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Apple Cider Vinegar Cure: Essential Recipes and Remedies to Heal Your Body Inside and Out

By Sonoma Press, Madeline Given

Sonoma Press, United States, 2016. Paperback. Book Condition: New. 231 x 188 mm. Language: English . Brand New Book. Discover the amazing natural health benefits of apple cider vinegar-no special diets, meal plans, or expensive beauty products required. Whether you are looking to detox, lose weight, or achieve a glowing complexion, The Apple Cider Vinegar Cure offers everything you need to know to take advantage of the miraculous health benefits of apple cider vinegar. Offering more than one hundred health solutions, The Apple Cider Vinegar Cure provides simple step-by-step instructions for unlocking the natural powers of this age-old product. 125 amazing natural remedies for health, beauty, and home Healthy drink elixirs and solutions to lose weight, detox your body, and balance your metabolism Beauty-enhancing recipes include toners and masks to treat acne, eczema, lighten sun and age spots, and more Recipes to soothe and cure common ailments such as sunburns, skin rashes, and chapped lips A handy shopper's guide to ensure you purchase the right type and quality of apple cider vinegar for your personal needs An easy-to-understand overview of apple cider vinegar and its many uses for improving overall health and wellness.



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