

Recipes for Health, Wellness & Beauty
Using Bragg Organic Apple Cider Vinegar

Health & Wellness Recipes

BRAGG Organic Vinegar Health Drink

1-2 tsps Bragg Organic Apple Cider Vinegar in 8 oz. glass of purified or distilled water and (optional) to taste 1 to 2 tsps Organic Honey, 100% Maple Syrup, or 4 drops of herb Stevia.
Delicious, ideal pick-me-up at home, work, sports or gym. Perfect 3 times daily, upon arising, mid-morning and mid-afternoon.

BRAGG Healthy Vinaigrette Dressing

Perfect for Salads, Veggies, Dips or as a Delicious Marinade
1/2 cup Bragg Organic Apple Cider Vinegar 1-2 tsps Raw Honey
1/3 cup Bragg Organic Extra Virgin Olive Oil 1 tsp garlic, minced
1/2 - 1 tsp Bragg Liquid Aminos Pinch Bragg Sprinkle
Shake well before using. (24 Herbs & Spices)

Honey - Celery Seed Vinaigrette

1 cup Bragg Organic Apple Cider Vinegar 1/2 small onion, minced
1/2 cup Bragg Organic Extra Virgin Olive Oil 1/4 tsp dry mustard
1/4 tsp Bragg Liquid Aminos 1/4 tsp paprika (to taste)
1/3 tsp celery seed (or vary to taste) 2 - 3 Tbsps Raw Honey
Blend ingredients in blender or jar. Refrigerate in covered jar.

Natural Beauty Recipes

Organic Vinegar Skin Cleanser & Toner

To open pores and loosen dirt and excessive oil from your face, turn off heat under a pan of steaming Bragg Apple Cider Vinegar water (2 Tbsps ACV to quart purified water). Steam face over pan and use towel draped over head to trap steam. Then pat Bragg Apple Cider Vinegar on face with cotton ball to remove the loosened dirt. Repeat steaming and cleansing twice. Then pat or spray on chilled Bragg Apple Cider Vinegar, diluted with equal amount of distilled water (store ACV mixture in refrigerator) to close pores and tone skin. Do steam cleansing twice weekly, as needed.

Skin Tonic Facial for Men & Women

Wash skin in warm water (no soap). Apply a wrung-out, hot water-soaked cloth to face 3-5 minutes, then remove. Then soak cloth in warm Bragg Apple Cider Vinegar water (1 Tbsp ACV per cup of water) and again apply to face. Cover ACV-soaked cloth with towel wrung out in hot water. Now lie down for 10 minutes or longer with your feet elevated up on the couch or against the wall. This brings more blood circulation to revitalize the face for cell rejuvenation.

Hair Rinse for Shine & Body

For healthy after-shampoo rinse add 1/3 cup Apple Cider Vinegar to quart of water. Pre-mix in handy plastic bottle & keep in shower.

What others say about Bragg Organic Apple Cider Vinegar

"I love Bragg Organic Apple Cider Vinegar. You will see it recommended in many recipes in my books."
- Marilu Henner, Actress, Health Book Author, marilu.com

"I lost 102 lbs. using Bragg Apple Cider Vinegar and have kept it off for over 15 years."- Dee McCaffrey, Chemist & Diet Counselor, www.processedfreeamerica.org

"Do as I do - have 3 Bragg's Organic Apple Cider Vinegar drinks daily. Mix 2 tsps Bragg Apple Cider Vinegar and raw honey in an 8 oz. glass of distilled water."
- Julian Whitaker, M.D., Health & Healing Newsletter

Look for the full line of BRAGG Organic Apple Cider Vinegar Products



PATRICIA BRAGG, ND., Ph.D.
Nutritionist to the Stars:
Clint Eastwood, Selleck, Hanks, Katy Perry, The Beach Boys, Cloris Leachman & kept JC Penney, Conrad Hilton and Foot Dr. Scholl healthy, alert and fit to almost 100!

Serving Health Worldwide Since 1912

BRAGG

Originator of Health Food Stores

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BRAGG
Organic Apple Cider Vinegar

How to Use The World's Best BRAGG Organic Apple Cider Vinegar



Bragg won its 3rd Award for Best Organic Apple Cider Vinegar



Discover Healthy, Delicious & Natural Goodness of BRAGG ORGANIC APPLE CIDER VINEGAR!

In the early 1900s, Life Extension Specialist and the Originator of Health Food Stores, Dr. Paul C. Bragg, was the first advocate to promote the health benefits of Apple Cider Vinegar. He authored the first book on the health benefits of Apple Cider Vinegar and introduced Bragg Organic Apple Cider Vinegar.



