

BRAGG
Books
are Gifts
for Life!

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Longevity Specialist



**NATURE'S
HEALING MIRACLES!**

Apple Cider Vinegar

over
9 Million
in Print

Miracle Health System

Internal &
External
Health
Tonic



Control
Weight &
Banish
Obesity

**Learn these Powerful Health Qualities
For a Longer, Healthier, Youthful Life!**

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Bragg Health Crusades - America's Pioneers

Patricia Bragg and

**Apple Cider Vinegar: Miracle Health System (Bragg Apple Cider Vinegar
Miracle Health System: With the Bragg Healthy Lifestyle)**



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Explores the miracle health benefits of organic, natural apple cider vinegar, an all natural detox, antibiotic and antiseptic that fights germs and bacteria.



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Excellent book A excellent book to have that presents you ways to heal your body with apple cider vinegar. I love Paul Bragg and also have read many of his books but I'd respect him (and his family) more if they were just honest — ANY vinegar is normally fermented, almost alcoholic beverages, and ALL of it is definitely toxic, acidic and actually useless to your body. I didn't realise that apple cider vinegar could heal my gums. THEREFORE I brought some regular apple cider vinegar, and it do alright. THEREFORE I decided I would purchase Bragg's apple cider vinegar to see if there was any difference, and there definitely was. Plus this book made me alert to a lot of things that I wasn't alert to, like the importance of making sure my own body got more than enough potassium on a daily basis to remain healthy. I recommend this publication if you want to stay healthy. Interestingly wrong I find it interesting that the individual who promotes ACV as being a health agent may be the person who earnings from its sale. BRAGGS => When I bought the book years ago I didn't take it significantly. Only time, oxygen and water and sunlight do — all free. When she returned to her eyes doctor he found that she no more has cataracts.TV Superstar Drew Canole For Vitality and Wellness Good basic information in Apple Cide Vinegar Like another reviewer stated, it is too peppered with advertisements. The basic information is great and useful but, I dislike having a company make use of an instructional book for promo purposes. Great book, better still vinegar Book is merely okay! NO.. Some people may call it quackery however they dismiss it too early.I know a few things about natural ingredients for health insurance and weight loss. A great deal of information init for everybody. If you beverage Bragg as a chaser from a donut binge, well, not sure if anything will help you. :)FYI, I am not sponsored by Bragg and I have no financial incentive to endorse the product. I really do it out of love for what they produce and stand for as a organization. ACV has therefore many uses... YES, . Great resource. As the writer of the publication: Book is just okay! Google has much less ads! ... Old fashion home remedies Information very good Most of us should read this!Therefore my review is even more about Bragg's vinegar than it's the book, but I recommend this book if you are considering adding apple cider vinegar to your wellbeing regimen. More historical info than how ... You are spending money on an INFOMERCIAL!More historical info than how to use or how too!Kind of dissatisfied ? Waste of money. A disappointment. I came across so many other uses for Apple Cider Vinegar. It presents as a collection of advertisements. ACV does not give you health, nor does any other 'product'. Sigh, I understand ppl who swish with it and utilize it under their armpits and swear that it's the cure all. Difficult format... That is an awesome book concerning this natural product.So use Google for FREE! Very useful book.BOOK => Four Stars Like this reserve a lot.This book and Bragg's vinegar are a perfect combination for anyone searching for a product that, quite frankly, produces some pretty miraculous results if you're already trying to consume healthy and live a fit lifestyle. Good Stuff I couldn't come across my book, therefore i had to settle for the Kindle edition..Juicing Recipes From Fitlife. It isn't what I expected. Nevertheless, after my sister found out from her attention doctor that she was creating a cataract in one eye, she began using ACV mixed with water with an vision dropper every day and drinking the ACV beverage daily. And there's definitely a difference between Bragg's apple cider vinegar, and the standard apple cider vinegar in the shops. If you want apples, consume them, but don't for another believe that drinking vinegar is anyhow good for you.. AMAZON IS A+ everytime!.. An Awesome Natural Product Information Source Wow! Really? Informative Good information Bragg's bragging The entire book is about what Paul and Patricia have and so are accomplishing. Amazon at it is best! Hardly any information about what one can perform about one's personal health, although there is a little info on who to contact and how!!lol!! Where did they get this information from?! Three Stars Just okay, much of the info was basic, few ailment particular rescepiens.



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