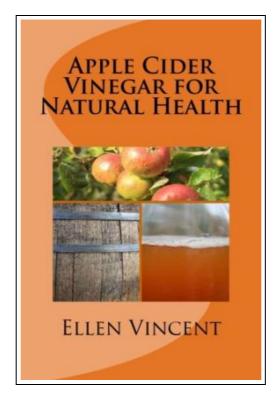
Apple Cider Vinegar for Natural Health



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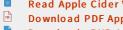
(Mr. Malachi Block)

APPLE CIDER VINEGAR FOR NATURAL HEALTH



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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Apple cider vinegar for natural health is all about how you can use this wonderful natural health tonic to improve your life. Apple cider vinegar has been used for centuries to treat a whole host of illnesses and conditions. These cures and remedies have become part of our folklore, but that doesn t mean that we shouldn t take them seriously. Apple cider vinegar contains many health giving substances such as vitamins, minerals, antioxidants, bioflavenoids and of course the main ingredient of acetic acid. All of these things can help our bodies to work to the peak of performance and shrug off some of those day to day conditions that get us down. You can drink apple cider vinegar or apply it directly to the skin or hair. Either way you are getting the benefit of all of these super nutrients. Some books on apple cider vinegar are written by the people who are then trying to sell the vinegar to you. I am not involved in selling these products at all. My main interest comes from my scientific and educational background together with the fact that I use apple cider vinegar myself on many occasions during my day to day life. I am a real fan and take a daily tonic to ward off illness. I also use it on my skin and hair to great effect. I am so impressed with the results that I get with apple cider vinegar that I felt compelled to research it further and then write this book. I have never come across one single substance with so many uses before, and the results can often be stunning. So, take while...



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