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The effects of acetic acid on lipid profile and glucose metabolism

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With the rising cost of medication and increasing occurrence of undesirable side effects caused by poly-pharmacy has come to the reemergence of interest in alternative therapies as a form of managing endemic diseases in the United States. Vinegar, an accessible and affordable household item that has been used for centuries to treat various ailments, has been hypothesized to positively impact the management of dyslipidemia and impaired glucose metabolism. The authors of this article conducted an integrative review of current literature in order to assess evidence regarding the impact of acetic acid, the active ingredient in vinegar, on dyslipidemia and glucose metabolism as there are currently no clinical practice recommendations regarding this matter. They found that there have not been enough studies conducted in order to create a strong recommendation. However, evidence involving glucose metabolism is consistent enough suggesting daily vinegar supplementation with meals consisting of complex carbohydrates may be beneficial for certain patient populations, especially when medication compliance is an issue of concern.

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