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## Reality Check: What's the Deal With Fergie's Vinegar Shots?

Contributed by Skinny Myths

In a recent Glamour interview, Fergie Ferg revealed that one of her diet tricks is shots of organic apple cider, unfiltered. She said:

"Two tablespoons. For some reason I've noticed a difference on my stomach. I just trusted [my trainer] on this one. I'm sharing. I'm all about sharing secrets."

Does anyone else smell a magic bullet? Now, I have read that drinking apple cider vinegar (ACV) can help with many ailments, but never weight loss, so I decided to do a little investigation. To see what I found out just read more.

Basically what I found out is that there is very little evidence in the ACV for weight loss category, with little scientific backing whatsoever. WebMD does speculate that white vinegar (and perhaps other types) might help people feel full, but this was the results of a test on only 12 people. Remembering a quote I love from Dr. Andrew Weil about ACV, I decided to see what his expert opinion is on the whole matter. He said:

"There is absolutely no scientific evidence showing that apple cider vinegar can aid in weight loss or that it contains any magic ingredients that help you to shed pounds. Back in the 1970s when this diet took its place among the many weight loss fads and scams, proponents claimed that somehow a combination of apple cider, kelp, vitamin B-6, and lecithin fooled the body's metabolism into burning fat faster than it would normally.

These days the claims are far less elaborate — supposedly, all you need to do to lose weight is to take one, two, or three teaspoons of apple cider vinegar before every meal, starting with one teaspoon and then working up to two or three. I understand that taking more than three teaspoons isn't supposed to lead to better results. The only dieting advice you get with this 'diet' is to eat moderate portions at meals, avoid snacking, and wait for the apple cider vinegar to reduce your hunger and food cravings."

So there you have it. If you're looking to lose weight, I know it seems easy to say, "Fergie looks great and all she does is take two tablespoons of ACV," but I'm willing to bet my left arm that she works out and eats right and did not get that body from ACV. The formula for weight loss, once again, is healthy eating and daily exercise.