

“THE MIRACLE Elixir”



...“Adds zestful, healthy, years to your life, as well as helps you maintain a *youthful* and *vigorous* physical and mental outlook.” (Ward, 2001; 15)

...“One of natures most *perfect foods*.” (www.SchoolOfOptimumHealth.com)

...“Used for its healing, cleansing, and antiseptic abilities.” (www.SchoolOfOptimumHealth.com)

- Contains antioxidants, vitamins, minerals, enzymes and essential amino acids.
- Will clean out after the nighttime maintenance.
- Neutralizes the acidity in the blood.
- Stimulates digestive enzymes when drank before a meal.

Recipe

Upon rising each morning take:

2 T. of your elixir in

6-8 oz. warm or cool water.

Sweeten with 5 drops liquid Stevia or 1 t. honey, if desired.

USE ONE OF:

- **APPLE CIDER VINEGAR** for Blood Type **O** and **B** (cheap price: 10 cents a serving)

Dr. Deforest Jarvis, leading authority on natural healing, believed many modern diseases are “energy diseases” produced when the body runs in high gear too often and for too long. ACV can shift the body chemistry and is the key to good health. (Ward, 2001; 11)

*Note: Tablets will not provide same results. White vinegar is made of wheat not apple.

Must be organic, contain pulp, unpasteurized and cannot be distilled. Suggest *Bragg* brand.

- **LEMON JUICE** for Blood Type **A** and **AB** (cheap price: 10 / 33 cents bottled / fresh a serving)

Dr. Randolph Stone, founder of polarity therapy, believed this citrus fruit is so active that its uses and benefits are limitless when used with understanding. (www.innerself.com/Health/limes.htm)

*Note: Fresh squeezed is best. Bottled should not contain sodium benzoate (linked to cancer). Suggest *Santa Cruz* brand. RealLemon brand contains Sodium Benzoate a preservative linked with cancer.

Bibliography

Ward, Bernard, Apple Cider Vinegar, Boca Raton FL: American Media Mini Mags, Inc., 2001.

www.Bragg.com

www.innerself.com/Health/limes.htm, “Limes & Lemons as Home Remedies” excerpts from

Stone, Randolph, DO, DC, Health Building, Sebastopol CA: CRCS Publications.

www.SchoolOfOptimumHealth.com/body/apple_cider_vinegar.htm, “The Proven Benefits of Apple-Cider Vinegar”

Some Benefits of “<i>the Miracle Elixir</i>”	A. C. Vinegar	Lemon Juice
* For ingestion sweeten with Stevia, honey, maple syrup or black strap molasses if desired.		
Enzymes, phosphorous, chlorine, potassium, sodium, magnesium, calcium, sulfur, iron, fluorine, silicon, vitamins, minerals, antioxidants, malic acid	X	
Digestion		
Improves digestion by increasing HCl acid	X	X
Lessens heartburn	X	
Alleviates nausea, sea sickness	X	
Alleviates hiccups	X	
Clears some diarrhea (destroys the putrefactive bacteria in digestive tract)	X	X
Helps move constipated bowels		X
Aids in hangover (overindulgence from food or drink)	X	X
Assists in energy production & storage with malic acid	X	
Respiratory		
Relieves sore throat when gargled (laryngitis)	X	X
Removes mucus in throat	X	X
Relieves tickling cough	X	X
Clears nasal passages when breathing its heat vapors (asthma, colds)	X	X
Joints		
Eases arthritis by flushing toxic crystals from joints	X	X
Eliminates creaking joints with sodium chloride (organic mineral salt)	X	
Weight loss		
Allows blood to transport oxygen more efficiently	X	X
Improves metabolism & digestion	X	X
Vascular system		
Aids blood vessels, arteries & veins	X	
Stops hemorrhaging by causing blood to clot immediately on contact with air	X	
Lowers blood pressure	X	
Prevents senility	X	
Mouth		
Prevents halitosis (bad breath)	X	X
Whitens teeth	X	X
Prevents decay	X	X
Prevents tartar buildup	X	X
Eyes & Ears		
Removes cataracts (flush eyes with equal parts distilled water and ACV)	X	X
Improves eyesight (with tissue mineral salts)	X	
Helps ear problems (with tissue mineral salts)	X	
Skin, Hair & Nails		
Makes hair shine	X	X
Aids thinning hair	X	
Alleviates dandruff	X	X
Helps eczema, shingles & bites	X	X
Soothes sunburn (mix ACV with cold water, soak wash cloth, apply until cloth warm, repeat many times)	X	
Softens skin (good Ph for skin)	X	X
Lightens age spots		X
Aids weak nails	X	
Other		
Changes over acidic condition of the body to alkaline	X	X
Slows natural aging	X	
Revitalizer for fatigue	X	X
As douche restores acidity in the vagina	X	X
Is a Natural Antibiotic and Germ Fighter	X	
Helps Remove Body Toxins	X	