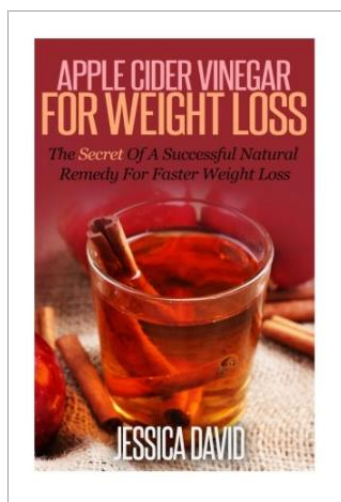



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Apple Cider Vinegar for Weight Loss: The Secret of a Successful Natural Remedy for Faster Weight Loss (Paperback)

By Jessica David

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover How Apple Cider Vinegar Can Help You Naturally Lose Weight, Improve Your Health and Detoxify There s been a lot of hype over the past several years about apple cider vinegar and its supposed miraculous ability to aid in weight loss. Is this true? Well, it is true that vinegar has been used for centuries in cooking to flavor and preserve food. It has also been used for centuries as a folk remedy, used to treat a variety of ailments including the flu, head lice and used along with honey, as a remedy for persistent coughs. But what about it s supposed health benefits, in particular, it s ability to help in losing weight? Research seems to suggest that there may be health benefits to vinegar including apple cider vinegar, regarding weight loss and other health issues. Of course, simply adding apple cider vinegar to your dietary routine is no substitute for eating a balanced diet, and getting plenty of regular rest and exercise. But this book explores, just what can be said about apple cider vinegar, vinegar in general and its...



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Reviews

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