**What Happens When You Drink Apple Cider Vinegar And Honey In The Morning On An Empty Stomach**

Our overall health is significantly determined by our diet, so the frequent intake of processed and refined foods may lead to serious health issues, as they increase the acidity of the body.

You may experience kidney and liver problems since they will face difficulties to eliminate toxins from the system. This leads to nausea, inflammation, fatigue, infections, and diseases.

The regular use of the combination of [pure natural honey](http://www.healthyfoodhouse.com/detect-fake-honey-everywhere-use-simple-trick/) and [apple cider vinegar](http://www.healthyfoodhouse.com/25-ways-apple-cider-vinegar-will-change-life/) will restore the natural [balance of the pH levels](http://www.healthyfoodhouse.com/how-to-balance-your-ph-levels-and-find-out-if-you-are-too-acidic/), and this alkalization will help you prevent all these issues, including [joint pain](http://www.healthyfoodhouse.com/effectively-prevent-gout-joint-pain-removing-uric-acid-crystallization-body/), digestion problems, muscle pain, sore throat, etc.

Apple cider vinegar (ACV) is high in potassium, niacin, folic acid, magnesium, calcium, iron, citric and acetic acid, biotin, pantothenic acid, pectin, and vitamins C, B6, B1, and B2.

Additionally, pure, organic honey is a rich source of iron, vitamin C, zinc, calcium, copper, potassium, magnesium, [vitamin B6](http://www.healthyfoodhouse.com/missing-this-vitamin-in-your-diet-can-increase-your-risk-of-frequent-migraines-by-300/), thiamine, riboflavin, pantothenic acid, and nicotinic acid.

**The consumption of this mixture will provide numerous health benefits, including:**

* It alleviates inflammation
* It promotes weight loss
* It treats a sore throat
* It reduces bad cholesterol (LDL)
* It soothes joint pain
* It boosts energy levels
* It reduces blood pressure
* It relieves heartburn and reflux
* It gets rid of bad breath
* It helps digestion and fights constipation

This is how to prepare the mixture:

Ingredients

* 1 teaspoon Pure natural honey
* 1 teaspoon Apple cider vinegar
* 1 cup of clean water

Directions:

In a glass, mix well the ingredients, and leave the drink for 20 minutes.

Use:

Consume this drink on an empty stomach, before your breakfast.

You should also drink plenty of water to help the body digest the combination easily. Moreover, consult your doctor before you consume apple cider vinegar, especially if you take laxatives, diuretics, or some drugs in the case of diabetes and heart diseases.

Source: [healthadvisorgroup.com](http://healthadvisorgroup.com/2016/06/22/what-happens-when-you-drink-apple-cider-vinegar-and-honey-on-an-empty-stomach-in-the-morning/)
Other included sources linked in Health Avisor Group’s article:
[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov/pubmed/19630216)
[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1785201/)
[www.webmd.com](http://www.webmd.com/diet/medicinal-uses-of-honey)
[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3758027/)

Bottom of Form