

Simple Homemade Drink to Stop Sugar Cravings



feel **great** in 8

©2017 Feel Great in 8 LLC

Hello! I'm so excited you are going to give this simple drink a try and I hope you have some of the awesome results I have!

Disclaimer: Before I start, I need to make sure you know that I am not a doctor. I'm just a mom trying to live a healthy lifestyle like you are. It's always best to talk to your doctor before changing your diet/exercise habits.

Having said that, I'll share what has worked for me!

RECIPE: Mix & drink before every meal

Week 1 (I worked up the drinking the full tablespoon slowly):

1 teaspoon Apple Cider Vinegar
1 tablespoon 100% juice (I use Cranberry Juice)
1 cup water

Week 2:

2 teaspoons Apple Cider Vinegar
1 tablespoon 100% juice
1 cup water

Week 3+:

1 tablespoon Apple Cider Vinegar
1 tablespoon 100% juice
1 cup water

WHAT KIND OF VINEGAR TO BUY:

Make sure you get apple cider vinegar that is **RAW, UNFILTERED, ORGANIC & UNPASTEURIZED**. It contains a wealth of raw enzymes and beneficial bacteria which are responsible for the majority of its health benefits.

I promise it's not as hard to find as it sounds. I buy the Bragg brand at my local Smith's/Kroger grocery store (the bottle looks like THIS.) You can also buy it on Amazon if your store doesn't carry it.

BENEFITS OF DRINKING APPLE CIDER VINEGAR:

It helps Eliminate Candida Overgrowth/Reduce Sugar Cravings: As ACV is rich in natural enzymes, consuming it can help eliminate candida in the body. Candida has been blamed for many different health issues, including poor memory, fatigue, headaches, depression, sugar cravings and yeast infections. While it's a naturally occurring yeast, it can quickly grow out of control if the body becomes too acidic from eating too many processed foods or too much sugar, or if good bacteria is killed off from antibiotic use.

Candida thrives on those types of foods, which includes refined carbs like pastries and cookies. Some natural health experts believe that a sugar addiction may even stem from yeast overgrowth as the yeast needs those foods to survive, which leads one to crave and eat more and more, creating a vicious cycle.

ACV is fermented with a beneficial yeast that serves as a prebiotic for healthy bacteria in the gut, essentially helping good bacteria grow as you eliminate those harmful foods that feed detrimental yeasts like candida.

It reduces bloating: Vinegar increases the acidity in the stomach, which allows it to digest the food you've eaten and helps propel it into the small intestine, according to Raphael Kellman, MD, founder of the Kellman Center for Integrative and Functional Medicine in New York City. Because slow digestion can cause acid reflux, a burning sensation that occurs when food in your stomach backs up all the way into your esophagus and triggers feelings of fullness, consuming vinegar to move things along can stop you from feeling like the Pillsbury Dough Boy.

It increases the benefits of the vitamins and minerals in your food: "When your stomach isn't producing enough acid, this impairs the absorption of nutrients as well as B6, folate, calcium, and iron," Dr. Kellman explains. Help your body by ingesting a bit more acid in the form of vinegar, and you'll actually be able to use all the good stuff you consumed by ordering the side salad instead of fries.

It helps regulate blood sugar: A study conducted out of Arizona State University by professor and director of the Nutrition Department Dr. Carol Johnston supports the therapeutic effects of drinking apple cider vinegar, particularly those who are at risk for type 2 diabetes. The authors of the study, which was presented at the 2013 Experimental Biology Conference in Boston, noted that ingesting ACV at meal time increased satiety and reduced postprandial glycemia, both metabolic effects that may benefit those who struggle with prediabetes as well as diabetes.

The researchers found that taking two tablespoons of ACV in water just before bed lowered blood sugar levels an average of 4 to 6 percent by morning.

It cancels out some of the carbs you eat: The acetic acid found in vinegar interferes with the enzymes in your stomach responsible for digesting starch so you can't absorb the calories from some of the carbs you've eaten.

But before you go buying bagels by the dozen and vinegar by the gallon: Johnston warns that vinegar will not necessarily promote weight loss (no matter how much you consume), particularly if you double down on carbs thinking you're immune to calories. No one knows exactly how many calories vinegar can block because no research has been done on the topic.

It softens your energy crash after eating sugar or carbs: Consuming vinegar before a meal can help by slowing the rush of sugar to your blood stream, so your blood sugar spike resembles a hill instead of a mountain and you don't crash quite as hard.

It keeps you feeling full longer: In a small but thorough study, researchers found that people who consumed vinegar before eating a breakfast of white bread felt more satisfied 90 minutes after eating compared to people who only ate the bread. (Worth noting: Two hours after eating, both groups were equally hungry. It just goes to show why white bread doesn't make a stellar breakfast food – with or without vinegar. :))

It can help your muscles produce energy more efficiently before a major push:

Endurance athletes sometimes drink diluted vinegar before they carb-load the night before competing because acetic acid can help the muscles turn carbs into energy to fuel intense exercise, according to well-regarded research conducted on animals.

It could lower your blood pressure: Animal studies suggest that drinking vinegar can lower your blood pressure by a few points. Researchers don't understand exactly how this works or whether it is equally effective among humans, but Johnston is pretty confident it can make at least a modest difference.

It balances your body's pH levels, which could mean better bone health: Although vinegar is obviously acidic, it actually has a neutralizing effect once it's inside of you. Meaning: It makes your body's pH more basic (i.e., alkaline).

Because studies show that people who eat more alkaline diets (more veggies and less meat) tend to have greater bone mineral density – something you might not think twice about now, but will definitely appreciate as you get older – vinegar could, in theory, strengthen your bones. (It's a hypothesis that makes lots of sense on paper, even though no one has proven it yet, says Johnston.)

It alleviates heartburn – sometimes: According to Johnston, who just wrapped up a study on using vinegar to treat this condition the effectiveness depends on the source of your heartburn: If you have erosive heartburn caused by lesions in your esophagus or stomach ulcers, a dose of vinegar will only aggravate the problem. But if your heartburn stems from something you ate, adding acetic acid to your stomach can help neutralize the acid in there and help fix the problem, providing you with at least a little bit of comfort.