Bragg Organic Apple Cider Vinegar is recognized worldwide as the best quality Organic Apple Cider Vinegar product on the market. It has been featured in leading magazines, publications, health books, radio and television shows including *Oprah Winfrey Show* with Dr. Oz and *The Doctors*. Bragg Organic Apple Cider Vinegar is featured and recommended by leading chefs, athletes, Hollywood Stars and health professionals. Today, Health Crusader Dr. Patricia Bragg carries on her father's Organic Apple Cider Vinegar legacy and pioneering Health Crusade.

Why BRAGG Organic Apple Cider Vinegar?

Bragg Organic Apple Cider Vinegar is the best and highest quality available in the world today. It was voted and awarded for its best quality. It is made only from the finest, delicious, healthy grown USDA Certified Organic Apples. Leading environmental experts advise eating only organic apples and apple products, because conventional apples have been listed as one of the top 12 foods most contaminated by pesticides.

- **USDA Certified Organic** – organically grown apples and exacting scientific standards used to meet organic certified food product standards.
- **Unfiltered** – contains the valuable apple peel which is rich in important polyphenol antioxidants.
- **Raw – Not Pasteurized**, recognized as a “live food”, rich in enzymes and made the best natural way.
- **Contains the amazing “Mother” of Vinegar**, a natural cloudy substance found only in raw, unfiltered organic vinegar formed from naturally occurring strand-like chains of protein enzyme molecules. It is highly regarded for its nutritional and health benefits.
- **Non-GMO** ● **Kosher Certified** ● **Best Tasting!**



Why People use BRAGG Organic Apple Cider Vinegar?

Millions of Health Conscious Consumers worldwide use Bragg Organic Apple Cider Vinegar every day. The three key reasons why most people use Bragg Organic Apple Cider Vinegar are for culinary uses by adding it to foods and recipes, for health and wellness purposes and as a beauty aid.



Great Flavor for Foods & Recipes



Famous Chefs and Home Cooks include Bragg Organic Apple Cider Vinegar in their dishes and recipes like: salads, veggies and dips.



It's even delicious sprinkled on popcorn. You'll love it!

Health & Wellness

For centuries the virtues of Apple Cider Vinegar have been proclaimed for its legendary culinary and healing properties. Today's World Scientists continue to study the health and nutritional benefits of Apple Cider Vinegar.

- In 400 B.C., Hippocrates, the *Father of Medicine* used apple cider vinegar as a cleansing and healing agent.
- Traditionally used for centuries as a valuable healthful natural remedy.
- Studies show Apple Cider Vinegar to be effective in helping control blood glucose and insulin levels by reducing the Glycemic Index of foods. *Research supports the use for weight loss and for diabetics.
- For Weight Loss! It's a calorie-free and fat-free food!



HIPPOCRATES



Leading Weight Loss & Diabetic Scientific Study

**Diabetes Care*, Volume 27, Number 1, January 2004
(Official Journal of the American Diabetes Association)

Natural, Healthy Beauty Aids



The Bragg Organic Apple Cider Vinegar is not only valuable for your personal health and wellness, but also is a natural beauty aid.

Patricia Bragg, ND, PhD.

- Helps your skin look healthy, vibrant and youthful
- Effective skin cleanser, toner and soothes sunburns
- Rich in natural organic acids (alpha-hydroxy acids) used by dermatologists and estheticians (skin care specialists) to help the skin have a more youthful and glowing healthy appearance
- To cleanse & refresh your skin, add a cup to bath water
- Wonderful hair rinse when used after shampooing (See Natural Beauty Recipes Section)

Learn More About the Health, Wellness & Beauty Benefits of the BRAGG Organic Apple Cider Vinegar

Read *Bragg Apple Cider Vinegar – Miracle Health System* by Dr. Paul Bragg & Dr. Patricia Bragg. Most comprehensive, best-selling self-health book on Organic Apple Cider Vinegar available, with now over 9 million copies in print! This book explains everything you would want to know about organic apple cider vinegar and its benefits.



It has changed the lives of millions of readers. Available book, health & grocery stores or bragg.com.

Bragg Health Books & Products are Gifts for Life.
– Jack LaLanne, Bragg Follower for over 80 years



Watch 2 Bragg Organic Apple Cider Vinegar videos online.

Learn about its history and the full line of Bragg Organic Apple Cider Vinegar Products.

View videos: www.braggacv.com & bragg.com