

4-1-2023

Debunking Medical Myths: Can Apple Cider Vinegar Help You Lose Weight?

Julia Malewicz

Wayne State University School of Medicine, gg5844@wayne.edu

Nasser Junedi

Wayne State University School of Medicine, gh2935@wayne.edu

Kirsten Brinkmeier

Wayne State University School of Medicine, hk4736@wayne.edu

Alisha Williams

Wayne State University School of Medicine, hk8004@wayne.edu

Hovhannes Hayrapetyan

Wayne State University School of Medicine, hl5245@wayne.edu

See next page for additional authors

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Recommended Citation

Malewicz, Julia; Junedi, Nasser; Brinkmeier, Kirsten; Williams, Alisha; Hayrapetyan, Hovhannes; and Gallagher, John, "Debunking Medical Myths: Can Apple Cider Vinegar Help You Lose Weight?" (2023). *Patient Education Projects*. 621.

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Authors

Julia Malewicz, Nasser Junedi, Kirsten Brinkmeier, Alisha Williams, Hovhannes Hayrapetyan, and John Gallagher

CAN APPLE CIDER VINEGAR HELP YOU LOSE WEIGHT?

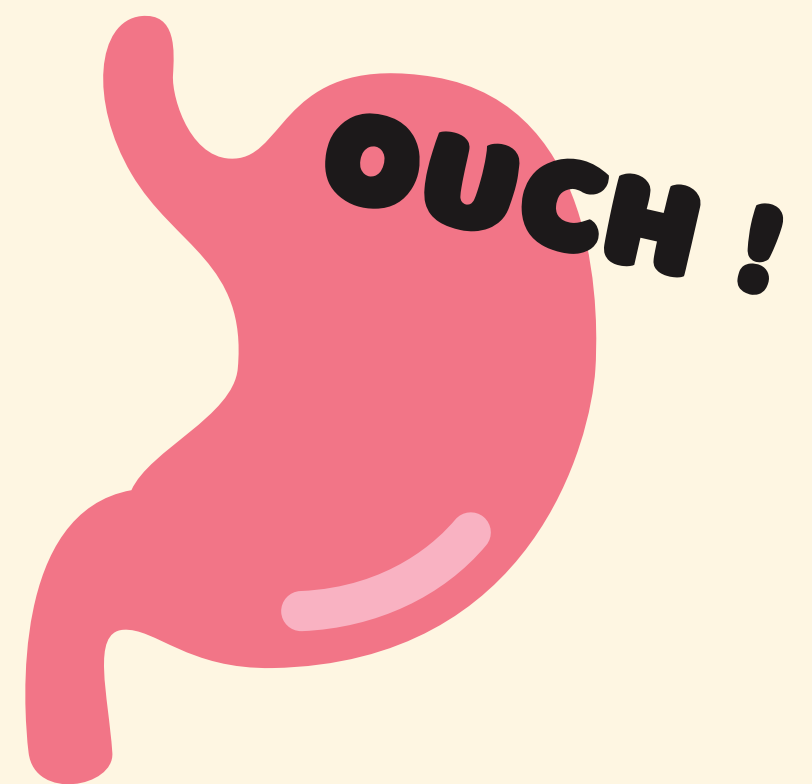


ACETIC ACID

Apple cider vinegar often contains a high concentration of acetic acid. (1)

TOXICITY

Drinking acetic acid or swallowing a pill can be toxic. It erodes the lining of your stomach and esophagus. (1)



EFFECTIVE?

Apple cider vinegar does NOT affect how many calories you burn while resting or exercising. (2, 3)



DENTAL HEALTH

Drinking apple cider vinegar can cause damage to your teeth. (4)



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BRINKMEIER, K.; GALLAGHER, J.; HAYRAPETYAN, H.; JUNEDI, N.; MALEWICZ, J.; WILLIAMS, A.

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