

# Apple Cider Vinegar Recipe for Health

Try this recipe as an assistance to your Doctors regime for your overall health. Get the Doctors approval



before starting, so your progress can be monitored. Very Important!

First make up this recipe.

For a 1 gal. batch.

Ingredients:

- 2 medium size whole lemons, not juice concentrate.



- 1 Thumb size piece of skinned ginger root.



- 1 tbls. minced garlic.



- 1 cup apple cider vinegar (with the mother).



- 1 cup raw honey.



In a blender with a 32 oz. capacity to the max fill line.

- Slice the lemons just enough to fit in, peel, seeds, and all.
- Add the minced garlic.
- Peel and add a thumb size piece of ginger root.
- Add 1 cup of apple cider vinegar.



Pulse the power to get the lemons started, then pulse for a few seconds more to mix everything.

Add 1 cup of honey.

Add distilled water up to the max line.

Then blend on full speed for 2 min., or medium speed for 3 min.



## Straining the Blend

For those that don't like the pulp, straining the batch uses two strainers, a coarse and a fine.

Over a pot large enough to hold at least 1 gal., hold the strainers with the coarse one on top with enough space between them to watch when they get clogged up.

Slowly pour the batch from the blender into the top



strainer. Both top and bottom will clog up so be watchful.

Scrape out each strainer as they get clogged. Save the pulp for later use if desired.

When the blender is empty, put in more distilled water just enough to slosh up when it is pulsed to rinse out the remaining pulp. Pour that through the strainers into the pot.



Rinse off the strainers and use just the fine mesh one next.

Using a gal. jug, position a funnel into the jug, with the fine strainer on top. Ladle the batch into the strainer, until all the liquid is in the jug.



Now with distilled water, fill up the gal. jug to its capacity, cap it, and thoroughly shake it to blend all the liquid.

**DONE**

Now I split it up with ½ gal. pulp free going to my wife.

The finished **YUK** Juice as my wife calls it, doesn't need refrigeration, but it tastes a lot better when cold.



A few good swigs in the morning, and a few in the evening is the "dosage" I am using.

I like it with all the pulp, so with my ½ gal. I put back in all the pulp that was strained out. Plus, I like it with my Cayenne Pepper sauce added for more zest.

## My Testimonial:

Back up 2 years;

I went to see my doctor complaining of chest pain, being out of breath all the time, not just when walking, overall fatigue, etc... I had to drive the electric carts around the stores to shop. My **blood pressure was way too high**, so he put me on meds for that. Then he put in an order to have blood work checked.

When he got the results, my doctor said I had an enlarged heart from all the work it was doing trying to pump my blood, that was like pudding, and with triglycerides well over 500.

I also had indicators that I had had a heart attack sometime recently ( didn't even know I had had a "silent" one), so he decided to put me on **statins** to lower my blood sludge fat, and a no sugar (anything that ended in "ose") diet to reduce the triglycerides.

Within **two weeks** I noticed an improvement. So I decided to take it another step further. A few years before I tried a hot lemonade diet (lemons, cayenne pepper, maple syrup) to lose some weight. I lost ten pounds in a week and felt really great while doing it, so this apple cider vinegar, lemon thing should work.

After I started using this recipe, I soon noticed that my blood pressure was way down all the time, so when my last BP pills were gone, I didn't get them refilled. I kept checking and my BP stayed well within the range for my age.

I also stopped the statins and noticed I wasn't having so much tummy problems. What is going on? I didn't tell the doctor until recently and he wanted to do more blood tests at \$\$\$ per visit and \$\$\$ per test. I'll pass on those.

Now I also can walk extensively (sometimes run) without being out of breath. I don't drive the store carts anymore, I can walk! YOOHOO. My friends say they can see a vast improvement in my appearance too. I just turned 70, but I feel so much energy I have to stop and remember I can do GEEZER stuff now without guilt and take naps and have cookies and milk! (without the sugar of course).

So it's been two years and counting and I am feeling better and better each day. Maybe just my enthusiasm, but hey I can walk again without gasping for air, GREAT! I'll continue this YUK Juice regime and who knows I just might take up Wogging!

I hope this result for me can be as rewarding for you! (maybe including the geezer stuff).