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# THE MIRACLES OF APPLE CIDER VINEGAR FOR A STRONGER, LONGER, HEALTHIER LIFE



The old adage is true:  
*"An apple a day helps  
keep the doctor away."*



- Helps maintain a youthful skin and vibrant body
- Helps remove artery plaque
- Helps fight germs, viruses and bacteria naturally
- Helps retard the onset of old age in humans, pets and farm animals
- Helps regulate calcium metabolism
- Helps keep blood the right consistency
- Helps regulate women's menstruation
- Helps normalize the urine pH, thus relieving the frequent urge to urinate
- Helps digestion, assimilation and balances pH
- Helps relieve sore throats, laryngitis and throat tickles and cleans out toxins
- Helps sinus, asthma and flu sufferers to breathe easier and more normally
- Helps banish acne, soothes burns, sunburns
- Helps prevent itching scalp, baldness and dry hair and banishes dandruff
- Helps fight arthritis and removes crystals and toxins from joints, tissues and organs
- Helps control and normalize weight



– Paul C. Bragg, Health Crusader,  
Originator of Health Stores

Our sincere blessings to you, dear friends, who make our lives so worthwhile and fulfilled by reading our teachings on natural living as our Creator laid down for us to follow. He wants us to follow the simple path of natural living. This is what we teach in our books and health crusades worldwide. Our prayers reach out to you and your loved ones for the best in health and happiness. We must follow the laws He has laid down for us, so we can reap this precious health physically, mentally, emotionally and spiritually!



**HAVE  
AN  
APPLE  
HEALTHY  
LIFE!**

With Love,

Braggs Organic Raw Apple Cider Vinegar with the "Mother" is the #1 food I recommend to maintain the body's vital acid – alkaline balance.

– Gabriel Cousens, M.D., Author, *Conscious Eating*