will the sore joints eventually dissipate once my body gets used to it?
in time, limited movement leads to atrophy of the muscles surrounding the joints due to lack of use
more clinical studies are needed to show the extent of benefits in humans.
the vinegar must be organic and non-pasteurized so it still has the "mother" (cloudy looking naturally occurring enzymes) in it, and is usually mixed with honey to make it more palatable.