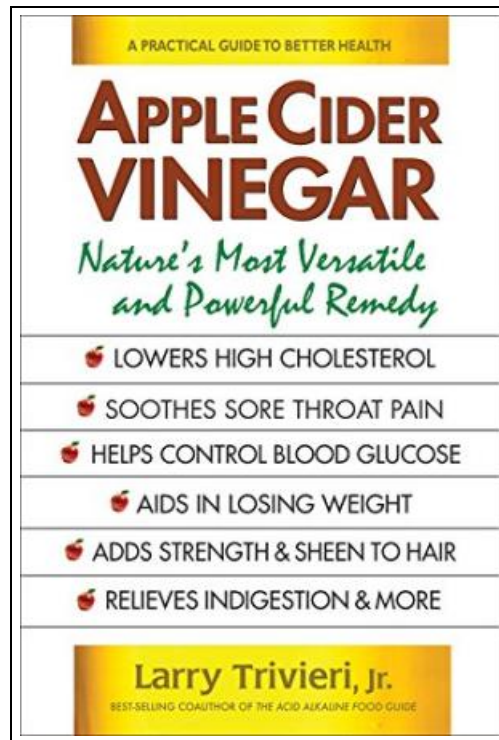


## Apple Cider Vinegar: Nature S Most Versatile and Powerful Remedy (Paperback)



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Square One Publishers, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Apple Cider Vinegar Find out why millions of people around the world have for centuries turned to apple cider vinegar as a powerful remedy for treating many of their most common health conditions and learn how you too can use it to resolve many of your own health complaints. For centuries, apple cider vinegar has been used as a folk remedy to treat a host of health issues, from indigestion and low energy to sore throats and toothache. It is also a remarkable beauty aid that can help remove unwanted blemishes and add strength and sheen to hair. And that s just the tip of what this amazing elixir can do. Best-selling health author Larry Trivieri, Jr. has written this practical guide to the many well-known benefits of apple cider as well as the elixir s newly discovered powers as a natural anti-inflammatory. Apple cider vinegar: --Helps promote weight loss --Lowers blood cholesterol --Controls blood glucose levels --Increases energy levels --Relieves nasal congestion --Alleviates indigestion --Fights gum disease and toothache --Freshens breath and whitens teeth --Soothes bee and wasp stings --And so much more This book begins by looking at the long history of apple cider vinegar use and examines the science behind its many benefits. It then explains how you can choose the best apple cider vinegar, and even tells you how to make it at home. The main section of this book is a complete A-Z guide that shows you how to use apple cider vinegar to prevent and reverse over 80 common health conditions, and to improve and maintain the health and appearance of your hair, skin, teeth and gums. Each entry includes a clear discussion of the topic, explains how and...



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