

Stressed? Depressed? Putting on pounds?



"I used to think vinegar was just for salad dressing!" laughs Terry.

Terry Flores says vinegar curbed her cravings, lifted her spirits and melted away 23 lbs! Could it be *your* cure, too?

Stress! We all have our own ways of coping with it—even if they aren't so good for us.

Terry Flores, a 42-year-old Newport, Ohio, mom whose 16-year-old son was fighting cystic fibrosis, turned to comfort food—and piled on pounds in the process.

And she just couldn't break the cycle—until one day, she found help in her *pantry!*

Terry's weight problems had started 10 years earlier, a side effect of steroids doctors had given her to boost her immune system while fighting—and beating—melanoma. Since then, the mom of three had been on more diets than she could count. But as soon as she'd lose weight a new crisis would hit . . .

Bad news at Travis' doctor's office drove her to the kitchen to whip up some mac-and-cheese; trips to the ER had her grabbing candy bars.

I'm getting huge! 5'5" Terry knew. Still, it was a shock to see the number on the scale: 201! But every diet she'd tried had failed. It's hopeless! she sighed.

Then a friend said, "I've been reading this amazing book, *The Healing Powers of Vinegar* . . ." According to the author, Cal Orey, apple cider vinegar had the power to ease anxiety, lift depression—even boost weight loss!

"It sounds crazy," her friend said. "But studies prove it really works."

It's worth a try, Terry thought.

"I can't believe it works!"

The next day, Terry started drinking a glass of water with a tablespoon of

apple cider vinegar before each meal.

And after a few days . . .

"Is that all you're going to have?" her husband asked when she ate half her usual portions at dinner.

"I'm full!" Terry could barely believe it herself.

And after a while, she began craving broiled fish and salad instead of heavy pastas, and fruit instead of Twinkies.

But it wasn't just her appetite that changed. Suddenly, Terry had energy to go for daily walks and began feeling more hopeful.

And soon, without dieting . . . "I've lost five pounds!" Terry whooped. And this time, the pounds *kept* melting away.

Now, six months later, Terry's lost 23 pounds, dropping from 201 pounds to 178.

And even more impressive, she's kept it off!

"I used to think I was too stressed out to lose weight," Terry says. "But thanks to vinegar, I'm taking care of myself, and looking and feeling better than I have in years! I would never have dreamed something so easy could work. But it does!"

—Deborah Bebb

Did you know? Martha Washington is said to have used a vinegar-and-egg facial that made her skin so radiant, George couldn't look away when he first saw her!

Wow! Did you know you could use vinegar...

● As a dandruff-stopper.

Rinsing your hair with diluted apple cider vinegar can help keep away dandruff.

● To clear up your skin.

The high pH in vinegar has been shown to help stop break-outs. Try dabbing a solution of 1 cup water and 2 tsp. cider vinegar on trouble spots.*

● To help regulate blood sugar.

Several studies suggest that adding vinegar to your diet (at least 2 Tbs. in salad dressing or dissolved in water) helps keep blood sugar from spiking after high-carb meals.



*Before applying vinegar to your body, test it on your inner arm to be sure it doesn't irritate skin.

How to do the vinegar diet Terry's way

✓ Stir 1 Tbs. apple cider vinegar

into 8 oz. of water, and drink about an hour before each meal. "It really curbed my appetite," says Terry.

✓ Try oatmeal for breakfast.

It's high in healthy fiber, and super-low in fat. Terry also enjoyed fruit smoothies and raw fruit.

✓ Eat this for lunch and dinner:

4 oz. of chicken or fish (prepared without oil), plus steamed or raw vegetables and a salad, both splashed with vinegar.

✓ Gotta have carbs?

Choose whole-grain breads and brown rice. "They help fill you up," says Terry.

✓ Enjoy these snacks.

A handful of raw nuts, raw vegetables or fruit between meals staves off hunger the healthy way.

