



## Apple Cider Vinegar: Miracle Health System

*Paul Bragg, Patricia Bragg*

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## **Apple Cider Vinegar: Miracle Health System** Paul Bragg , Patricia Bragg

Paul C. Bragg, originator of health stores in America, and his daughter, Patricia, are world-renowned health crusaders. They have changed millions of lives through their books, teachings, lectures and media appearances. In this book, the Braggs reveal the legendary health-and life-giving versatility of apple cider vinegar. As a nutritive drink it is a powerful agent for health and wellness. It is also used for dozens of other purposes, including as a beauty aid, for skin treatments, in recipes, as an anti-biotic, anti-septic, hair-revitalizing shampoo, headache reliever, and weight reducer.

The book is entertaining and will inspire you to better health! It chronicles the history of ACV from the time of Hippocrates (the Father of Medicine) who discovered its multiple uses in 400 B.C. The authors explain, in layman's terms, the nutritive value of apples, which are rich in potassium, enzymes and other life-extending elements. The authors reveal the miracle health-boosting elements of potassium, and how modern food refinery processes rob our food of needed nutrients. The Braggs also share motivational stories from their own lives crusading for health and wellness. The book includes the Bragg Healthy Lifestyle Blueprint for Health and encourages readers to realize it is "Never too late to seek and build radiant health!" It explains how readers can use ACV to eliminate joint pain, improve digestion, treat ear aches, infections, warts, skin tags, sore throats and normalized blood sugar levels. Once readers learn about the incredible number of uses for ACV, it usually becomes a fixture in their medicine cabinets! The book contains intriguing photos of famous ACV devotees, and shares vital information for your healthy body! The Apple Cider Vinegar Book is well-loved worldwide, with millions of copies in print.

## **Apple Cider Vinegar: Miracle Health System Details**

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Author : Paul Bragg , Patricia Bragg

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## From Reader Review Apple Cider Vinegar: Miracle Health System for online ebook

### **Robyn says**

I love apple cider vinegar and I know its healing properties are astounding. I bought this book to learn more about the uses. I was disappointed that it was a rambling mess and much of it was about things like fasting and exercise instead of just a succinct set of uses for ACV. I started reading it with enthusiasm but then googled Paul Bragg and found out that he was apparently a huge liar. He lied about his age by about 15 years so that he would be able to tout his health program as being a fountain of youth -- he claimed he was much older than he was so that people would be impressed and buy into his claims (so did his "daughter"). He also claims he was raised on an apple farm and lived off of ACV and healthy food. Later it says he lived on a farm and ate terribly -- lots of meat that messed him up. In reality, records show his dad was a government printer, not a farmer, so that's a bit strange. If you google, you can find more weird stuff out about him and his apparent lies (I do realize that some of that could be inaccurate). So after finding all that out, I really took the contents of this book with a grain of salt, which Bragg would have hated since he is, after all, quite opposed to salt.

This book did not seem very well organized and did not flow at all. The Kindle version is hard to scan through in order to find what I was interested in, so I switched to my computer where I could see more at once and scan more easily. I felt like it repeated things all over the place and had random quotes stuck in between paragraphs. This made it hard to follow on Kindle.

I still love my ACV and believe in it, but this book was unhelpful to me.

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### **sylvia ramirez says**

#### **Eye opener on health information**

Great information easy recipes for optimum health. I tried some and it has improved my energy levels. I recommend for everyone you will feel the difference.

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### **Doris Jean says**

This book is in no way a literary masterpiece, but health is so important that I must give this book a high rating because of its valuable and accurate advice. I give it a 5 for the message and a 3 for its writing. The writing style is the excited shouting of a zealot at a revival interspersed with shameless sales pitches and salted throughout with religious quotes and spirituality. Patricia admits that Paul was a crusader and that she preaches and carries on the crusade. It's nice to see her passion. I believe that she sincerely wants to help people and deserves to be the multi-millionaire that she is.

I see great value in the product, Bragg's ACV (apple cider vinegar). I believe our society needs more religion so I am in their cheering section and I like the spirituality. I don't mind the sales zealotry because ACV stands on its own merit and the selling is irrelevant. This book would be useful to a teacher to show authors how NOT to write a book because of its poor style, organization, editing and its many technical writing

errors and omissions. It would be a great book for everyone to read to be healthy.

Today we are sickening as a society from our food which is becoming more and more toxic because the manufacturers are corporations who have no morals, their one mission is to make profits. They will sell anything, anything at all, as food for a profit. They will commit any fraud for a profit if they can get away with it. They make their products so fast, so convenient, so attractive that these imitation "foods" are hard to resist if we don't understand how important nutrition is to health.

The book states many conclusions without enlightening the reader of the scientific back-up which does firmly exist. For example, these next few paragraphs about fermentation were not from the book but they should have been.

