

(Download pdf) Apple Cider Vinegar: Holistic Apple Cider Recipes Uses for Health, Beauty, Cooking Home

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Cassia Albinson

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1 of 1 people found the following review helpful. Good informationBy Liza alexisGood information with accurate dilution measurements for each use. My copy was a free e book but there were typos that didn't affect th recipes, but were annoying.0 of 0 people found the following review helpful. Five StarsBy Virgie RomineHas a lot of information.

Why spend hundreds of dollars on overpriced, commercial beauty products if you can create your own by taking advantage of astonishing benefits of apple cider vinegar? This guide will show you how to do it in an easy and fast way! The aim of this guide is to provide you with cost-effective, natural and creative alternatives to the everyday commercially produced cosmetics that we are so used to using, but don't necessarily have to. The apple cider vinegar recipes contained in this book will provide you with a number of options for natural beauty products, specific treatments for vibrant health and weight loss as well as DIY cleaning products. All natural, no chemicals! Here's what you will learn: History of apple cider vinegar Apple cider vinegar and health Apple cider vinegar and cooking Apple cider vinegar and beauty Apple cider vinegar in the home How to make your own apple cider vinegar to save money!

Download your copy now to learn more and create your holistic recipes with apple cider vinegar!