



How (and  
Why) to  
Get More  
Raw Apple  
Cider  
Vinegar into  
Your Diet

# How (and Why) to Get More Apple Cider Vinegar into Your Diet

Raw apple cider vinegar is truly a superfood! Here is an abbreviated list of some of its benefits.

Raw Apple Cider Vinegar:

- ❖ is full of beneficial enzymes (when it is raw, don't buy pasteurized!)
- ❖ contains B vitamins, folic acid, and potassium
- ❖ boosts digestion
- ❖ can alleviate heart-burn and acid reflux when taken 15-20 minutes before meals. Acid reflux is actually caused by too little stomach acid, not too much. Taking ACV before your meal increase the acid levels in the digestive tract.
- ❖ helps to balance your [microbiome](#) which can boost immunity and vitamin and mineral absorption.
- ❖ regulates blood sugar and increases insulin sensitivity.
- ❖ can help maintain a healthy cholesterol ratio
- ❖ helps with weight loss. Acetic acid increases the enzyme AMPK, which increases fat burning and decreases fat and sugar production in the liver. ([Source](#)). It also suppresses appetite.
- ❖ reduces blood pressure by suppressing the activity of the enzyme renin. ACV also prevents excessive clotting of the blood.
- ❖ aids in detoxification.

- ❖ improves skin health and appearance (most directly when applied externally to skin, but also by regulating your gut health or "internal skin."

## Ideas on how to get more Apple cider vinegar into your diet:

- ❖ The easiest way is, of course, homemade salad dressing. Here is my [favorite salad dressing](#).
- ❖ To boost your digestion, take 1 Tablespoon of ACV in warm water about 15-20 minutes before your meal.
- ❖ Make a shrub. A shrub is made by soaking fruit in ACV. It imparts the flavor of the fruit into the ACV making it much more palatable. Two of my favorite to make are a [watermelon-mint shrub](#) and a [blueberry-raspberry shrub](#), but any fruit works. If you have fruit that is about to go bad if it isn't eaten asap, throw it in a jar and pour ACV on it!! A shrub will boost your digestion the same way that ACV alone does, but it is much more tasty. Mix 1-2 Tablespoons of shrub with either water or mineral water and drink about 15-20 minutes before your meal.
- ❖ Stir in ACV into a bowl of soup before serving. The key is that you want the soup to have cooled a bit so that you don't kill the beneficial bacteria.
- ❖ Add it to homemade condiments like [mayo](#) and my [magnesium-rich ranch](#).
- ❖ Try it in [coleslaw](#)!

- ❖ Replace other vinegars in recipes with ACV (when it won't be cooked).