



The Healing Powers Of Vinegar

Cal Orey

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The Healing Powers Of Vinegar Cal Orey
REVISED AND UPDATED THIRD EDITION

New Recipes * New Health Research * New Home Cures

With a New Foreword by Dr. Will Clower, CEO Mediterranean Wellness

“A practical, health-oriented book that everyone who wants to stay healthy and live longer should read.”
—Patricia Bragg, N.D., Ph.D., author of *Apple Cider Vinegar*

“The essential book on vinegar—the number one superfood of all time!” —Ann Louise Gittleman, Ph.D.,
author of *The Fat Flush Plan*

From Folk Medicine to 21st Century Favorite—Discover the Amazing Powers of Vinegar!

Revised and updated, this comprehensive book draws on the latest scientific studies and interviews with top health researchers to reveal how apple cider and red wine vinegars—as well as balsamic, fruit, rice, and herb-infused vinegars—can help you stay healthy. You’ll also find proven home health cures, innovative cosmetic secrets, lively anecdotes, and environmentally friendly household hints—from making countertops sparkle to cleaning up kids and pets.

*Take advantage of vinegar’s natural therapeutic, antioxidant, and culinary virtues as this 5,000-year-old healer evolves in new uses and products—from sipping vinegars to home-cooked foods.

* Learn how vinegar helps lower the risk of heart disease, diabetes, obesity, cancer, and bone loss.

*Discover how vinegar’s acetic acid kills bacteria, and may help prevent tuberculosis and combat antibiotic-resistant superbugs.

* Create home cures to treat allergies, arthritis, toothache, sunburn, swimmer’s ear, sore throat, and other pesky ailments.

...and discover much more in this invaluable resource to help you slim down, shape up, and enhance longevity!

“Vinegar is right there in your cupboard—waiting for you to open its health properties for you and your family. Cal Orey’s book can show you how.” – Dr. Will Clower, CEO Mediterranean Wellness

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From reader reviews:

Gary Bloomfield:

Here thing why this particular The Healing Powers Of Vinegar are different and reputable to be yours. First of all reading through a book is good nevertheless it depends in the content from it which is the content is as tasty as food or not. The Healing Powers Of Vinegar giving you information deeper and different ways, you can find any guide out there but there is no reserve that similar with The Healing Powers Of Vinegar. It gives you thrill studying journey, its open up your own eyes about the thing in which happened in the world which is perhaps can be happened around you. You can actually bring everywhere like in playground, café, or even in your method home by train. Should you be having difficulties in bringing the printed book maybe the form of The Healing Powers Of Vinegar in e-book can be your option.

Lawrence Howe:

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Robin Blakely:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them household or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a book. It is really fun in your case. If you enjoy the book that you read you can spent all day every day to reading a book. The book The Healing Powers Of Vinegar it is quite good to read. There are a lot of people who recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can m0ore simply to read this book from the smart phone. The price is not very costly but this book possesses high quality.

Jack Nguyen:

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