

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 procedure, 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

M Mosston



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