

The Vinegar Anniversary Book

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vinegar better than prescription drugs thousands of years ago ancient healers trusted apple cider vinegar and modern research shows vinegar truly is a wonder cure in fact apple cider vinegar s biggest fans believe this golden liquid can help solve the most troublesome of human afflictions since even the earliest of times a daily vinegar cocktail was used to help control appetite to lose weight and continue good health from the bible to cleopatra to the fierce samurai warriors of japan vinegar has been documented as a powerful tonic to ensure strength power and long life today s research studies and scientific reports continue to praise the healing powers of vinegar to maintain good health and well being even grandma knew that her old remedies worked even if she wasn t able to explain why and scientific research confirms this for instance grandma said putting diluted vinegar in the ears would ward off infections the american academy of otolaryngology s doctors who specialize in treating infections like swimmer s ear now recommend using a vinegar mixture as a preventative the yale new haven hospital uses vinegar as a hospital disinfectant when after surgery eye infections became a problem their department of bacteriology solved it with vinegar food poisoning some doctors

suggest that regular vinegar use can prevent it you ll get easy recipes that mix vinegar with other common household items to help calm an upset stomach ease leg cramps soothe sprained muscles control appetite to lose weight relieve coughs banish nausea arthritis pain make hiccups disappear cool a sunburn boost memory reduce sore throat pain relieve itchy skin lower blood pressure cholesterol eliminate bladder infections chase away a cold treat burns reduce infection aid digestion improve memory soothe sore feet treat blemishes age spots remove corns calluses replace many household cleaners

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