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cider vinegar

prepared for. _____

date. _____

HOW TO FIGHT ARTHRITIS WITH CIDER VINEGAR

Hard stony deposits fill up and cement the joints. Some stony deposits enlarge and cripple the joints. Crippling, painful arthritis and joint problems are the sad result!

Fight and help flush out those stony deposits with Apple Cider Vinegar and a Healthy Active Lifestyle. Eat 65% - 75% healthy raw foods - organic is best, and drink distilled water (chemical and inorganic mineral free, and take your vitamin and mineral supplements, kelp and alfalfa tablets and 1 teaspoon cod liver oil daily - and you will see great improvements!

Upon arising have your delicious ACV cocktails as follows: stir, shake or blend 6 oz. distilled water with 1 to 2 tsp ACV and 1 to 2 tsp honey. Follow this by eating an organic apple. Use 1 teaspoon ACV with your daily garden salad and remember... 1 to 2 apples a day help keep the doctor away ...

CIDER VINEGAR COMBATS MUCUS CONDITIONS

Millions are plagued with mucus from the sinus cavities, nose and throat, and have post-nasal drip, with are all most uncomfortable. If the mucus sufferer will discontinue all dairy products, eggs and sugars from their diet, and follow a Healthy Active Lifestyle with a weekly 24 hour fast and use plenty of ACV, these mucus conditions will vanish.

Upon arising, have a glass of warm distilled water with 1 tsp of honey and 1 to 2 tsp of ACV. Also enjoy this drink mid-morning and afternoon. On your daily salads, use 1 to 2 tsp of ACV combined with olive oil and a dash or spray of Bragg Liquid Aminos.

It is also helpful to use ACV throat gargles and nasal sniff washes (1 to 2 tsp ACV to one glass of warm water) twice daily until mucus conditions leave. Along with ACV cocktail, fresh carrot & green juices can be enjoyed between meals. The important thing is to sip your juices very slowly, as they are really foods, not beverages. A small amount in the mouth at one time will be better digested & more easily used by the body chemistry.