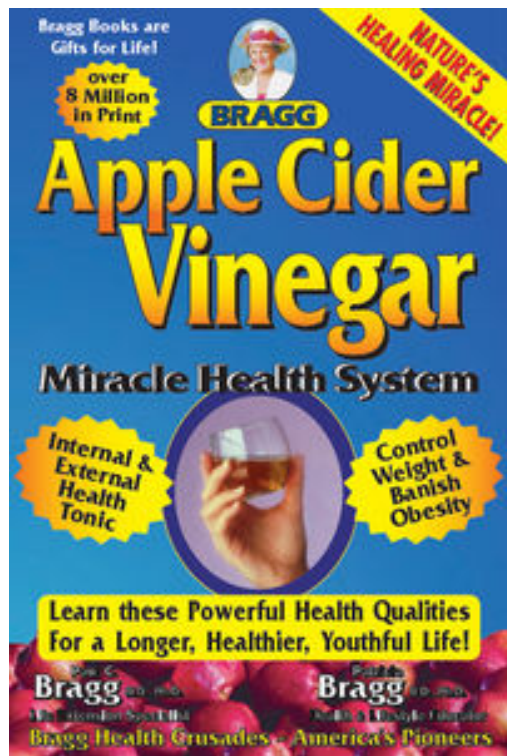


# APPLE CIDER VINEGAR: Miracle Health System Read EBooks PDF English Paul Bragg & Patricia Bragg



**APPLE CIDER VINEGAR: Miracle Health System** download or read online **Paul Bragg & Patricia Bragg** PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, Paul C. Bragg, originator of health stores in America, and his daughter, Patricia, are world-renowned health crusaders. They have changed millions of lives through their books, teachings, lectures and media appearances. In this book, the Braggs reveal the legendary health-and life-giving versatility of apple cider vinegar. As a nutritive drink it is a powerful agent for health and wellness. It is also used for dozens of other purposes, including as a beauty aid, for skin treatments, in recipes, as an anti-biotic, anti-septic, hair-revitalizing shampoo, headache reliever, and weight reducer.

The book is entertaining and will inspire you to better health! It chronicles the history of ACV from the time of Hippocrates (the Father of Medicine) who discovered its multiple uses in 400 B.C. The authors explain, in layman's terms, the nutritive value of apples, which are rich in potassium, enzymes and other life-extending elements. The authors reveal the miracle health-boosting elements of potassium, and how modern food refinery processes rob our food of needed nutrients. The Braggs also share motivational stories from their own lives crusading for health and wellness. The book includes the Bragg Healthy Lifestyle Blueprint for Health and encourages readers to realize it is "Never too late to seek and build radiant health!" It explains how readers can use ACV to eliminate joint pain, improve digestion, treat ear aches, infections, warts, skin tags, sore throats and normalized blood sugar levels. Once readers learn about the incredible number of uses for ACV, it usually becomes a fixture in their medicine cabinets! The book contains intriguing photos of famous ACV devotees, and shares vital information for your healthy body! The Apple Cider Vinegar Book is well-loved worldwide, with millions of copies in print.

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