# ENCORE: Q&A with Leyla: The Impact of Apple Cider Vinegar on Blood Sugar

written by Dr. Ronald Hoffman | May 14, 2026




More on “eat the rainbow” . . . or not; Medical breakthroughs that we don’t really need; What’s the impact of apple cider vinegar on blood sugar? I’m a 54-year-old postmenopausal woman with no libido—can supplements help? Can plant-based diets improve fertility? And more!