PURE ORGANIC GOODNESS

1 Historical Use of Apple Cider Vinegar:

2 TBS 30 MINUTES BEFORE EATING A MEAL

The information in this brochure is provided as a resource only. This information is not to be used or relied upon for any diagnostic or treatment purpose. This information is not intended to be patient education, and should not be used as a substitute for professional health advice, diagnosis and/or treatment of any ailment or medical condition.

CONTACT INFORMATION:

Almar Orchards LLC
and
JK's Scrumpy LLC

1431 Duffield Road
Flushing, Mi
48433

810-659-6568

Facebook:
AlmarOrchards

Email:
almarorchards@gmail.com

Web:
www.almarorchards.com

J.K.'S FARMHOUSE CIDERS AT ALMAR ORCHARDS OFFER YOU

3 Reasons To Drink Haybaler Organic Switchel

YOU SHOULD ALWAYS SPEAK WITH A HEALTHCARE PROFESSIONAL BEFORE TAKING ANY DIETARY, NUTRITIONAL, HERBAL OR HOMEOPATHIC SUPPLEMENT.

Reason #1

INGREDIENT: Organic Apple Cider Vinegar

(We encourage you to Google something like, "Using Apple Cider Vinegar Daily". You'll find a wealth of information!) One study can be found here: **http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2245945/**

If you were to ask our customers why they drink our *Haybaler Organic Switchel* they would say many different things. At the top of the list would be the treatment of digestive issues, inflammation, sleep disturbances, high blood pressure and weight gain.

If you're following an "alkaline diet", you'll be happy to know that *Apple Cider Vinegar* contains acetic acid. It is alkaline acetic acid. It is alkaline forming in the digestive tract. Acetic acid can also help your body absorb certain nutrients in the foods you consume.

Reason #2

INGREDIENT: Organic Honey

(We encourage you to Google something like, "Health Benefits Of Organic Honey.") Two informative articles on the properties and benefits of honey can be found here: **http://www.naturalnews.com/026847_honey_raw_food.html** And here: **http://science.naturalnews.com/pubmed/19673699.html**

There are numerous studies which provide evidence supporting both antibacterial and antifungal properties of honey. Many of our customers have removed sugar from their diets and replaced it with honey. Some of the health benefits they have seen are seasonal allergy relief, improved sleep patterns, and increased immunity to colds and flu.

Reason #3

INGREDIENT: Organic Ginger

(We encourage you to Google something like, "Using Ginger In My Diet".) This is a very interesting study by The University of Maryland: **http://umm.edu/health/medical/altmed/herb/ginger**

Traditionally, ginger root has been used to treat various ailments and conditions. Some individuals drinking our *Haybaler Organic Switchel* have found it helpful in several of these areas. (The following list can be found here: http://www.anniesremedy.com/)

* Arthritis
* Cardiovascular
* Cholesterol * Circulation * Colds
* Cramps/abdominal
* Digestion * Dysmenorrhea
* Fibromyalgia * Flu * IBS
* Longevity Tonics * Lupus * Nausea
* Rheumatoid arthritis