

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Apple Cider Vinegar and Honey

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From Dr. Christopher's Guide to Colon Health

http://www.christopherpublications.com/Colon_Health.html

Apple cider is both oxygenating and alkalinizing to the gastrointestinal system. It helps stimulate digestive enzyme production in the stomach and intestine as well as alkalinize the rest of the body. Many have used the combination of apple cider and honey to lose weight, alleviate arthritis, dissolve bone spurs, and rid themselves of kidney and gall stones. Mix one tablespoon of apple cider and one tablespoon of honey in a glass of distilled water. Do this three times daily.

For the best results use organic, raw, and unfiltered apple cider and honey.