



The Healing Powers of Vinegar, Revised and Updated

Cal Orey

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In *THE HEALING POWERS OF VINEGAR*, health journalist Cal Orey describes the amazing powers of vinegar to prevent and treat a wide range of health problems, to clean and purify the home, and to add zest and nutritional value to food. This fascinating book traces the origins of vinegar to ancient Greece and Egypt and follows its history to the present day. Orey quotes from leading alternative health practitioners as well as medical researchers. She goes into great detail about the healthful ingredients found in two of the most important vinegars: apple cider vinegar and red wine vinegar, explaining the benefits of their vitamins, minerals, enzymes and amino acids. She also describes the latest research about cutting-edge nutrients found in these two vinegars, including a new class of antioxidants that reduce the risk of cancer and protect against heart disease. Orey also includes beauty tips and household hints as well as over 100 recipes that team-up vinegar with other nutritious foods for a healthier and longer life.

The most complete and up-to-date book yet on how vinegar can help one to: • Boost the immune system • Detoxify the body • Lower blood pressure • Reduce the risk of heart disease • Reduce the risk of cancer • Slow the aging process • Improve memory • Lose and control weight

The latest research on vinegar's disease-fighting ingredients, including: • Polyphenols—a new class of antioxidants found in red wine vinegar and apple cider vinegar that slows down blood clotting and inhibits cancer-forming carcinogens. • Flavonoids—a powerful class of nutrients found in red wine vinegar that helps fight allergies and viruses as well as reduce cholesterol levels. • Resveratrol—a flavonoid in red wine vinegar that lowers cholesterol • Beta carotene—a potent antioxidant found in apple cider vinegar • Amino acids—for memory loss and anti-aging • Enzymes—for digestive disorders and poor metabolism • Minerals—to prevent bone diseases such as osteoporosis, prevent strokes, treat anemia and fatigue, as well as lower high blood pressure and high cholesterol

Home vinegar remedies for a variety of ailments, including: • Acne • Arthritis pain • chronic fatigue • chronic headaches • morning sickness • osteoporosis • stomach disorders • toothache • urinary problems • varicose veins

This newly revised and updated edition includes more scientific evidence about the healthful uses for apple cider vinegar, herbal and fruit vinegars, as well as:

• More historical and present-day success stories about all vinegars and health. • More health benefits of balsamic, herbal, and fruit vinegars. • More data about how the Mediterranean health-oriented diet has beat the low-carb craze which eliminates vegetables, pasta, bread, and fruit–vinegar's team good-for-you partners. • More information on weight loss benefits of America's favorite apple cider vinegar. • More household uses and natural detoxification benefits throughout the house: kitchen, bathroom, laundry and clothing. • More amazing home remedies. Natural cures that work, from ways to fight allergies, foot fungus, ear problems, a natural mouth rinse, to nausea, and much more. • More new information: The Vinegar Institute (charts and statistics); and 21st century facts and vinegar studies linked to important diseases (i.e., heart disease, cancer, diabetes, etc.).

This new edition shows the reader more healing powers of apple cider vinegar, as well as balsamic, rice, herbal and fruit vinegars. It provides more weight loss benefits of apple cider vinegar—and all vinegars. It includes the latest information about the heart-healthy Mediterranean diet, which includes vinegar, oil, garlic, and foods that go well with vinegar. Plus, it includes longevity foods teamed with vinegar, which includes

anti-aging ingredients, too. Last but not least, are dozens of new healthful home vinegar remedies.

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