

# THE APPLE CIDER VINEGAR BOOK

**101** Ways to Use Apple Cider Vinegar  
for Health, Beauty and Wellness



ADAM TRAINOR

*Adam Trainor*

**The Apple Cider Vinegar Book: 101 Apple Cider Vinegar Uses for Health, Beauty and Wellness; Lose Weight, Get Healthy Skin and Use Apple Cider Vinegar Recipes to Improve Your Health**



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We've got you protected! Apple cider vinegar is normally a true marvel of character, a real jack-of-all-trades. The Only Apple Cider Vinegar Book You'll Ever Want! Want to learn how exactly to use apple cider vinegar to take care of everything from ear infections to morning sickness? Apple Cider Vinegar provides applications for from homemade beauty products, like shampoo and encounter wash, to helping kids fight bed wetting or detoxing your kidneys. In this book you will discover: Apple Cider Vinegar Benefits Apple Cider Vinegar Recipes Apple Cider Vinegar Uses for Health and Healing Apple Cider Vinegar for Weight Loss Apple Cider Vinegar for Pores and skin Care Apple Cider Vinegar for Hair We feature over 101 uses for this great gift from nature, including step-by-step dishes and explanations of the mechanisms- not only how this stuff works, but why it works. must have "A "Did you know that apple cider vinegar may be used to: Clean Your Teeth Detox Your Body Boost Immunity Improve Digestion So Much More! reference tool!



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