



Apple Cider Vinegar for Weight Loss and Good Health

By Cynthia Holzapfel

CPA Books Inc. Paperback. Book Condition: New. Mass Market Paperback. 93 pages. Apple cider vinegar has been used throughout history as a functional food to reduce infection, improve digestion, and maintain a healthy weight. In this book, you'll learn why apple cider vinegar is such a nutritional powerhouse, the substances in apple cider vinegar that promote good health, ways for utilizing the power of apple cider vinegar to take weight off and keep it off, even if you have stubborn pounds that won't budge, tips for using apple cider vinegar for radiant skin and shining, beautiful hair, and how to make your own organic apple cider vinegar at home. Enjoy the healthful benefits of apple cider vinegar in over 25 delicious recipes you'll enjoy sharing with your family and friends. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Mass Market Paperback.



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