



Apple Cider Vinegar: 21 Surprisingly Effective Ways to Lose Weight, Detox, Increase Energy, Boost Your Immune System & Improve Your Health With Apple Cider Vinegar (Apple Cider Vinegar Guide)

Lilian May

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Apple Cider Vinegar

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This book will introduce the beginner to Apple Cider Vinegar by making them understand what it is, how it can be made and the impact it would have on their lives in terms of their health and appearance. The book will provide the reader any information that they requires to know why Apple Cider Vinegar is gaining popularity and why it is so respected by many dieters and weight managers. It will also provide them with recipes for some drinks they can prepare at home. The topics to be covered include:

What Is Apple Cider Vinegar

Apple Cider Vinegar's History

How to make Apple Cider Vinegar at home

Nutritional properties of Apple Cider Vinegar

Difference between Organic and non-organic Vinegar

Uses and Benefits of Apple Cider Vinegar. Health Uses and benefits

Beauty (Skin and Hair) and Home Keeping Uses and Benefits

Recipes for Apple Cider Vinegar Drinks and Salad dressing

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