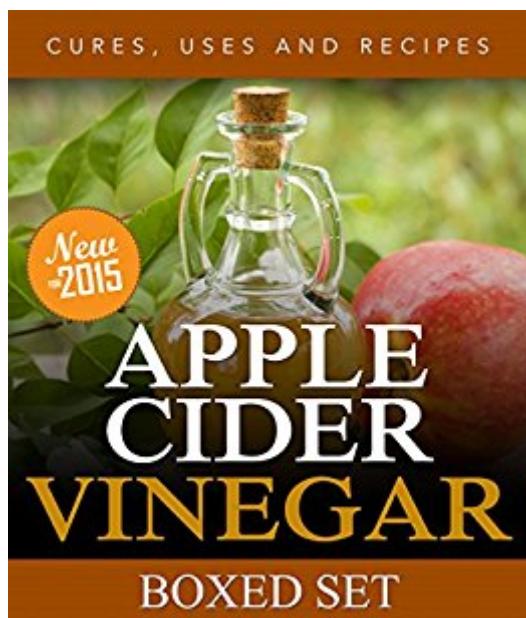


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# Apple Cider Vinegar Cures, Uses And Recipes (Boxed Set): For Weight Loss And A Healthy Diet



## **Synopsis**

Everything you ever wanted to know about using Apple Cider Vinegar in your daily routine is included in this boxed set. Find out how to improve your health, assist with weight loss and clean your house! You will find recipes and tips for using Apple Cider Vinegar everyday.

## **Book Information**

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Diet Therapy

## **Customer Reviews**

Easy reading, helpful health aids, but I have read more information by just Googling "Uses of Apple Cider Vinegar."

The first section explains the benefits and myths of apple cider vinegar, weighing more heavily on the benefits. The positive aspect is that the book illustrates why apple cider vinegar has certain effects. The second chapter/book begins with the assertion that there is no diet plan because as long as the person intakes 1-3 spoonfuls of apple cider vinegar before eating, all will be well. So basically, there is absolutely no point to this second section. And then it goes on to list meal plans,

including the vinegar to precede each meal. That's kind of obvious, not needed, and just filler material. Then it lists recipes using apple cider vinegar. This entire book can be summarized in one page: See a cool recipe that includes vinegar? Replace it with apple cider vinegar. There - you've just read the whole book.

What I like about this book, is it goes way beyond all the "hype" of apple cider vinegar benefits/cures you read out there. This book helps "filter helpful information from the propaganda" and uses scientific evidence to prove its theories between myths and truths. It goes into how Apple cider vinegar is made and how raw, unprocessed, undistilled and organic (preferably homemade) is the only way to go, to see real results. I like how it also talks about how to properly store your vinegar, because I don't want to ingest anything rancid when I am primarily taking it for medicinal purposes. I like that this book discussing advantages and disadvantages and goes into limitations (as with anything). Finally, it discusses ways to use your Apple cider vinegar for at home remedies. I've been a believer in taking a shot of vinegar in some water several times a day when I feel a cold coming on and have always gotten good results from it (cold passing quickly or not ever amounting to anything at all). I'm excited to have this handy book near for future, more natural remedies for my whole family to use. I was fortunate to have received this book for free in exchange for my honest, unbiased review.

Usually I don't have time to enjoy reading books. My main use is limited to information or self help type. I rarely read them front yo back and just skim and use for reference. This one though is really quite interesting. Author stays objective which is nice because I like to read the information and not someone's opinion. I received this book in exchange for an honest review, well sorta, I had previously downloaded the free kindle version. Did not realize that I had already downloaded this book at the time that I requested it. I hadn't read it or looked at it yet, but once chosen to review it I felt obligated to dive in so that I could review as promised. Very glad I did, I'm gonna recommend this to my friends and family. We like the natural approach when it's possible and keep the old acv around for some ailments and personal care and I've checked all the websites for info over the years...love Earth Clinic....but there was Info here that I never ran across plus it was nice to have all the skeptical views and believer views in one place.

This Apple Cider Vinegar Boxed Set of Cures, Uses and Recipes is a great boxed set that I always revert to online. It includes; The Guide to Health Benefits and Home Remedies by Nicholas Stiles;

Apple Cider Vinegar Diet for Weight Loss by Brittany Samons. There are recipes here, meal plans and anecdotes for daily uses of this wonder food. I always knew some of the benefits of apple cider vinegar but this series sparked a whole new world on this magic liquid! It is a great read and a great guide to have on hand. I revert to it often and since reading this I have been an avid consumer of Dr. Braggs and I store it in my awesome blue cobalt bottles when I leave my house. For the price, you cannot go wrong with this read. It's a lifelong benefit.

This publication was not helpful at all for my purpose of learning the health benefits of ACV. Except for the information on how to make ACV, if that is even reliable. It was not even anecdotal. It was a lot of he said she said. A google search revealed more usable info. I guess I will try the Bragg's book. A total waste of \$0.99. No more E-books for me, this is 2 out of 2 that were horrible.

I received this item in exchange for an honest review. Just the book I was looking for. I have been hearing about the amazing powers of ACV and this book took me through step by step the benefits, the methods and real life application. I was beautifully laid out and easy to read. Time to go buy my ACV.

I only put 4 Stars because this type of book is not what I typically read. I saw this book and downloaded it because I saw Cures & Uses. I've tried the whole Fly Trap tons of times once I seen that on Pinterest but it doesn't work for me I don't know why. On another note I know someone that has Gout and he didn't want to take medication so he went on a quest for a natural cure and came along ACV. He takes 2 tsp every morning..and if he doesn't several days later he starts feeling his gout come on so he'll start taking it again but he ups his dose a little and takes it twice a day and it does go away. I am not saying that ACV is a cure for people with gout. I'm just saying that ACV works for him. The uses are very informative. I would never try this as part of helping my diet. I try to eat as clean as I can so I will not have to down this smelly stuff! LOL

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