



Health Matters

by
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"An apple a day keeps the doctor away" is a proverbial saying we've all heard.

Over 2000 years ago, **Apple Cider Vinegar** was being touted by Hippocrates as a remedy for countless conditions. Now being studied for its ability to stabilize blood sugar, insulin levels and appetite, it can help with weight loss, as well.

Swedish researchers found that subjects who ingested 2 tbsp. of vinegar with meals had 43% lower post-meal glucose surge and 31% less insulin rise, which helped control their cravings. Those in the vinegar group lost 2-5 lbs. in two weeks, whereas the placebo group lost no weight.

Large-scale trials published in ***Diabetes Care*** also reveal that **apple cider vinegar** improves insulin sensitivity in diabetics. Participants felt fuller longer, less hungry later and had better weight control. Bragg's raw, organic, unfiltered **apple cider vinegar** is delicious in ready-to-drink, stevia-sweetened, naturally-flavored lime, ginger, grape and cinnamon, as well as in convenient capsules.

As always, we guarantee your satisfaction.

Locally owned for 36 years

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