I Tried Apple Cider Vinegar Before Meals and This Happened! Transcript

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Apple Cider Vinegar Basics

You've probably heard the trick about taking apple cider vinegar and all of its health benefits. You're wondering, is it worth the hype? The short answer is yes.

Well, I'm a naturopathic doctor, and I love helping people with their digestion. And one of the tricks that I'll often recommend is a little bit of apple-cider vinegar before meals.

So there are some specifications that you'll want to be mindful of. The first one is, with your apple cider vinegar, always make sure it's organic so there's no pesticides, everything's all healthy and good for you.

And then you always want to make that it says, including the mother. The mother, you can see it here, is floating stuff at the bottom or the chunky things.

Why It Helps Digestion

It's the part that has so many good probiotics in it and it has the biggest potency. So why does this work? Why do people even do this? There is a laundry list of things that apple cider vinegar can be good for, and some of them I'll back more than others, but the one for sure that I will back is that it increases stomach acid.

So apple cider vinegar, it's got a little bit of a bitterness to it, but it also can help to stimulate stomach acid. And because it is a vinegar it got some of that acidity to.

So what happens when you have apple-cider vinegar before meals is that it stimulates stomach acids to make more. And stomach acid, this might sound like counterintuitive.

I don't need any more stomach acids, I already have heartbreak. We'll talk about that in another video. But stomach is super important. So the main functions of that churning that happens right after you eat your food in the stomach, is it helps to absorb protein.

Iron, B12, those are the three big ones, but also a little bit of magnesium, a bit a potassium too. Now iron, I'll caveat that because iron is absorbed later in the digestive system, But what happens in stomach is super important for it to be absorbed.

How to Take It Safely

Because basically there's a structure of iron when you're eating it, And the stomach acid breaks that down and makes it into a different structure so that it could get absorbed later in the intestines.

So stomach, acid and apple cider vinegar help with the absorption of those nutrients. iron deficiency, B12 deficiency even protein deficiency. So these things happen, they're really quite common and helping support your stomach acid can help those nutrients get into your cells and let your body use it more frequently and more easily.

If you're going to try this, always make sure to use organic, have the mother and then another piece to consider is you do want to dilute it. So it doesn't take much, just a little bit of apple cider vinegar and a bit a water.

So get yourself a cute little glass and put in a tablespoon of water and tablespoon. Now that's more than that. A little goes a long way. The reason you want to dilute it is just for teeth health.

There's probably some dentists who are just hating that this apple-cider vinegar thing is such a fad because it can erode the enamel if you're not careful.

So that's why I recommend diluting it and also recommend doing it 10 minutes before meals so that you're going to eat right afterwards. There's going be some saliva happening in your mouth, there's gonna be food happening your in mouth so the apricot cider vinegar is going get used.

It's not just gonna stick around on your teeth. So the timing, 10 min before, that is key. If you start eating and you forget to dilute, do it with your next one.

10 minutes before gives it enough time to get to your stomach and it starts to turn the juices. You'll probably feel hungry because the stomach acid is starting to go.

When It Helps Most

you might also feel like a little bit of a gnawing or burning sensation. That is that heat's being built. If of course it's uncomfortable, please take care of your body.

Your body better than anyone. And this is a fun DIY hack to try. But what we're looking for is a bit of that stimulation happening. So 10 minutes before it grabs the pump for you to get ready for meal time and then by the time that you're sitting down and eating, your stomach is already is fired up and ready to absorb those nutrients.

If you can, 10 minute before, take your little shot of apple cider vinegar and water and start preparing your food and So that would be neat if you're doing a quick little meal or a breakfast or lunch.

One thing to note. So I love this trick. I'd love giving it a try to see how it works for you if we need a little bit of digestive support. And we'll note that it's not the strongest thing.

There are a lot of other ways to support digestion that are more effective and that're stronger. But this is a great home remedy. Nice like folk remedy if your well.

For some people, that's all you need.

Further Digestive Support

Some people do require a little bit more digestive support, and some of the stronger things are things that I recommend you find out with a healthcare professional or naturopath, someone that you're working with who knows the digestive system well and can give a personalized recommendation for you on what your body's needing.

There are some ways to find for sure how your digestion is doing and where in the Digestive System your bodies needing support. a lot of different organs in the nose, the digestive system, and the stomach being one of them.

So what if it's another organ that's needing more support? So I'll drop some links in my chat for what types of tests can be good to see how your body's doing, but also feel free to book a free phone call with me.

I've got a link there about what things are good for testing and figuring out what's a good way to support your nutrition and how to tell if your digestion is an autism.

So give me a call, book the free phone call link, and I'm excited to talk with you more. To your health!