



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

By Cal Orey

Kensington Publishing. Paperback / softback. Book Condition: new. BRAND NEW, The Healing Powers of Vinegar: A Complete Guide to Nature's Most Remarkable Remedy, 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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