



## Apple Cider Vinegar Handbook Step by Step Guide to Natural Weight Loss, Detox and Good Health - includes Diet, Recipes, Tips More

By Maggie Fitzgerald

Paperback. Book Condition: New. Paperback. 60 pages.  
Chemical free beauty and vitality - without costing you an arm and a leg Are you feeling overwhelmed by all the lotions, pills and potions out there, all of them promising amazing results virtually overnight, but not delivering Do you know how much all of those expensive products cost when you add them all up Are you aware youre being bombarded with synthetic herbicides, pesticides and hormones every time you wash your hair or clean your skin There is a simple way out, and its called Apple Cider Vinegar. The health tonic of presidents and philosophers. What can you do with a bottled medicine chest, beautician and dietician Read on to find out. Dig inside this health and beauty treasure chest to find age old secrets of glowing beauty and youthful vitality, and take a journey of discovery that will lead you from the beauties of Ancient Egypt to the Father of Medicine and right into your own kitchen. In this comprehensive guide Maggie Fitzgerald has yet again shown her expertise in the area of womens health and beauty. Bringing you the secrets of looking and feeling better than ever before - in a super...



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