

30 Day Apple Cider Vinegar Fat Loss Challenge



Did you know apple cider vinegar has many health benefits

First of all what is apple cider vinegar?

Apple cider vinegar (ACV) is the result of fermented juice from crushed apples. It's main components are:

- Acetic acid
- Citric acid

Nutritional components of ACV:

- Amino acids
- Biotin
- Calcium
- Folic acid
- Niacin
- Pantothenic acid
- Pectin
- Polyphenol
- Potassium
- Vitamin B1
- Vitamin B2
- Vitamin B6
- Vitamin C

The Scientific Evidence of ACV Benefits

1. **Fat loss:** helps in weight management, lowers lipid levels, prevents fat deposit around the organs
2. **Lowers blood glucose levels:** helps regulates blood sugar levels
3. **Skin Health:** kills bacteria on prevents infection on the skin
4. **Antibacterial:** has various antimicrobial properties on different microbial species, affecting its growth



Your Strategic Plan



- ✓ The purpose of the challenge is to maximize the AMAZING power of ACV!
- ✓ Lose weight at a healthy rate & not gain it back
- ✓ Take before meals
- ✓ Eat healthy meals
- ✓ Exercise (cardio and strength training)

How It Works

- ✓ It contains pectin, which can make you feel fuller and more satisfied for longer periods
- ✓ Works like an appetite suppressor
- ✓ Can boost your metabolism
- ✓ Helps with breaking down fat cells



What You Need To Get Started



- ✓ Plan on taking it daily 3 times before meals
- ✓ Drink it diluted or mixed with other liquids
- ✓ Some other ingredients
 - Braggs Apple Cider Vinegar
 - Honey
 - Lemons
 - Powdered Garlic
 - Powdered Ginger
 - Cinnamon
 - Water
 - Unsweetened Cranberry Juice
 - Sea Salt

ACV Drinks

Lemon & ACV: add 2 T. of ACV, 1 T. freshly squeezed lemon juice, 6 ounces of warm water, mix and drink

Cranberry & ACV: add 2 T. of ACV, 2 T. of unsweetened cranberry juice, 1 T. freshly squeezed lemon juice, 6 ounces of water, mix and drink (optional: dash of stevia)

Honey & ACV: add 2 T. of ACV , 2 T. raw unfiltered honey, 6 ounces of warm water, mix and drink

Ginger & ACV: add 2 T. of ACV , 1 T. ginger powder (or ½ tsp. fresh grated ginger), 6 ounces of warm water, mix and drink

Garlic & ACV: add 2 T. of ACV , 1 T. garlic powder, 6 ounces of warm water, mix and drink

Cinnamon & ACV: add 2 T. of ACV, 1 tsp. cinnamon, 6 ounces of warm water, mix and drink

Other Awesome Benefits

- ✓ Helps reduce blood pressure
- ✓ Helps subside leg cramps
- ✓ Helps with indigestion
- ✓ Possible cancer prevention
- ✓ Improves cardiovascular health
- ✓ Helps regulate body PH
- ✓ Can alleviate insect bite discomfort
- ✓ May help improve skin
- ✓ Can relieve a sun burn
- ✓ May help with parasite infections



What You Should Also Know About ACV



- ✓ Can erode tooth enamel
- ✓ May negatively impact kidney disease
- ✓ Can aggravates acid reflux
- ✓ Never drink undiluted
- ✓ Never apply directly to skin without dilution
- ✓ Consult with your physician if you are on medication before starting
- ✓ If pregnant or nursing consult with your physician first