



Apple Cider Vinegar Miracle Handbook: The Ultimate Health Guide to Silky Hair, Weight Loss, and Glowing Skin! How to Use Apple Cider Vinegar to ... Burn and Arthritis Plus find more Benefits.

Kathy Benjamin

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Contrary to the normal perception that vinegars are only used for cooking, apple cider vinegar has a number of health benefits which you will be amazed to know about. If you are looking for home remedies to prevent Candida, allergies, acne, acid reflux, heart burn and arthritis, then you have come to the right place. This eBook includes a number of apple cider vinegar remedies which are not only effective for treating allergies but they can also serve the purpose of beauty enhancement products. Along with revealing the use of apple cider vinegar as a health tonic, the book also contains some healthy and easy to prepare recipes which will facilitate regular and adequate consumption of apple cider vinegar. With an inclusive compilation of apple cider vinegar recipes, the eBook unveils the use of apple cider vinegar as mouth wash, deodorant and many more! If you are looking for an ultimate health guide to weight loss, spotless skin and healthy hair, then keep reading.

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