



NATURE'S PHARMACY CAN HEAL YOU

SIMPLE SOLUTIONS FOR COMPLEX MODERN HEALTH PROBLEMS

“Honey, garlic and vinegar are very special “prescriptions from Nature’s pharmacy” to get you on the road to optimal health. Using these foods in the context of a complete healthy lifestyle will provide you with more energy, more mental alertness, more living of your years and more years out of your living” **Dr. Patrick Quillin, PhD,RD,CNS**

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Nature has the most remarkable, inexpensive, and non-toxic healing agents on the planet earth. Nature's pharmacy has been around much longer than mankind's pharmacies.

While drugs and surgery can only temporarily deal with symptoms, Nature's "pharmacy" can actually prevent and reverse most ailments. Of all the "superfoods" provided in Nature, **honey, garlic, and vinegar** are perhaps the "dream team" of concentrated healers.

Good health has to be earned by working hand-in-hand with Nature.

Given the opportunity, your body should provide you with good to excellent health for the better part of 80 to 120 years. If you are not getting this level of performance from your body, then examine your diet, exercise, attitude, and exposure to toxins. These four major components influence how you feel, how often you get sick, how much zest you get out of life, and how long you will live.

HONEY GARLIC & VINEGAR

These 3 foods have been selected from the thousands of very nourishing foods offered in Nature for very specific reasons.

Over the course of millions of years of adaptation, the human body has developed a certain set of needs: whole food, exercise, rest, fresh air, sunshine, love. When we tamper with the extremely complex natural ingredients in our food supply, we usually wreak havoc on the food's nutritional content.

The human body is incredibly resilient, which sometimes works to our disadvantage.

Honey

Honey is a complex collection of enzymes, plant pigments, organic acids, esters, antibiotic agents, trace minerals like chromium, and other unidentified nutrition factors. Since honey is a partially digested product from the bees gut, the digestive enzymes probably play an important role in the nutritional value of honey. Therefore, always use "raw" or "unpasteurized" honey, since cooking the honey denatures its valuable enzymes. If you are going to cook with honey, you can use the cheaper commercial pasteurize products.

Bee Products

- Honey
- Propolis
- Bee Pollen
- Royal Bee Jelly
- Mead

Honey As A Remedy

Honey can be used to remedy dozens of ailments.

It also can be used to aid weight loss. Honey used as a sweetener does not result in heavy production of body fat as does refined sugar. It is palatable and digestible as well as nutritious.



Garlic

If a human had invented garlic, then he or she would have surely been awarded the Nobel prize in medicine, plus given a cushy job at some prestigious university and retired handsomely on the dividends from the drug patent. But since humble Nature created garlic, you can buy it for pennies without prescription and with a list of therapeutic benefits that literally staggers the imagination.

The nutrient listing for garlic is very unremarkable, but it is like a cover-story for Superman -- a bland appearance belies the dynamo within. Let's glean from the world's best scientists and consider the REAL active ingredients in garlic.

Remedies

Garlic has been recognized for its countless remedies including blood sugar regulation.

Diabetics and hypoglycemics: garlic may be able to improve your current condition. In animal studies done at the United States Department of Agriculture researchers found that garlic helped the liver to pull sugar out of the blood and encourages the pancreas to make more insulin. The net effect was to bring blood sugar to an ' ideal level.

This benefit alone could account for much of garlic's anti-aging effect.



Vinegar

Imagine a substance that is cheap and easy to make, can be taken internally for a variety of ailments, can be applied externally for all kinds of cosmetic and disinfectant purposes, and can be used in so many jobs around the house that it merits the name: "panacea".

That special medicine and cleanser from Nature is apple cider vinegar, or ACV. In ACV, we find the concentrated essence of the best of apples coupled with limitless by-products of bacterial fermentation, including acetic acid. Vinegar was probably first discovered over 10,000 years ago, when our ancient ancestors found that some foods ferment into alcohol, with the next fermentation step creating vinegar. Vinegar holds a rich place in history and is mentioned often throughout the Bible. It has been said that God is always trying to make vinegar; and it's the winemaker's job to interrupt the process at wine.

The very important but confusing aspect of eating an acidic food, like vinegar or lemon juice, is that it creates an alkaline environment in the body. What happens is the acid gets to the small intestines, where the pancreas detects acid in the gut, then releases a bicarbonate buffer into the bloodstream. The bloodstream of a healthy adult has a pH which is mildly alkaline, about 7.41.

Remedies

The acid content of vinegar makes it useful for a wide range of cleaning chores and other tasks around the home.

Inexpensive, with no dangerous fumes or additives, a gallon of cheap commercial distilled white or apple cider vinegar can replace a number of other containers found around the house.

