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Apple Cider Vinegar for Health: 100 Amazing and Unexpected Uses for Apple Cider Vinegar

By Britt Brandon

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Apple Cider Vinegar for Health: 100 Amazing and Unexpected Uses for Apple Cider Vinegar, Britt Brandon, Discover the power of apple cider vinegar! One of the world's most renowned home remedies, vinegar has always been praised for its powerful antioxidants and incredible antiseptic power. Apple Cider Vinegar for Health shows you how to use the all-natural product in your daily beauty and health routine, from crafting a wholesome weight-loss tonic to giving your skin a lovely glow. Featuring step-by-step instructions and plenty of helpful tips, this book provides 100 apple cider vinegar solutions that help: * Control cholesterol and boost weight loss. * Relieve daily aches and pains, from muscle soreness to chronic headaches. * Treat unsightly blemishes, itchy insect bites, and sunburns. * Promote healthy skin, hair, and nails. There's almost nothing vinegar can't handle--from frizzy hair, to hiccups, to varicose veins--and all without the need for dangerous chemicals or costly procedures. With Apple Cider Vinegar for Health, you'll discover all the benefits that a simple bottle of ACV can bring.



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