

Dr. Oz Says Vinegar Is Not a Miracle Medicine, But Then Says It Cures Cancer



By Ana-Marija Dolaskie — March 27, 2017

Apparently, you can make any claim with an Asterisk (*), so long as the asterisk clarifies that your claim isn't true. In one of Dr. Oz's latest press releases, the TV 'doc' touts apple cider vinegar (or any vinegar) as a miracle health benefit: it improves blood flow, prevents diabetes, encourages weight loss, and prevents cancer. But not too long ago on the Dr. Oz show, he caveats his claims by saying this: "[As with any trend, it's easy to get lost in the hype and start believing that vinegar is a miracle medicine \(it isn't\). In fact, one of the most popular claims — that drinking a small amount of apple cider vinegar before a meal helps curb appetite and burn fat — has little scientific support, according to the Mayo Clinic.](#) [1]"

OK, OK, OK. Let's not get carried away. Vinegar is not a miracle cure-all, it just prevents cancer, and a few other things.

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[1] [http://As with any trend, it's easy to get lost in the hype and start believing that vinegar is a miracle medicine \(it isn't\). In fact, one of the most popular claims — that drinking a small amount of apple cider vinegar before a meal helps curb appetite and burn fat — has little scientific support, according to the Mayo Clinic.](#)