



Apple Cider Vinegar: The Ultimate Apple Cider Handbook

Lisa Kereli

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Unlike other types of vinegar - white vinegar, red wine vinegar, balsamic vinegar, and rice wine vinegar - that are mainly used for cooking, apple cider vinegar is primarily known for health purposes. Although apple cider vinegar is widely used in various delicious recipes, it is more of a health tonic than an ingredient. This book will reveal some of the greatest health benefits of apple cider vinegar that you will be amazed to know about. Listen on and find out how a few drops of apple cider vinegar can boost your health and help you get rid of various health problems. Not only this, you will also find some amazing and easy to prepare recipes at the end of the book that will help you consume adequate amount of apple cider vinegar on a regular basis.



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