

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

Health & Wellness Recipes

BRAGG Organic Vinegar Health Drink

1-3 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 & 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 Dressing well before using  (24 Herbs & Spices)

BRAGG Honey – French Dressing

3 Tbsps Bragg Organic Apple Cider Vinegar 2 Tbsps Lemon Juice
2/3 cup Bragg Organic Extra Virgin Olive Oil Pinch Mustard Powder
1/2 tsp Bragg Liquid Aminos Shake of Bragg Sprinkle
2 Tbsps ACV Honey Blend  (24 Herbs & Spices)
Mix all ingredients, then shake vigorously. Makes 1+ cup

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. After, 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, or 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.

Praises 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



NEW
Delicious on Most Foods

Named **BEST** by **BON APPETIT & WHOLE FOODS** Magazines

DELICIOUS ORGANIC SALAD DRESSINGS & MARINADES

in 12oz glass bottles

Organic APPLE CIDER VINEGAR DRINKS

in 16oz glass bottles gives two 8oz servings!

ENERGY BOOSTERS in 6 Delicious Flavors:

- Pomegranate & Goji Berry
- Grape - Acai
- Ginger Spice
- Limeade
- Apple-Cinnamon
- ACV & Honey



PATRICIA BRAGG, ND, PhD.
Nutritionist to Hollywood Stars: Clint Eastwood, Selleck, Hanks, Bette Midler, Carrie Underwood The Beach Boys & 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
800-446-1990 • BraggACV.com

BRAGG
Organic
Apple Cider
Vinegar

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



Bragg won its 4th Award for Best Organic Apple Cider Vinegar



Katy Perry calls Patricia "THE QUEEN OF HEALTH". She never misses a concert thanks to Bragg Vinegar.

You are what you Eat, Drink, Breathe, Think, Say and Do! – Health Crusader Dr. Patricia Bragg

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.



Patricia & Paul Bragg

Bragg Organic Apple Cider Vinegar is recognized worldwide as the best quality Organic Apple Cider Vinegar product on the market. It's been featured in leading magazines, publications, health books, radio and television shows including *Oprah Winfrey Show*, *Dr. Oz Show* 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 is BRAGG Organic Apple Cider Vinegar the Best?

Bragg Organic Apple Cider Vinegar is the best and highest quality available in the world today. It was voted and awarded for its highest quality. It is made only from delicious, healthy grown USDA Certified Organic Apples. Conventional apples are listed as one of the top 12 foods most pesticide contaminated! Health Experts advise eating only organic apples and their products.

Bragg Organic Apple Cider Vinegar is:

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



Why Do People use BRAGG Organic Apple Cider Vinegar?

Millions of Health Conscious Consumers worldwide use Bragg Organic Apple Cider Vinegar every day! The three main 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.



Adds Great Flavor to Foods & Recipes



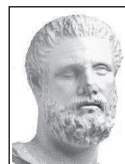
Famous Chefs & Home Cooks include Bragg Organic Apple Cider Vinegar in their dishes & recipes like: salads, veggies & dips. It's even delicious sprinkled on popcorn. You'll love it!



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.
- Dr. Carol Johnson at the Arizona State University conducted promising research on the Bragg Organic Apple Cider Vinegar Drinks. Study showed when drink was served before or with meals it helped in reducing blood glucose in adults at risk for type 2 diabetes.*
- **For Weight Loss! ACV is calorie-free and fat-free!**



HIPPOCRATES



BRAGG
Apple
Cider
Vinegar
Health
Drinks

- Used daily by millions as a healthy addition to their meals. Or blend with distilled or purified water to make a delicious Health Drink, an ideal pick-me-up for home, work, sports & gym.

* Johnson, C.S. et al., *Vinegar ingestion at mealtime reduced fasting blood glucose concentration in healthy adults at risk for type 2 diabetes.* – Journal of Functional Foods (2013)

For more info on study see: www.BraggACV.com

Natural, Healthy Beauty Aids



Dr. Patricia Bragg

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

- Helps your skin look vibrant, youthful and healthy
- 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 as Patricia has
- To cleanse and refresh 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 Miracle Benefits of BRAGG Organic Apple Cider Vinegar

Read *Bragg Apple Cider Vinegar – Miracle Health System* by Dr. Paul C. Bragg and daughter Dr. Patricia Bragg.

Most comprehensive, best-selling self-health book on Miracles of Organic Apple Cider Vinegar that's available, now over 9 million in print! This book explains everything you would want to know about organic apple cider vinegar and its benefits. It has improved millions of lives! Available book, health & grocery stores or bragg.com.



"Bragg Health Books & Products are Gifts for Life."

– Jack LaLanne, Bragg Follower, Fitness Pioneer to 97!

Watch 2 Bragg Organic Apple Cider Vinegar videos online.



Watch Patricia & ACV Info on Web

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

View videos: www.BraggACV.com & Bragg.com