

The Amazing Benefits Of Apple Cider Vinegar And Garlic

Although not much publicized in the United States, scientists in England and Russia have studied the potent effects of apple cider vinegar and garlic extensively. After accumulating a great deal of evidence as well as experience with lay people and herbal doctors, the scientists claim that apple cider vinegar/garlic has dramatic healing properties, which can be supported scientifically.

These two foods **when combined**, can prevent or even in some cases cure diseases such as arthritis, cancer, high blood pressure, high blood sugar, inflammation, summer cold, the flu, overweight, inability to sleep, acne, and some other common “but uncommon” problems. Furthermore, regular use of apple cider vinegar/garlic can keep one healthier, promote longer life, and improves libido.

Many people think it's too simple so they dismiss it. Some attribute apple cider vinegar/garlic to simply being an old folk remedy, which has little effect if any. However, there are many documented cases in which prove otherwise. Some time ago, one of the former Soviet Union's most outstanding generals stated that every physician in the soviet Union always had apple cider vinegar/garlic at all times in their medical supplies. This demonstrated the importance of these two foods.

While in Afghanistan, Russian soldiers always added a mixture of apple cider vinegar/garlic to their drinking water; as a result, the incidence of colds and the flu were virtually nonexistent. And even when they did get sick, their recover times were half than what they normally are.

An extraordinary example comes from a physician who was a member of Russia's equivalent of America's CDC (Center for Disease Control). He said that the use of apple cider vinegar/garlic to treat various diseases is very promising. He had one patient who demonstrated this. The man was a 62-year-old farmer. He had a severe case of arthritis. In 1987, this man was confined to a wheelchair. Pain inflicted his entire body. His hands were swollen and his fingers were bent. His legs looked as if they had been hit with a baseball bat. His doctors weren't able to do much of anything, except prescribe him aspirin and other painkillers. The constant use of all these medicines caused nausea. His grandmother suggested that he start on a regimen of apple cider vinegar combined with garlic. Two weeks later, he was off of the medications. Six months later, he was able to walk without the aid of a wheelchair. For the first time in ten years, he was able to find a steady job. This is an example of a miracle.

Another instance where apple cider vinegar/garlic was successfully used was on a 28 year old woman in San Diego. After giving birth to her second child, she developed a bladder infection. Her physician prescribed different kinds of antibiotics, but there were significant side effects with the medicines. Her mother gave her a combination of apple cider vinegar with garlic and her infection soon resolved. Since then, it has never returned. It's time to put the healing properties to work for you.

How To Prepare The Apple Cider Vinegar/Garlic Combination

Ingredients: 1 pound of garlic (or 1 part garlic) 2 bottle of apple cider vinegar (or 2 parts vinegar)

Peel the garlic, pound it and place it into an empty container. Empty both bottles of the apple cider vinegar into the container. Seal tight and wait 2 months.

Drinking this mixture: 1 teaspoon in the morning and 1 teaspoon in the evening. It can be mixed with warm water to dilute the taste. If one feels better after using this combination, continue to use it until the symptoms resolve or disease is controlled.

Please tell your friends and family about the amazing benefits of apple cider vinegar and garlic!

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