

Naturopath Toronto Practitioner Advises On Uses of Apple Cider Vinegar

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Toronto, Ontario-based Dr. Amauri Wellness Centre, a naturopathy clinic that focuses on whole-body wellness, is pleased to announce the publication of the clinic's newest blog post. The article, called ?5 Reasons Why You Should Start Using Apple Cider Vinegar Now? is the latest of a series from Dr. Amauri and his staff on the practical effects of everyday household items on patients' health. He says that apple cider vinegar has a number of benefits that people may not know about.

Apple cider vinegar is the fermented juice derived from crushed apples. It is made similarly to alcohol, where the crushed apples are exposed to yeast, which ferments the sugars and turns them into alcohol. Bacteria are then added to the alcoholic solution, which turns it into acetic acid, the active ingredient in vinegar. Apple cider vinegar has been found to contain trace amounts of similar vitamins and minerals as regular apple juice, including vitamins C, B1, B2, and B6, folic acid, potassium, calcium, iron, and many more natural ingredients. Along with its medicinal uses, apple cider vinegar is also used in cooking to flavor food.

"Apple cider vinegar should be in everyone's pantry," Dr. Amauri says. "The number of different positive effects of it for everyday health shouldn't be underestimated. In fact, many of its benefits have been studied and confirmed by scientists."

Dr. Amauri writes that apple cider vinegar can be used as a skin care agent. When applied to the skin, it is said to kill harmful bacteria that can cause breakouts. It may also be used to help remove bruises from the skin and for cleaning and disinfecting wounds and ear infections. Studies have shown that apple cider vinegar may help people lose weight along with a healthy diet, as it helps the body feel satisfied after a meal.

The biggest benefit, Dr. Amauri says, is that apple cider vinegar has been successful in lowering blood sugar levels for diabetic patients. "Of course, people should just be avoiding refined carbohydrates and sugar," he says. "But studies have shown that having apple cider vinegar along with eating a high-carb meal can improve insulin sensitivity by 19-34%. That's powerful."

In line with writing extensively about health and wellness tips on his blog, Dr. Amauri Caversan believes in whole-body wellness that combines evidence-based science with cutting-edge naturopathic treatments. As a graduate of the Canadian College of Naturopathic Medicine (CCNM), one of Canada's top naturopathic colleges, he is a member of both the Ontario Association of Naturopathic Doctors and the Canadian Association of Naturopathic Doctors. He holds a Bachelor of Science degree and is a Board Certified Naturopathic Doctor. His expertise is requested for medical seminars on a regular basis when he is not busy with his practice. "Education is my highest priority," Dr. Amauri says. "Staying on the cutting edge of naturopathic techniques is important for both our staff and our patients."

The Wellness Centre offers a number of treatment options for pain such as acupuncture, low laser therapy, and natural anti-inflammatories; a varied slate of nutritional IV therapies, including high dose IV Vitamin C and IV hydration; supplemental health programs, and wellness services for hormonal imbalances, fertility, detoxification, thyroid support, and much more.

Recently named one of the top three clinics in the Best Naturopath Toronto Clinic category by ThreeBestRated.ca, residents of the city have been giving Dr. Amauri and his staff rave reviews, many of them from long-time patients of the naturopathic clinic. On Yelp, Anna S. said, "I was diagnosed with thyroid cancer back in 2012 at only 40 years of age. My fear of the unknown as well as being confronted with a cancer diagnosis left me feeling vulnerable and scared. [?] It was not until I met Dr. Caversan who reviewed my medical history and truly listened to all of my concerns and fears [?] (that) I had a clear understanding of my diagnosis and treatment options available. Dr. Caversan was able to implement a health plan for my post-operative care as well as a plan to prevent the spread and or reoccurrence of my cancer and I can now say that I've been in remission now for 3 1/2 years and Dr. Amauri Caversan has remained a vital part of my health and overall well-being."

More information about the Wellness Centre, Dr. Amauri, his staff, and other advice from the clinic's blog can be found on their website. Dr. Amauri invites people to book an appointment on the website or give them a call to get a consultation.

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Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

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