# Unlocking the Health Secrets of Vinegar with Dr. Carol Johnston

written by Dr. Ronald Hoffman | January 29, 2025

In this episode of the Intelligent Medicine Podcast, Dr. Ronald Hoffman interviews Dr. Carol Johnston, a professor of nutrition and associate dean at Arizona State University, dubbed ‘The Vinegar Lady’ for her extensive research on vinegar’s health benefits. Dr. Johnston discusses the scientific basis for using apple cider vinegar to manage blood sugar levels, particularly in pre-diabetics, and its potential impacts on other conditions like depression. She explains how vinegar (acetic acid) affects metabolism and digestion. Additionally, Dr. Johnston highlights her research on high protein, low-fat diets, ketogenic diets, and the importance of maintaining a balanced intake of vitamins, especially B6 and C, due to common deficiencies in the American diet. The conversation includes practical dietary tips and addresses concerns like how to incorporate vinegar safely into daily consumption.