**Drink Apple Cider Vinegar Before Bed Because You Will Treat These Health Conditions**

**  December 20, 2016 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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The consumption of apple cider vinegar diluted in water effectively treats various health issues, including:

**Indigestion**

The inability of the body to properly digest the consumed food leads to acid reflux, bloating, nausea, constipation, and insomnia. The consumption of a mixture of a teaspoon of honey, a teaspoon of ACV and a cup of warm drinking water half an hour before going to sleep will provide miraculous effects!

**Obesity**

The consumption of apple cider vinegar will help you curb the fat buildup, and provide a feeling of satiety, due to the presence of pectin. According to a research, ACV can reduce the number of calories the body can generate from foods high in starch like pasta and rice.

**Abdominal Pain**

Add a teaspoon of ACV to a glass of warm drinking water, and drink this mixture before going to sleep to treat the pain in the abdominal area.

**High blood sugar**

It boosts the insulin sensitivity of the body and lowers the blood sugar levels, thus preventing type II diabetes. You should take 2 tablespoons of ACV at night before bedtime.

**Sore Throat**

Apple cider vinegar has potent anti-bacterial properties, and effectively fights bacteria which cause a sore throat. Hence, you should swallow a teaspoon of diluted ACV 1 hour before bedtime, half an hour later, and just before you go to sleep, and you will treat the pain and discomfort very soon.

**Leg Cramps**

The leg cramps are often a result of a lack of potassium in the body. The consumption of 2 tablespoons of ACV in a cup of lukewarm water before going to sleep will treat this issue and increase the levels of potassium in the body.

**Acid Reflux**

Acid reflux occurs when the amounts of stomach acid are reduced, and might end up in your esophagus since it flows around trying to break down food. Apple cider vinegar increases its levels, so you should add a tablespoon of ACV to a cup of clean drinking water, and drink it an hour before bedtime.

**Stuffy Nose**

ACV is high in potassium, magnesium, vitamin A, E, B1, and B2, all of which eliminate the mucus buildup in the sinuses. You should add a teaspoon of ACV in a cup of water, stir well and drink just before bedtime to quickly relieve the stuffiness in the nose.

**Bad breath**

Take a tablespoon of apple cider vinegar just before bedtime to treat the accumulated bacteria in the mouth and remove the bad breath.

**Hiccups**

Mix some apple cider vinegar and water and drink it to trigger the nerves located in the throat, which cause the hiccups.

Source: [www.timefornaturalhealthcare.com](http://www.timefornaturalhealthcare.com/drink-apple-cider-vinegar-before-bed-because-you-will-change-your-life/)