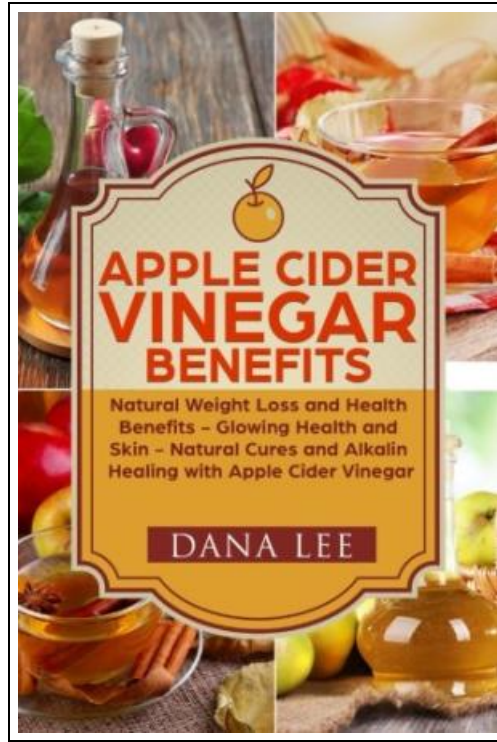


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Apple Cider Vinegar - Ancient Health Benefits I started supplementing with apple cider vinegar many years ago and it has had dramatic effects on my health and physique. I wrote this book for newcomers to this miracle liquid that has been around for thousands of years. Now is the time to start - you can buy apple cider vinegar almost anywhere and it is relatively inexpensive. In *Apple Cider Vinegar: Natural Weight Loss, Glowing Health and Skin, Natural Cures, and Alkaline Healing with Apple Cider Vinegar*, you will learn: The History of Apple Cider Vinegar: This liquid has been used since biblical times, and probably even before that. In chapter one, you will learn all about the different ways this liquid has been used throughout history and is still used today. Health Benefits of Apple Cider Vinegar: Did you know that apple cider vinegar can help fight diabetes and also makes your hair shinier? Learn about the scientifically proven benefits of this liquid. Which Type to Use: Not all apple cider vinegar is created equal. Throughout this book, you will be given tips for selecting the right type of vinegar so you can gain as many health benefits as possible. Precautions: When is apple cider vinegar unsafe and what should you be cautious about in regards to it? Find out in chapter five. And More: The last chapter will give you some bonus information on getting rid of cellulite, and chapter three will go over some of the many beauty benefits of apple cider vinegar. As you can see, there s a lot to benefit from with this miracle liquid. Learn about apple cider vinegar today so you can start putting...

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