



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:

Asia Haynes:

Your reading sixth sense will not betray you actually, why because this The Healing Powers Of Vinegar reserve written by well-known writer who knows well how to make book which can be understand by anyone who read the book. Written in good manner for you, still dripping wet every ideas and publishing skill only for eliminate your own personal hunger then you still doubt The Healing Powers Of Vinegar as good book not simply by the cover but also by the content. This is one book that can break don't evaluate book by its deal with, so do you still needing yet another sixth sense to pick this particular!?! Oh come on your looking at sixth sense already said so why you have to listening to an additional sixth sense.

Mary Barker:

In this era globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The book that recommended for you is The Healing Powers Of Vinegar this e-book consist a lot of the information on the condition of this world now. This book was represented how does the world has grown up. The words styles that writer use for explain it is easy to understand. The particular writer made some investigation when he makes this book. That is why this book suitable all of you.

Michael Espy:

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Dolores Albert:

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