



Folk Medicine: A Vermont Doctor's Guide to Good Health

D. C. Jarvis

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The best-selling book describing Vermont folk practices, particularly the use of honey and apple cider vinegar. The regimens of folk medicine are not the products of scientific research. Rather, they evolved in early times in the absence of it. They were usually the result of trial-and-error experimentation of the nonprofessional community and handed down from generation to generation. A mixture of apple cider vinegar and honey has been a favorite staple of the diet of many Vermont families for countless years.

the lore of Vermont folk medicine

describes the healthful use of honey and apple cider vinegar

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