

## **10,000-year-old mistake yields jaw-dropping solution for today's most common health problems**

### **This miracle solution has altered the course of history**

Hannibal used it to melt rocks, allowing his elephants to cross the Alps to Rome. It saved thousands of lives in the Civil War and during the Great Plague of Europe.

Cleopatra ate a meal valued at \$10 million at a single sitting using it.

Sung Tse, father of forensic medicine, used it to avoid infection during autopsies.

You probably have an old bottle of it sitting on your shelf. You may use it daily on your salad.

### **What is this miracle hiding in your own pantry?**

Over 10,000 years ago, someone left a jug of wine open to the air to ferment and voila! Vinegar was born!

Since that time, humans have been benefitting from vinegar's significant health and cleaning properties.

In 400 BC, Hippocrates used vinegar to treat his patients for everything from sores to persistent coughs.

In the late 18<sup>th</sup> century, vinegar was used to treat poison ivy, croup, and stomach aches.\*

Today, we use vinegar to clean our homes, lose weight, and make our food taste better.

### **Just a sampling of vinegar's health and nutritional benefits:**

- Use white vinegar for pickling
- Break down fibers in tough meat with a delicious marinade that improves taste and texture
- Improve diet and increase weight loss with apple cider vinegar
- Improve vitamin and mineral deficiencies with tasty fortified vinegars
- Slow aging using Japanese doctor-proven vinegar method

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- Per Traditional Chinese Medicine (TCM), use vinegar to fight respiratory infection and the flu.
- Get pain relief from headaches, sore throats, and arthritis while avoiding the side effects of modern medicine

**And it even has amazing cleaning powers.**

When I came around the corner into my dining room, and saw my three-year-old happily drawing pictures on our beautiful oak table, I almost cried. But then I remembered my aunt telling me how she used vinegar to get ink off of her wall when I was a kid. I soaked the ink in vinegar for 15 minutes and wiped. My table was once again beautiful....and ink-free!

**The Vinegar Anniversary Book**

In the 168-page Vinegar Anniversary Book, natural health author Emily Thacker shares vinegar's roots, it's ancient applications, how to lose weight using vinegar, how to make vinegar yourself, recipes for cooking with vinegar, dozens of tips for cleaning with vinegar, and a 365-day calendar filled with old and new vinegar solutions.

You can have this essential guide to all things vinegar for the low price of only \$12.95 plus \$3.98 S&H. That's less than the price of many of the cleaners and drugs that vinegar can effectively replace in your home. You'd spend more on one facial cream or a month's supply of dietary supplements.

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