

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 or juice concentrate.
- 1 Thumb size piece of ginger root. 
- 1 tbsp. minced garlic. 
- 1 cup apple cider vinegar (with the mother). 

In a blender with a 32 oz. capacity, add the ingredients.

- Slice the lemons just enough to fit in, peel, seeds, and all.
- Add the minced garlic.
- 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 water up to the midline, about 16 oz., then blend on full speed for 2 min., or medium speed for 3 min.

Add water to the full line and blend for another few seconds.

Slowly pour the batch from the blender into a 1 gal. jug.

When the blender is empty, put in more water just enough to slosh up and down when it is pulsed to rinse out the remaining pulp. Pour that into the jug.

Refill with water about half full and pulse to rinse, pour into the jug. Repeat rinsing and pouring into jug until the jug is full.

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

A 1 gal. batch is now ready to use.

DONE

Now I split it up with 1 qt. pulp free going to my wife. The finished **YUK** Juice as my wife calls it, does not need refrigeration, but it tastes a lot better when cold.

Straining the Blend

For those that don't like the pulp, straining the batch uses the fine strainer.

Using another jug, position a funnel into the jug, with the fine strainer on top. Pour the batch from the first jug into the strainer until the desired amount of batch is in the second jug.

Scrape out the strainer as it gets clogged. Save the pulp for putting back into the first jug if desired.

The strainer will slow the filling so watch and judge so as not to overflow the second jug.



Servings

A few good swigs (7 or 8) in the morning, and a few in the evening is the “dosage” I am using.

But I like mine with all the pulp, so with my remaining part of the gal. I put back in all the pulp that was strained out. Plus, I like to add a little Cayenne Pepper sauce for more zest.

My Testimonial:

Back up 2 years.

I went to see my doctor complaining of minor chest pains, being out of breath all the time, not just when walking, but 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 my 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.

There were also indicators that I had had a heart attack sometime recently, (I 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 diet, (anything that ended in "ose") to reduce the triglycerides.

After starting the no sugar diet, within **two weeks** I noticed a real improvement. **So** I decided to take it a 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 was not having so much tummy problems with rushes to the bathroom. What is going on? I did not 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 do not 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 now 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). I am not giving up my milk!

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 will 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).