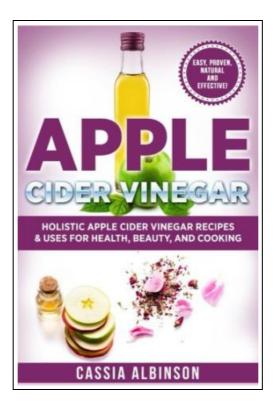
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Revolutionize Your Health with Holistic Apple Cider Vinegar Recipes! Easy Solutions and Uses to Take Care of Your Wellbeing, Beauty Home! One Super Ingredient= Abundance of Natural, DIY Recipes! 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 book will show you how to do it in an easy and fast way! The aim of this book 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 with Apple Cider Vinegar -History of Apple Cider Vinegar (ACV): ACV and Fermentation, Types of ACV, Kombucha v ACV -Apple Cider VInegar and Health: Digestion Weight Loss, Diabetes, Bloating, Reflux/Heartburn, Waste Removal, Heart Support, Nausea, Detoxing, Sinuses, Skin, Itches, Scratches, Bites and Stings, Sunburn, Wart Remove, Acne, Nail Fungus and Athletes Foot, Wound Cleaning, Hives Shingles, Hemorrhoids, Cold Sores + Vitamin C, Metabolism, Nervous System, Hiccups, Dental/Oral, Sore Throats, Circulation -Apple Cider Vinegar and Cooking: Smoothies, Casseroles, Sauces, Soups, Salads -Apple Cider Vinegar and Beauty Hair, Dandruff, Removal of Nits/Lice, Skin, Ease Out Blackheads, Acne, Aftershave, Age spots, Warts, Sunburns, Fades Bruises -Apple Cider Vinegar in the Home First Aid, Kitchen Cleaning, Drains, Washing Machine, Steam Iron, Appliances, Bathroom, Makeup Brushes, Toothbrush holder, Bathroom Ceramics, Cubicle, Office, Patio, Garden Furniture,...

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