

# **Detoxing Fruits Vegetables and Meat with Apple Cider Vinegar**

VINEGAR (Apple Cider) has been shown to Kill Cancer Cells in recent studies. It is also Anti-Viral, Anti-Fungal, Anti-Bacterial, Anti-Septic and Kills 98% of All Germs.

The only thing that kills more germs is Bleach, which kills 99% of all Germs. But you can't eat or drink Bleach. You can't rub it on your skin or consume it daily.

VINEGAR (Apple Cider) and Vinegar in general has been used for Medicinal purposes for at least 12,000 years. It was used in Assyria Babylon as an anti-septic as long as 12 thousand years ago. It was used by the Egyptians for medicinal purposes, at least 4,000 years ago. And it was used by the Greeks in medicine, 2,400 years ago.

## **Unfiltered Raw Apple Cider Vinegar Fruit & Veggie Wash**

**Raw Unfiltered Apple Cider Vinegar has natural antimicrobial, antibacterial properties.**

Even organic Fruits and Vegetables produce can have pesticides on it and need washed before eating. non-organic vegetables and fruits are loaded with pesticides and herbicides. Your produce is handled many times by many people before you buy it from the laborers in the field to the grocery clerk and don't forget the customers that have to pick up and inspect before they select the perfect bunch of spinach. A bacterium such as Listeria, Salmonella and E. Coli is most always present. These bacteria can cause food-borne illness and need to be washed away from your produce. It is important to remove the pesticide residue and bacteria residue off the produce. Remember to wash your hands during the preparation process or you can easily re-contaminate anything you touch.

**Non organic meat should be soaked in water an apple cider vinegar to remove chemicals before consuming.**

### **Directions:**

1. In a large mixing bowl, place the fruit in the bottom and fill with water until the fruit is covered.
2. Add a generous splash of apple cider vinegar (maybe up to 1/4 cup) and let sit for 15 minutes, turning the fruit once in a while to get all the outside of the fruit immersed in the solution. You can put something heavy on top of the fruit and vegetables to keep them submerged.
3. After the time is up, simply drain the bowl and rinse the fruit with plain water. Dry, and eat