

# WHY APPLE CIDER VINEGAR HELPS YOUR NERVES



## Understanding the Gut/Brain connection

Because ACV is fermented it is said to help reduce stress/anxiety by feeding the beneficial bacteria in the microbiome of our digestive tract. This in turn generates GABA production – our main inhibitory neurotransmitter which has a role in sleep maintenance, vision & motor control. ACV also enhances GABA receptors in the brain.

The acetate within the vinegar will help reduce inflammation systemically, as well. Inflammation and subsequent oxidative stress is one of the main contributors to lifestyle related chronic diseases – the big killers including diabetes and cardiovascular disease (see my other article “How Inflammation Makes you Fat”).

How does this all unfold with a simple fermented drink?

Better nutrient absorption and higher metabolic function can be enhanced when drinking ACV daily, plus the production of neurotransmitters is promoted = improved digestion and mood (I can give you a FREE “Mood Disorder Appraisal” which gauges your personal neurotransmitter balance – this is an insightful and easy tool to assess the health of your nervous system & nutrient status).

## A little more fuel for thought

When the vagus nerve is stimulated this activity takes excess energy from around the body and brings it to the gut. It moves the body from a sympathetic/survival state (where anxiety is prominent) to a parasympathetic state (where your body can relax and focus on tasks such as digestion). ACV also reduces body acid and helps you stay in a more alkaline state when troubled by aches and pains, reflux, belching etc.

Apples are high potassium, most of that is transferred to the vinegar making it a nutritive remedy to take.

All vinegar is a good source of acetic acid which has an ability to increase insulin sensitivity when consumed with a meal (it apparently works on the same pathways as Metformin). There is preliminary research looking at how acetic acid helps reduce the symptoms of asthma via its modification of the microbiome and also for mental health.

## How do you take ACV?

The easiest habit to get into is by preparing a glass jug/bottle/jar to take throughout the week. Fill it 3/4 with water, a tbs of ACV per glass and the juice of half-one lemon. I also add a tiny sprinkle of stevia to make it less tart & more palatable. Leave this in the fridge ready to go. Drink 1/4–1/2 glass every morning and reap the inexpensive yet health supportive benefits.