



The Healing Powers of Vinegar: A Complete Guide To

Cal Orey

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**The Healing Powers of Vinegar: A Complete Guide To 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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Ruth Frye:

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Paul Steinbach:

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