



Your New Vitality
Holistic health from a biblical perspective

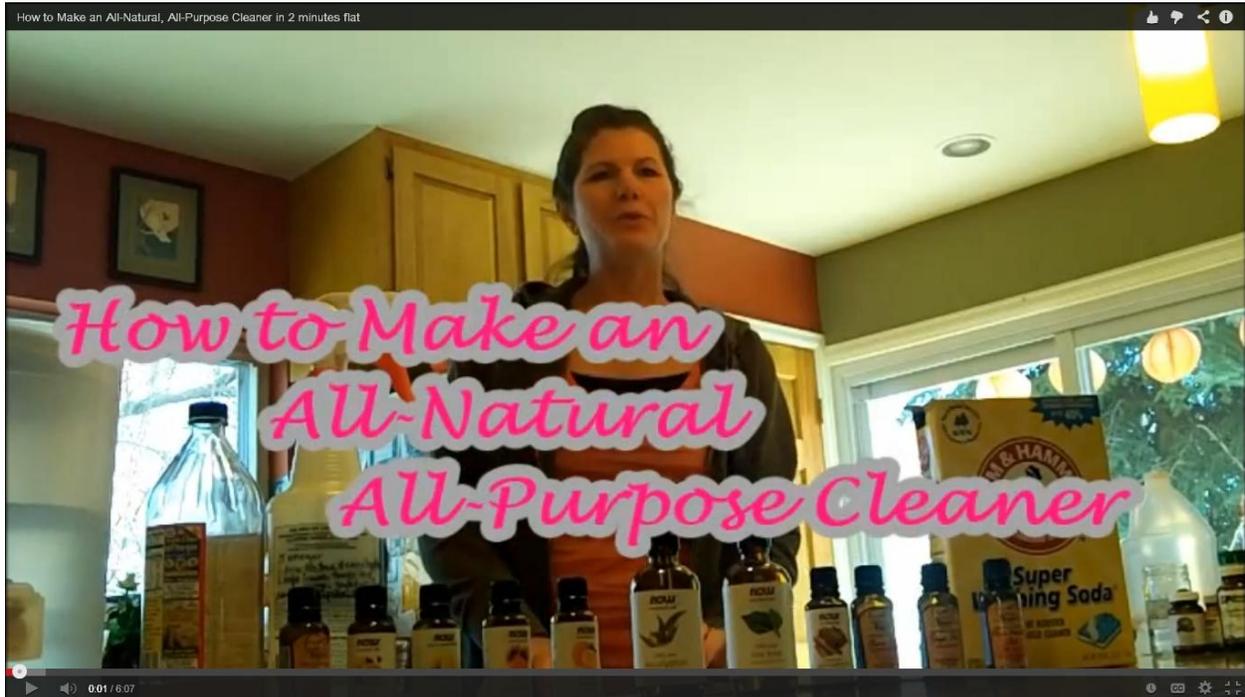


New Vitality News

Issue #31

April 2014

TIP #7 for Converting Comfort Foods to Health Foods



This is the last of **7 TIPS** for creating healthy alternatives to replace those family favorite comfort foods that may be less than healthy. But today's tip is not all about food. While **various vinegars** can be used to make delicious salad dressings, herbal concoctions, personal hygiene remedies, and **MORE**, they can also be used for a variety of tasks around the home.

TIP #7: Use vinegar plus essential oils to make your own cleaning supplies. Not only is vinegar 80-90% effective against pathogens, but it is inexpensive and safe to use around children and pets! And combined with essential oils, vinegar packs a powerful punch against pathogens!

So, what type of vinegar should you use to clean your house? Well, I believe it depends on your mindset and your budget. As Americans we are most familiar with the clear, inexpensive White Vinegar made from fermenting distilled alcohol from corn. I was shocked to learn this fact from my other mom, Peg Whitaker, but it is true-- says it right on the **Heinz website!** Corn is LITERALLY in everything these days!

Apple Cider Vinegar (ACV) is probably the next most familiar type, which is also quite inexpensive. Both varieties are pasteurized and possess anti-pathogenic qualities. For instance, vinegar is effective against **tuberculosis, molds, yeasts, and E. coli** and people are becoming aware of **Raw Apple Cider Vinegar** which, unlike the two vinegars mentioned above, is unpasteurized and contains a colony of beneficial bacteria called "**the mother.**" Rather than being distilled, it is fermented, and the slimy residue at the

bottom of a bottle of Raw ACV is actually the most healthy part of the vinegar since it contains enzymes and gut-friendly bacteria. This is a medicinal vinegar that is excellent for internal use, but it is more expensive, so it is up to you which variety you choose to use. **READ MORE** about this elixir in my **BLOG** "[The Apple of My Eye: 7 Uses for Raw Apple Cider Vinegar.](#)"

Start a healthy habit today with your family by replacing bleach and other toxic cleaning supplies in your home with natural alternatives! Check out my video on how to make an All-Natural All-Purpose Cleaning in 2 minutes flat using vinegar, then **CLICK HERE** to download a **FREE** copy of the recipe too! And if you enjoy this idea, download my eBook "[Homemade Herbal Remedies & Household Products](#)" for only \$5. Additional homemade products **PLUS** time and cost-saving "Julified" recipes for converting comfort foods to health foods are available in another eBook called "[The Lazy Housewife Cookbook.](#)" Download both eBooks **HERE**.



L'chaim-- To Life!

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UPCOMING EVENTS:

Colorado Native Medicinal & Edible Herb Walk with Cattail Bob Seebeck

Learn how to identify over 5 dozen native Colorado herbs, including poisonous and "toolcraft" herbs. His book, *Survival Plants of Colorado* will be available for \$45 (\$5 less than on Amazon, and you don't have to pay shipping either!)

Dates & Times TBD (likely will be on a Sunday)-- if you are interested, please respond to this email and specify times that work best for you

COST: \$10 PER PERSON

I have recently switched from Constant Contact to SocialZing for my email newsletter service.



I have done my best to ensure that I have only included current subscribers, so please forgive me if you have previously unsubscribed from New Vitality News and I have inadvertently emailed you. If that is the case, kindly unsubscribe once more and accept my apologies!

I hate to see you go!

On the other hand, if you find my newsletter to be informative and helpful, please forward to others who may be interested. And if you would like to streamline your business, including social media, check out everything that **SocialZing** has to offer!

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