

Healing Powers of Vinegar



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Kensington Publishing, United States, 2016. Paperback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. 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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