Humans discovered ferments probably over ten thousand years ago, beginning with beer, wines, mead, bread, and sour milk foods. Traditional fermentation is a slow natural process and ferments provide probiotics, vitamins, minerals and important enzymes. Enzymes are especially important today because they are lacking in processed or cooked foods. Ferments are the best source of enzymes and probiotics, two essential elements of a healthy diet.

Bragg's ACV is one of the few true live ferments we can still buy in our grocery stores. Ferments were always made only at home until the mid-1900's when people gradually stopped. Bragg's ACV is a raw, unfiltered, unprocessed ferment made the slow natural way in Santa Barbara, California with un-fluorinated water. It begins with a yeast and then acetobacter takes over and makes true vinegar slowly over some weeks or longer. It contains the living "mother" which can be seen in the bottle and which can be used as a "starter" to make vinegar at home, and to make other ferments, such as kombucha. Bragg's ACV is certified organic, kosher, and has other pedigrees. Its quality is unassailable.

On the other hand, commercial vinegar is a completely different product, it's not made from apples, it's made from ethanol that was synthesized from petroleum. It is imitation vinegar which is watered-down acetic acid and must be labelled "diluted". Imitation vinegar is made in a fast factory production process and may be produced between 20 hours to three days. It has no enzymes and lacks probiotics. Traditional and commercial vinegars have different nutritional profiles, they are not the same thing.

Read labels on other "ferments" and you will see that they also are imitations. For example, commercial pickles and commercial sauerkraut are no longer the excellent healthy ferments with enzymes and probiotics that they used to be because they have been pasteurized, processed, and many chemicals have been added and they are then packed in imitation vinegar to stay on shelves for years and likely forever. All of the live probiotic acetobacter have been destroyed by the processing which has also deactivated all of the enzymes. Commercial imitation yogurt is not the raw traditional true yogurt, commercial yogurt is also over-processed, pasteurized, homogenized, with lab bacteria and lab chemicals added so that this imitation yogurt is very different from true yogurt.

Bragg's ACV is one of the few traditional store-bought foods today with enzymes, probiotics and vitamins and minerals. A spoon of ACV in a drink of water is a probiotic with enzymes, vitamins and minerals. Farmers always knew to add naturally fermented vinegar to drinking water of their animals, and today veterinarians will recommend this. Today many are learning to make traditional ferments at home because ferments caused major healing in their own lives. (Author Sandor Ellix Katz is one of these who pioneered sharing fermentation methods in his books.)

The book gives many, many other uses for ACV and all seem accurate to me. It can be used to help every

part of the body from head to toe, both inside (GERD, vaginal douches) and outside (hair rinse, warts, eye wash). It can be used multiple ways in the home and kitchen from cleaning to cooking and more. I personally have many years of education in science, chemistry, biology, medicine and health and I found no inaccuracies in this book.

I liked the promotional photographs of famous people like Clint Eastwood and Katy Perry, and I liked Patricia Bragg's personal autograph on the title page. (She seems a good subject for an interesting biography.) There may be some juicy inaccuracies in the personal details given of the lives of Paul and Patricia Bragg, but then this book is not a biography, is it?

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### **Lakesha Heath says**

when you are trying to heal your body, this is a great book to buy. it was wonderful. i knew my grandma knew so much that we need to know

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### **Heidi says**

This is a very interesting book.

Very well written and well organized.

Ridiculous as it sounds, the author makes a very good case for the fact that drinking apple cider vinegar every day will probably cure 80% of the diseases in the world.

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### **Darlene says**

In my cabinets, you will nearly always find, Bragg's old fashioned Apple Cider Vinegar. In my fridge, Bragg's Amminos. So this book sang to the choir in this case. I merely wanted to learn more about the usefulness of AVC.

Instead, what I found was A Bragg's lifestyle commercial that included far too much of their religion rather than science,

Still, I did learn a few things and felt better about my constant love for AVC water to drink. In my own life I have seen my waist wittle, my tummy shrink. No, I am not skinny, but I feel better about what is happening with this old bod.

It is worth the read, if only for ideas of uses and recipes to include AVC in your daily diet.

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### **Elle says**

I've been drinking a teaspoon or two of apple cider vineger (ACV) in my water for a few years now. I mostly

drink it during the winter months when stomach viruses are at their peak and in the spring to help with my seasonal allergies. The medical assistant at my allergists office recommended the ACV drink to me a few years ago and once I got past the tart flavor I was fine with drinking a glass or two a day.

This past week when my daughters and I were visiting our public library, my oldest daughter saw this book on one of the display racks along with some other health books. She knows I drink the ACV with water and occasionally will drink it too (she is 10 years old) because she also has allergies. So I decided to borrow the book to see what more could be said about ACV.

