



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

By Cal Orey

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## The Healing Powers of Vinegar: A Complete Guide To Nature's Most Remarkable Remedy By Cal Orey

### 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*

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### **Editorial Review**

#### **Review**

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

From the Author

**\*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**

From the Inside Flap

The Apple and the Grape Yield Two Powerful Vinegars

Apple cider vinegar has been touted by vinegar gurus as one of nature's most healthful foods, especially if made from fresh, organically grown apples, then allowed to age. And now, red wine vinegar, the ignored condiment, may be its new sidekick, thanks to the grape known as "the vine healer."

People from all walks of life--as well as some vinegar pioneers and contemporary medical experts--believe apple-rich cider vinegar aids digestion, helps maintain weight, and keeps blood pressure down. Apple cider vinegar is also known to relieve congestion and maintain healthy skin.

And now, New Age doctors claim red grapes yield another amazing vinegar. Red wine vinegar, claim medical experts, contain healthful nutrients that are part of the "neutraceutical revolution," too. While it's apples that make apple cider vinegar what it is, it is the grape that may be core of red wine vinegar's nutrients.

In this book, I will show you how using both vinegars can be one of the best things you do for yourself--and your health. But note, many people will not want to reap the benefits of vinegar by drinking the healthy brew solo. While vinegar is great for salad, it also is a great seasoning for many foods. Vinegar has a vast number of uses in cooking, and I've included more than 100 recipes to help heal your body, mind, and spirit.

But first, let's go way back into the past. Take a close-up look at why and how vinegar is one of the world's first--and most prized--natural medicines.

### **Users Review**

#### **From reader reviews:**

#### **Bernard McLaren:**

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**William Marquis:**

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**Beth Murray:**

People live in this new day of lifestyle always make an effort to and must have the spare time or they will get great deal of stress from both everyday life and work. So , whenever we ask do people have extra time, we will say absolutely indeed. People is human not really a huge robot. Then we question again, what kind of activity are there when the spare time coming to you of course your answer can unlimited right. Then ever try this one, reading textbooks. It can be your alternative within spending your spare time, the book you have read is *The Healing Powers of Vinegar: A Complete Guide To Nature's Most Remarkable Remedy*.

**Raymond Brown:**

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