**10 Reasons You Need To Drink Apple Cider Vinegar Every Morning**

**  July 8, 2016 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/), [Healthy Drinks](http://www.healthyfoodhouse.com/category/healthy-drinks/) | **  0 | **  admin

|  |
| --- |
|  |
|  |
|  |
|  |
| [share](http://techxt.com/) |

Apple cider vinegar is one of the most beneficial kitchen staples you can use, with a wide range of uses, from a cleaning tool, a beauty product, to a food ingredient.

Both the internal and external use of apple cider vinegar is extremely useful. The simplest way to enjoy its benefits is to drink a tablespoon of it in the morning, on an empty stomach. The first visible effect is significant weight loss.

**Here are 10 more reasons to start using it on a daily basis:**

**It Has Strong Antiviral Properties**

Apple cider vinegar has potent antiviral properties which prevent and treat numerous infections. Moreover, it lowers the susceptibility to allergies and breaks up mucus in your body.

**It Helps Digestion And Removes Toxins**

Vinegar detoxifies the body and removes the accumulated toxins in the liver.

**It is Rich in Potassium**

Apple cider vinegar is abundant in potassium, which is an essential mineral responsible for normal heart function, proper function of the muscles, proper growth, and transmission of nerve impulses.

**It Regulates Blood Sugar And Blood Pressure**

The addition of vinegar to meals will prevent blood sugar spikes, and will also raise the concentration of insulin in the blood which typically occurs after meals.

**It Restores PH Balance**

Due to its high content of malic and acetic content, apple cider vinegar regulates the internal pH balance.

**It Supports Healthy Weight Loss**

Vinegar supports a healthy weight loss since it breaks down fats. You should drink it in a glass of water on an empty stomach every day.

**It Whitesn And Strengthens Teeth**

You should apply it directly to the teeth, and rinse, in order to promote strength and whiteness of your teeth.

**Provides Shine And Volume To Your Hair**

After shampooing, wash your hair with apple cider vinegar once a week to make your hair voluminous and shiny.

**It Heals Bruises And Painful Sunburns**

To treat sunburns, you should soak a towel in apple cider vinegar. The skin absorbs the apple cider vinegar, and it will soothe the pain and discomfort.

**It Soothes Skin Conditions And Treats Blemishes**

To reduce the appearance of age spots and blemishes, rub some vinegar on the area using a cotton cloth or a cotton ball. Repeat the procedure in the morning, and in the evening, before going to sleep.

Sources and References:
[**www.powerofpositivity.com**](https://www.powerofpositivity.com/10-reasons-need-drink-apple-cider-vinegar-every-morning/)**-- Original Article Source**[www.healthyfoodteam.com](http://www.healthyfoodteam.com/10-reasons-need-drink-apple-cider-vinegar-every-morning/)
[www.mycentralhealth.com](http://www.mycentralhealth.com/10-reasons-need-drink-apple-cider-vinegar-every-morning/)Featured image source: [**www.powerofpositivity.com**](https://www.powerofpositivity.com/10-reasons-need-drink-apple-cider-vinegar-every-morning/)

Sponsored by Revcontent

**Trending Today**

Bottom of Form