The first thing you will notice about this book is that it looks a bit 'hokey' if not old. I tried to find the copyright date in the front of the book, but could only find that this book is its fifty-fourth printing! It doesn't look like they updated any of the pictures since its first printing!

I was not expecting all the advertisements for the Bragg ACV and other products they sell. I was also surprised by all the religious references throughout the book. Odd.

The book did talk about other uses for ACV and regular vinegar as a cleaning product. Most things I already knew.

Just skip this book and look up information about ACV online.

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### **Jodi says**

The useful information on ACV in this book could be summarised on a single page. All you really need to know is that having a teaspoon or two of unfiltered apple cider vinegar with meals can aid digestion.

I'd read a tiny bit about ACV in a few health books and wanted to know more so I ordered this book from my local library. But in the end I got a lot more information in those brief book mentions of it!

This book is weirdly put together. It is like someone got lots of one and two page advertorials for Bragg ACV products and joined them together to be sold as a book. This isn't even remotely a properly written or researched health book. The book lacks even the most basic information about how ACV works and why. The language used in the book isn't of a professional tone and assumes the reader is not very bright or well read. The information is so poorly laid out and presented, and the content is so sparse and all along you feel you are being sold something.

It is more like a religious type of preaching than a scientific sharing of information. It is very heavy handed. There is also a fair bit of actual Christian preaching in the book too.

I also wasn't at all sold on the dietary information in this book either, as I disagree that all of us or even most of us do well on a very high carb diet or a mostly raw diet. It is just not true that raw foods are digested better than cooked ones as the book Eat Fat, Lose Fat: The Healthy Alternative to Trans Fats (among others) explains. Fasting also isn't for everyone and I very much doubt ACV will have any effect at all on your weight.

ACV isn't a cure-all but it is a good product and it can absolutely help digestion. It is essential for me when I eat something that has a significant amount of fat in it; it really helps.

Bragg's makes a quite good ACV product too as far as I am aware. But this book is beyond awful. There are so many other excellent health books out there, I am disappointed my library wasted money on this one.

Instead of buying this 'book' check out real health books such as Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats and Eat Fat, Lose Fat: The Healthy Alternative to Trans Fats and Real Food: What to Eat and Why and many others.

Jodi Bassett, HFME

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### **Katie says**

Picked up some interesting bits of information about what organic apple cider vinegar can do for my healthy. I don't drink the stuff but I do use it on my hair as a rinse. I use about 1 tablespoon apple cider vinegar to 1 cup of water & it leaves my hair super shiny & my scalp healthy. Who would have thought to use it on your hair? The book was pretty helpful about all the different kinds of uses for the stuff.

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### **AJ Dreadfulwater says**

First read Aug. 13, 2013- reread Nov. 3, 2015:

A wonderful holistic guidebook for natural living from years of experience from naturalists Paul and Patricia Bragg. Offering many alternative solutions to rid chemicals from the body and from the home with apple cider vinegar and a strong emphasis on daily hydration, breathing exercises, nutritious foods, and human movement.

Once you go BRAGG you never go back!

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### **Belinda says**

Excellent book on the benefits of Organic Raw Apple Cider Vinegar with the Mother. Well written with tons of information about the causes of ill health. A must read for anyone that wants to take control of their wellness. "Everyone should be his own physician. We ought to assist and not force nature." ~ Voltaire

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### **Machel says**

I love holistic books. I drink this stuff everyday. It is a miracle worker and I believe in it. I did find out some other cool tips in this book about taking a vinegar bath with it and the benefits of cleaning your face, too. I don't think most understand that this is a simple product that can ultimately and dramatically change your life for the better. It has mine.

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### **Amber says**

This book had a lot of good information about ACV and how I should be taking it for my health issues. It is easy to incorporate into your diet and I have noticed less muscle and joint pain.

This is a smaller book and a quick read. Great stuff.

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### **John Maxim says**

Do not pay "just \$13 for shipping for this book" as advertised on every bottle of Bragg's Apple Cider Vinegar. The only useful information in it can also be found on the label of the bottle.

I use a lot of vinegar and read this because I was hoping it would provide lots of scientific tid bits I could share at dinner parties when people complain about my over use of vinegar and wow them with my vinegar powered superior diet and super human immune system. What I got was nothing.

This "book" is like if Jehovah's Witnesses worshipped vinegar and did a Watchtower magazine about vinegar.

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### **Tracie Hall says**

This book was one of 6 I picked up at the Newport Public Library's book sale last weekend. I've had good luck with Bragg's Apple Cider Vinegar chasing away sore throats, indigestion, headaches, and malaise so thought it'd be an interesting read. It is, but being that it's written by the producer of the Bragg's Apple Cider Vinegar which practically has a monopoly on natural vinegar with "mother", it comes across as highly self-promotional, so I'll probably try some of the recommendations, but may hold off on declaring the "Bragg Healthy Lifestyle" as a cure for aging.

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