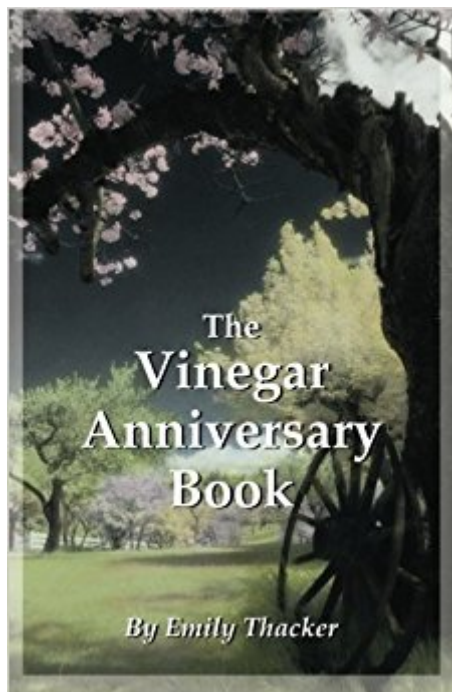


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# The Vinegar Anniversary Book



## Synopsis

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. And now after years of continued research all across the globe, over 1000 new vinegar super-remedies and tonics are available in the brand new 208-page Vinegar Anniversary Book by famed natural health author, Emily Thacker. Author of the very first book of its kind since the 1950's, Ms. Thacker brings her unique wisdom, experience and down-home flavor to this complete collection. 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. In China, the health system that has been in place for thousands of years recognizes the value of vinegar. Traditional Chinese Medicine (TCM) oversees the health of millions of Chinese not with modern drugs but with proven remedies that include vinegar. 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! The 208-page Vinegar Anniversary Book will amaze you with its over 1000 natural remedies, secrets, tonics and cure-alls for a healthier, happier life. 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

And

that's just the beginning of the over 1000 new and improved hints and tips that you'll get. 50 years ago a daily dose of an apple cider vinegar and honey tonic was used to ease arthritis. During the last 30 years or so, many wonder drugs have replaced this time-tested home remedy. Now vinegar, along with countless other old-time tonics, have new supporters including many medical professionals. The reason? Almost everybody has experienced the negative side of some of the powerful new drugs. Strep and Staph infections? Vinegar is a powerful antiseptic and kills even these dangerous bacteria on contact. Headaches will fade away with this simple vinegar concoction. Feel good and look good with these hair and skin-friendly vinegar remedies. You'll learn when you should and should not use vinegar. Can apple cider vinegar really do all this? The answer is yes because it is such a marvelous combination of tart good taste, germ-killing acid and an assortment of important vitamins and nutrients.

## Book Information

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## Customer Reviews

as expected

The information from this book is wonderful, especially if you are suffering arthristis like my husband and myself. We have been doing the twice a day of 1 8oz water with a teaspoon each of apple cider vinegar and honey and already we are feeling much better and moving more. Thanks for a great book. Been recommending to all our friends.

Really good advise and what it does for you. I'm sold on the stuff

I think that the writer has an easy to understand style - it is clearly written and involves more than just promoting vinegar as an aid in losing weight - but that was the reason I wanted to read this book. I would say that most people do not understand vinegar's scope, especially as a nutritional food to eat. Judie Neville

I'm enjoying this book. I have found some recipes helpful. The reason I gave a four-star instead of a five-star rating is because as an eBook, it is hard to locate the information I'm seeking. This is a problem I'm finding in most resource books. Someone needs to come up with better formatting. Definitely not the author's fault. The text is well written.

ok

Though I liked this book, and found it somewhat informative, it just didn't stand up to the hype. I was looking for information about how to use vinegar for many cures, dieting tricks, nutrition ideas, and cleaning methods that I did not already know. Instead, I found it talked more about different vinegars, and how vinegar is made, plus some pretty widely known "secrets" about using it. I was disappointed. I've wanted to order this book from full-page newspaper info-ads for a long time. I'm relieved that I ordered the Kindle version from so that I'm not out too much money on it.

I have only begun to read this book. It is so great! I know some of the uses already work! It is much more healthy for us. I have diabetes 2 and apple cider vinegar helps to keep my sugar from peaking when I eat!

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