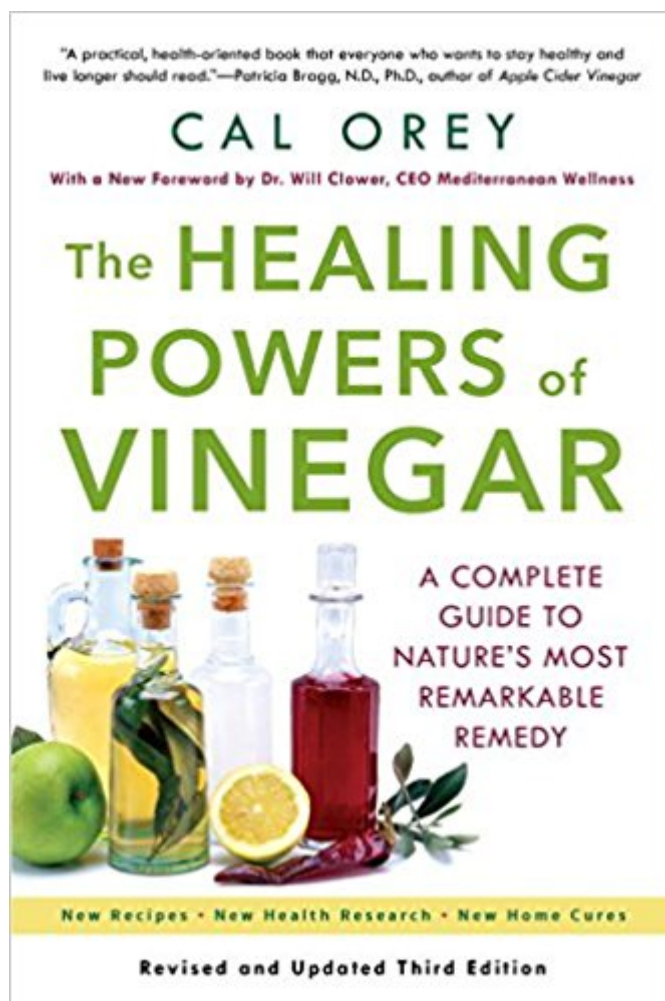


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# The Healing Powers Of Vinegar: A Complete Guide To Nature's Most Remarkable Remedy



## Synopsis

From Folk Medicine to Modern Miracle-- Discover the Amazing Powers of Vinegar!

Discover the healing powers of apple cider vinegar--now widely recognized as a valuable weight loss tool and a potent elixir. Find out how vinegar's curative powers can also help prevent age-related diseases like cancer, heart disease, and bone loss. Learn how red wine vinegar contains the same important antioxidants as red wine--without the alcohol. Put dozens more home remedies to work for treating allergies, arthritis, toothache, sunburn, swimmer's ear, sore throat, and other pesky ailments. You'll also find a wealth of natural beauty treatments and environment-friendly household hints--from making kitchen countertops sparkle to cleaning up kids and pets. Incorporating the latest scientific evidence, plus Mediterranean-style heart-healthy "fisheterian" recipes, *The Healing Powers of Vinegar* is a must-have, invaluable resource that will show you how to make the most of this proven powerful healer! "Wonderfully useful for everyone interested in health." --Elson Haas, M.D., author of *Staying Healthy with Nutrition*

## Book Information

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## Customer Reviews

"A practical, health-oriented book that everyone who wants to stay healthy and live longer should read."

\*One-of-a-kind book full of goodness (with an underlying Mediterranean diet and lifestyle theme for the complete Healing Powers series)\* Exclusive one-on-one interviews with well-known nutritionists, medical doctors, and renowned researchers--not found online --This text refers to the Paperback edition.

Very informative. We use apple cider vinegar to lower cholesterol by adding it with other juices and drink it. Has worked.

A book that should be a staple in every home. You can learn so much beyond the bottle of white vinegar. It is a natural health and healing agent that does more than you can imagine. The book has many ideas for the use of Apple Cider Vinegar. There is lots of information on the use of many other vinegars, recipes that sound delicious and all of it is easy to do. Your family and friends will be impressed with your knowledge and I even impressed some hard-headed people to at least read the book. Any book that you can get that helps so that you may not need chemical drugs is a blessing. By the way, don't read the book once and put it on the bookcase - read it over and over - you will learn so many new things each time.

I have been taking about 3 tablespoons of apple cider vinegar a day in various ways for about a month, e.g., as a salad dressing, as a morning drink, and evening drink. It takes time to see any strong results, but there have been positive signs. I have lost a few pounds. I seem to have more energy. I can walk on my treadmill a little faster. If you add red wine vinegar to the apple cider vinegar, it takes away the strong acid taste. And according to the author, makes you even healthier! We'll see.

Just started but can tell it is good. Bought too many books at the same time and only able to read pages at a time because I want to read all of them

I am really happy I got this book!! It is so much better to find natural things to strengthen your health! Vinegar has so many nutrients that are good for you!!

Lots of great ideas for use of vinegar! All the way from cooking to cleaning shell casings for reloading!

I was amazed at some of the things that vinegar could accomplish. I use it after I eat carbs because it reduces them. I was amazed at other things as well. I consider it a well read.

I bought this book for my mom and she loves it and has tried several things from it with good results, she has now purchased three more for family members.

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