

July 2008

After one week of taking Apple Cider Plus I felt results. I had suffered pain in my left foot for 1 1/2 years - many doctor visits, shots, medication - nothing helped. Surgery was around the corner. I noticed that I have no more foot pain after a week of taking this product and my weight dropped by 4 lbs. the first week. I notice I am not constantly hungry any longer. Thanks and God bless!
~ W.W. ~ HHA Member - New York

July 2002

Dear McCain,
"I have been taking the Apple Cider Vinegar HHA tablets and have noticed immediately within the first 24 hours that my circulation improved and pain that I have been having in my limbs and lower back has vanished. Now, after 48 hours the pain that I have in the bottoms of my feet has gone. I haven't lost any weight but I sure feel better in the first 48 hours."
~ D.G. HHA Member since 1998

Oct. 2001

Dear HHA,
"I have been taking the apple cider vinegar weight loss product for about a week now and it's the product that I've tried it gives so much energy and I don't get as hungry. Not only I get less hungry I feel so much better, one day I forgot to take them and I could feel the difference I was worn out by the end of the day. My girl friend is also taking it and we both feel great. thank you for this wonderful product and your great news letters I'm going to start taking the classes and start living my life the way God wanted us to do from the very start. Thanks again God bless.
~S.A. HHA Member

Joey Markowski, a professional salesman with Herbal Healer Academy wants you to know Apple Cider, Lecithin and Fiber works.

After losing 40 pounds using this formula in the liquid and powder form, he was quoted as saying "It's a Godsend that it's finally in capsule form!"

THE SAFE & HEALTHY WAY TO LOSE WEIGHT!



H.H.A. INTRODUCES APPLE CIDER VINEGAR PLUS!!!

We could all do with an Anti-Aging health supplement to keep the immune system working well, that rev's up the Metabolism with Resultant Weight Loss, that also adds vitality and energy! With a proper working metabolism the body simply Naturally Detoxes accumulated poisons that can store in the fat!

Apple Cider Vinegar has been used for ages and has proven itself safe and effective for helping many health issues. This product is so safe, it can be used for children with weight problems and people with high blood pressure and diabetes! Folks there is no excuse now! Lose the fat that is contributing to your health problems. The vinegar is made from fresh natural apples that contain pectin, a soluble fiber which binds to cholesterol globules and pulls them out of the body. This also helps remove unwanted heavy metals! Less fat and cholesterol in the body reduces the risk of just about any ailment! It works 24 hours a day to help your body remove unwanted fat. There are no side effects. We do recommend that you drink 2-3 glasses of extra water daily to help your body flush this fat out and speed up the weight loss process. Similar products are being advertised in national magazines and the cost ranges from \$45.00 to \$69.95 for 180 caps.

Note: FDA approved prescription drug using similar fat flushing action is \$280.00 for 180 caps!

[More Weight Loss Products](#)

GET RID OF DISEASE CAUSING FAT!

HHA APPLE CIDER VINEGAR PLUS FORMULA EACH CAPSULE CONTAINS:

APPLE CIDER VINEGAR - 250 mg.

Helps curb appetite, gentle detoxification agent, absorbs and blocks fat formation, boosts the immune system, supplies amino acids, minerals and vitamins, aids in metabolism to help burn and metabolize food efficiently. Apple Cider has acetic acid, plus ion-futynic lactic and propionic acid. This not only boosts the immune system, but also has antiseptic and antibiotic action. It is the richest source of amino acids known. Has been shown over the years of use to help arthritis, diabetes, lower cholesterol, increase circulation, tone up skin, help heart problems, chronic headaches, anxiety, and a host of others.

LECITHIN - 100 mg

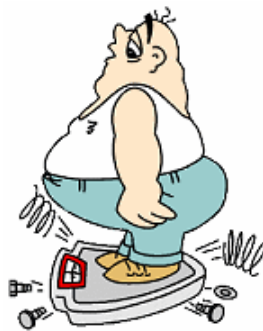
Type of lipid that is needed by every living cell in the body. Improves brain function. Helps prevent arteriosclerosis and protects against cardiovascular disease. Lecithin enables fats, such as cholesterol to be dispersed in water and easily removed from the body. Protects organs from fatty build up. It is known to naturally promote energy and is also needed to help restore and repair the liver.

GLUCOMANNAN FIBER - 50 mg

Comes from the tuber of the Amorphophallis plant, it picks up and removes fat from the colon walls. It expands to 60 times it's own weight and thus aids in curbing the appetite. It is recognized for normalizing blood sugar and is good for people with hypoglycemia.

KELP - 37 mg

Helps regulate the thyroid for proper glandular function thus aiding in weight loss. Used for conditions such as hair loss, obesity, low thyroid and ulcers. Kelp is a rich source of vitamins, valuable minerals and trace elements. It is very beneficial for brain tissue, membranes surrounding the brain, sensory nerves, the spinal cord and blood vessels. It also helps body block radiation absorption.



GRAPEFRUIT FIBER - 15 mg

This is a fat buster. It helps break down fat fast, lowers blood cholesterol and balances the blood sugar. Absorbs toxins from colon so they can be easily eliminated.

VITAMIN B-6 - 3.5 mg

Pyridoxine (B-6) is involved with more bodily functions than almost any other single nutrient. It activates enzymes which help break down fat. It aids in brain and nerve function. It helps balance sodium and potassium, and promotes red blood cell formation. Plays a large role in cancer immunity and helps prevent arteriosclerosis by helping to clean arteries. B-6 inhibits the formation of the toxic chemical called homocysteine, which attacks the heart muscle and allows for deposits of cholesterol around the heart muscle. Mild diuretic and helps aid in the prevention of kidney stones. Carpel Tunnel syndrome has been linked to a B-6 deficiency.

CHROMIUM - 100 mcg

Average american diet is deficient in chromium! Researchers estimate that two out of every three Americans are hypoglycemic or diabetic. The ability to maintain normal blood sugar levels is jeopardized by the lack of chromium in our soil and water. Chromium, an essential mineral, helps maintain stable blood sugar levels. It is vital in the synthesis of fats, cholesterol, and proteins. It is also vital in the metabolism of glucose which is needed for energy. It also helps in the proper metabolism of amino acids. It promotes the loss of fat and an increase in lean muscle tissue.

Note!

The process of losing weight successfully and healthily takes time, so don't get discouraged. This product does not work overnight and may take a few months to help you reduce. The reduction may be gradual for some, but it will be very good for you and your body in many ways. A modified diet is good as well as increased distilled water intake. Moderate exercise is recommended on a daily basis. The main thing is to remove the junk foods that have no nutritional value. When you eat, eat good, wholesome food that will help your body. Never use diet sodas. See our main web page for article on Aspartame. Weight gain is not always due to over eating and eating the wrong foods. Chronic weight gain can be caused by chronic candida infection, slow or malfunctioning glands, toxic colon, and/or chronic stress to name a few. All of these can be helped using natural medicine so don't compromise your health carrying around too much extra weight. Make a commitment to lose it and plan on working on it until you have succeeded. Many people set their goals too unreasonable and get discouraged and quit. Be realistic. For instance, if you are 50 pounds overweight, give yourself a year from today to lose it.

**NOW YOU KNOW WHY THIS FORMULATION IS
SO GOOD FOR YOU!!!****Adult Dose**

Start with 2 caps twice per day. Drink 2-3 glasses of extra water.

Increase in 2 weeks to three times a day.

If you are over 200 pounds then take 3 caps instead of 2.

Children - ages 5 to 10 & Elderly over 70

1 cap three times a day

Children - ages 3 to 5

1 cap twice daily - Can be opened and added to a drink.