

Vinegar Can Be Used For WHAT?

1001 All New Vinegar Home Health Secrets

ST. LOUIS (Special) - Thousands of years ago ancient healers trusted apple cider vinegar, and modern research shows - *vinegar truly is a wonder cure!*

In fact, apple cider vinegar's biggest fans believe this golden liquid can help solve the most troublesome of human afflictions.

Since even the earliest of times a daily vinegar cocktail was used to help control appetite to lose weight and continue good health.

And now after years of continued research all across the globe, over 1000 new vinegar super-remedies and tonics are available in the brand new 232-page *Vinegar Anniversary Book* by famed natural health author, Emily Thacker.

Author of the very first book of its kind since the 1950's, Ms. Thacker brings her unique wisdom, experience and down-home flavor to this complete collection.

From the Bible to Cleopatra to the fierce Samurai warriors of Japan, vinegar has been documented as a powerful tonic to ensure strength, power and long life.

In China, the health system that has been in place for thousands of years recognizes the value of vinegar. Traditional Chinese Medicine (TCM) oversees the health of millions of Chinese - not with modern drugs - but with proven remedies that include vinegar.

Today's research studies and scientific reports continue to praise the healing powers of vinegar to maintain good health and well being.

Even grandma knew that her old remedies worked even if she wasn't able to explain why. And scientific research confirms this.

For instance, grandma said putting diluted vinegar in the ears would ward off infections. The American Academy of Otolaryngology's doctors - who specialize in treating infections like swimmer's ear - now recommend using a vinegar mixture as a preventative.

The Yale-New Haven hospital uses vinegar as a hospital disinfectant. When after-surgery eye infections became a problem, their Department of Bacteriology solved it with vinegar.

Food poisoning? Some doctors suggest that regular vinegar use can prevent it!

The 232-page *Vinegar Anniversary Book* will amaze you with its over 1000 natural remedies, secrets, tonics and cure-alls for a healthier, happier life. You'll get easy recipes that mix vinegar with other common household items to help:

- Calm an upset stomach
- Ease leg cramps
- Soothe sprained muscles
- Control appetite to lose weight
- Relieve coughs
- Banish nausea
- Arthritis pain
- Make hiccups disappear
- Cool a sunburn
- Boost memory
- Reduce sore throat pain
- Relieve itchy skin
- Lower blood pressure & cholesterol
- Eliminate bladder infections
- Chase away a cold
- Treat burns
- Reduce infection
- Aid digestion
- Improve memory
- Soothe sore feet
- Treat blemishes & age spots
- Remove corns & calluses
- Replace many household cleaners

And that's just the beginning of the over 1000 new and improved hints and tips that you'll get.

50 years ago a daily dose of an apple cider vinegar and honey tonic was used to ease arthritis. During the last 30 years or so, many wonder drugs have replaced this time-tested home remedy. Now vinegar, along with countless other old-time tonics, have new supporters including many medical professionals. *The reason?* Almost everybody has experienced the negative side of some of the powerful new drugs.

Strep and Staph infections? Vinegar is a powerful antiseptic and kills even these dangerous bacteria on contact.

Headaches will fade away with this simple vinegar concoction.

Feel good and look good with these hair and skin-friendly vinegar remedies.

You'll learn when you should *and should not* use vinegar.

Can apple cider vinegar really do all this? The answer is yes because it is such a marvelous combination of tart good taste, germ-killing acid and an assortment

of important vitamins and nutrients.

Join readers like L.S. of Monroe, N.C. who says "*Thanks, this book is wonderful. A real life saver for me!*"

Find different ways to combine vinegar with common foods like lemon juice, blueberries, onion, strawberries, garlic, honey, ginger and more to create recipes to help improve health and quality of life.

All new ideas to put vinegar to work around the home to clean, disinfect and eliminate mold and mildew. Great for those with allergies or asthma!

Save money as you put Emily's latest discoveries to the test!

There's even 365 additional tidbits to take you through the year beginning with January's winter snows through the dog-days of summer and into the golden leaves of autumn.

Yes that's over 1000 tried-and-true remedies and recipes in this handsome collector's edition and it's yours to enjoy for 90-risk free days. That's right, you can read and benefit from all 232-pages without obligation to keep it.

To get your copy of the *Vinegar Anniversary Book* direct from the publisher at the special introductory price of \$19.95 plus 3.98 shipping and handling (total of \$23.93, OH residents please add 6% sales tax) simply do this:

Write "Vinegar Anniversary" on a piece of paper and mail it along with your check or money order payable to: James Direct Inc., Dept. VA777, 1459 S. Main St., Box 3093, N. Canton, Ohio 44720.

You can charge to your VISA, MasterCard, Discover or American Express by mail. Be sure to include your card number, expiration date and signature.

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Remember: It's not available in book stores at this time. And you're protected by the publisher's 90-Day Money Back Guarantee.

SPECIAL BONUS - Act promptly and you'll also receive The Very Best Old-Time Remedies booklet absolutely FREE. It's yours to keep just for previewing "*The Vinegar Anniversary Book*." Supplies are limited. Order today.

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Securing the promise of renewables

By Jennifer Taylor

Since the 1970s, electric co-ops have been actively engaged in promoting renewable energy resources like wind, solar, hydropower, and, biomass (including landfill gas, livestock waste, timber byproducts, and crop residue). Today, nearly 90 percent of the nation's 900-plus electric co-ops provide electricity produced by renewable sources, all playing a key role in powering rural America while increasing our nation's energy independence.

"Renewable energy makes up approximately 11 percent of

all co-op kilowatt-hour use (10 percent hydro and 1 percent non-hydro), as compared to 9 percent for the nation's entire electric utility sector," says Kirk Johnson, vice president of environmental policy at the National Rural Electric Cooperative Association (NRECA), the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

The Electric Power Research Institute (EPRI), a non-profit, utility-sponsored organization whose members include electric co-ops, released a study in 2007 outlining a seven-step plan for how U.S. electric utilities could reduce carbon dioxide emissions to 1990 levels by 2030, while still meeting a 40 percent boost in electricity consumption. One of these measures includes increasing non-hydro renewable energy sources, primarily wind and solar, from 24,000 MW to 94,000 MW by 2030.

So, what needs to be done to enable a far greater use of renewable energy?

Currently, 150 electric co-ops either own wind turbines or buy output from wind farms, most of which are located in America's "wind tunnels"—the Upper Midwest and Great Plains, as well as down the spine of the Alleghenies in the East. However, wind and solar power face challenges: transmission; intermittency and the need for advancements in storage technology; and increased construction costs and delays. Overcoming these challenges is not impossible but will require strong leadership and investment from government.

- **Transmission** – Renewable resources are abundant in rural areas, but that also means they are

Co-op Green Power

More than 750 rural electric systems offer Green Power

