trend in natural remedies, apple cider vinegar has been used to improve health for thousands of years—even by Hippocrates in 400 B.C. But is apple cider vinegar truly effective in today's modern world?

We spoke with Nicklaus Hess, DO, a family medicine physician with Kettering Heath, to find out if it lives up to the hype.

"There are a variety of potential health benefits associated with apple cider vinegar," says Dr. Hess. "However, I strongly recommend you consult with your primary care provider before initiating any new treatment regimens.

"Though not a substitute for diet, lifestyle modification, and exercise, apple cider vinegar has been shown

to positively affect lipid profiles, fasting blood sugar, and insulin sensitivity," Dr. Hess continues. "It may also decrease appetite and body weight."

How to use it

One of the best ways to gain the health benefits of apple cider vinegar is by adding it to your diet. You can include it in meals as a marinade or in salad dressings, swallow it in pill form, or dilute it with water as a drink. "A common recommendation for oral administration of apple cider vinegar

is one to two tablespoons diluted in eight ounces of liquid daily," says Dr. Hess.

Apple cider vinegar can also be applied topically. "Equal parts apple cider vinegar and warm water applied to the ear canal can be used to treat excessive earwax or an outer ear infection," says Dr. Hess. "This home remedy can be helpful because apple cider vinegar has antimicrobial properties."

Know the risks

Apple cider vinegar can weaken tooth enamel, which can lead to increased sensitivity, cavity formation, and tooth decay. In some people, the acidic properties of apple cider vinegar can cause nausea or vomiting.

The biggest risk of using apple cider vinegar as a home remedy is missing a serious health issue. The safest and most effective way to detect and treat any health condition is thorough medical evaluation and diagnosis.

The bottom line?

You might benefit from apple cider vinegar's natural healing properties, but talk with your doctor before incorporating it into your life.



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