

## Does Apple Cider Vinegar for Weight Loss Really Work?

Contrary to what you may think, apple cider vinegar used for weight loss is not the latest fad. In fact it has been around for centuries touted first by ancient Egyptians. They based their claims on the same fact which many "modern" experts suggest as well. They claim that because oil and vinegar don't mix; by having enough vinegar in your body, you will not be absorbing the oils and fats in your diet and it will be flushed away.

### Salad

Many apple cider vinegar weight loss products give the analogy of salad dressing and how oil and vinegar do not mix in that. However, doctors and scientists have unfortunately not found any real correlation between apple cider vinegar and weight loss. It may not make you gain weight; but it can not really burn calories for you either.

### It May Backfire

The one way by which apple cider vinegar can halt weight loss is by giving you the assurance that now because you are drinking the cider vinegar, you can eat left, right and center and not bother renewing the gym membership. That false sense of security can be detrimental to your weight loss goals.

The thousands of websites that do sell herbal, natural products claim that two caplets or three teaspoons of apple cider vinegar will help weight loss efforts drastically. They claim that their ingredients of fresh natural apples, pectin, a soluble fiber which supposedly lowers cholesterol and lecithin will burn calories 24 hours a day. It is advertised on television, magazines and websites as 100 per cent safe and guaranteed.

However, medical experts may agree with the former claim but not the latter. A diet rich in all fruits and vegetables (not just apples) and all other food groups in moderation can lead to successful weight loss. apple cider vinegar alone can not pull it off alone.

### Caveats

As with all fine print, manufacturers recommend drinking at least two to three extra glasses of water daily to help your body flush fat out and speed up the weight loss. Extra water which means over and above the recommended minimum of eight glasses may not be everyone's cup of tea. Further, the fine print says that this product has to be used in conjunction with diet and exercise and can not work wonders on its own.

However, that's just the fine print!

### About the Author

Article offered by [Complete Bodybuilding](#) in a collaboration with [All Fruits](#) and [Protein Supplements](#) Visit [Does Apple Cider Vinegar for Weight Loss Really Work?](#).

Source: <http://www.spinneykitchen.co.uk>