



# The Vinegar Book

By Emily Thacker

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## The Vinegar Book By Emily Thacker

Vinegar Can Be Used For WHAT? Research from centers around the world report what ancient healers knew thousands of years ago -- that vinegar is the wonder elixir for a healthier life. Since ancient times a daily dose of apple cider vinegar has been taken to control appetite and maintain well-being. Even Japan's feared Samurai warriors of years ago relied on a vinegar tonic for strength and power. A tonic you can make in your kitchen. Today, countless reports and scientific studies praise the curative and preventive powers of vinegar as part of our daily diet. And now after long research, for the first time, over 300 vinegar super-healing home remedies and recipes have been gathered by noted natural health author Emily Thacker in her exclusive new book, "The Vinegar Book." It's the most complete collection since the discovery of vinegar 10,000 years ago. You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail. Find trusted home remedies to beat colds, ease painful arthritis, and other joint diseases. Vinegar is nature's own drug-free anti-inflammatory. Scientific tests show organic vinegar is a natural storehouse of vitamins and minerals, including beta carotene -- over 93 different components -- to fight what ails you. More than 70 different research studies have verified that beta carotene lowers the risk of getting cancer and it boosts the body's immune system. When fresh apples are allowed to ferment organically, the result is a vinegar that contains natural sediment with pectin, trace minerals, beneficial bacteria and enzymes. And pectin helps your body reduce cholesterol levels to lower the risk of cardiovascular disease. "The Vinegar Book" will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

- Improve your metabolism • Aid digestion • Help lower cholesterol • Uses for middle ear problems • Condition problem skin • Fight age and liver spots • Gain soft, radiant skin • Amazing hair treatments • Relieve nighttime leg cramps •
- Soothe sprained muscles • Fight osteoporosis with calcium • Help headaches fade away • Corn and callus relief • Aid to maintain health • Skin rashes, athlete's foot •
- Relieve insect bites • Remedy for urinary problems • Use for coughs, colds •
- Destroy bacteria in foods • Heart and circulatory problems • Fight high blood pressure

And the above is only a brief sample of the 308 uses for vinegar you'll learn about. You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar. How a combination of vinegar and fruit juices relieves arthritis symptoms and other aches and pains. Try a delicious low calorie, calcium-and-iron rich chicken soup and vinegar recipe. Combine your

favorite herbs with vinegar to create tenderizers, mild laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more. Of course, we all know the cleaning power of vinegar. But Emily Thacker's research has uncovered a host of new moneysaving ways to keep your home, laundry, clothing, brass, copper and other possessions sparkling clean. And with less effort. You'll also delight in making and bottling your own special vinegars. It's so simple to follow Emily's recipes. Homemade vinegars make such wonderful gifts. You could even end up selling your creations to food and gift shops. And get ready for many compliments when the family and friends bite into those delicious pickle treats you make.

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By *Emily Thacker*

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## **The Vinegar Book** By Emily Thacker Bibliography

- Sales Rank: #176216 in Books
- Published on: 2013-05-07
- Number of items: 1

- Dimensions: 8.50" h x .19" w x 5.50" l,
- Binding: Paperback
- 82 pages

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##### **Lillian Thornton:**

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