

Jogger in a Jug

(Cleans the Arteries)

Karen J. Farmer

48 oz. pure Welch's grape
juice

12 oz. pure honey

64 oz. pure apple juice

8 oz. apple cider vinegar

Mix in a large container. Drink 1/4 cup in the morning.
Drink 1/4 cup in the evening.

A friend of a friend was told he needed surgery to have his
arteries cleaned out. Not wanting to go through the proce-
dure, he told the doctor he wanted to try this first. When he
went back, the doctor told him he did not need to have
surgery.

Jogging In The Jug Recipe

Joe Schwarcz



Jogging In The Jug Recipe:

Unveiling the Magic of Words: A Report on "**Jogging In The Jug Recipe**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Jogging In The Jug Recipe**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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