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The Apple Cider Vinegar Guide: How to Lose Weight, Improve Your Skin, Alleviate Allergies and Better Your Health with Apple Cider Vinegar

Rachel Jones

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Learn the many benefits of apple cider vinegar with this handy guide.

Most people think of apple cider vinegar as nothing more than a condiment. You may have heard it was good for you in passing or seen an article or two about it on the internet, but you'll be shocked to find out just how powerful a tool apple cider vinegar can be when used to promote a healthy body, healthy skin and healthy hair.

The following topics are covered in this handy guide:

- A brief introduction to apple cider vinegar, including the history of its use.
- What apple cider vinegar is and how it can be used to your benefit.
- What the mother of vinegar is and why you need to make sure the vinegar you buy contains it.
- Nutritional data.
- How to make your own apple cider vinegar at home.
- How to add apple cider vinegar to your diet.
- The many health benefits of apple cider. This section includes allergy relief, balancing the pH of the body, lowering blood pressure, fighting cancer, regulating blood sugar and weight loss.
- Using apple cider vinegar to promote healthy hair, skin and scalp.
- 20+ ways you can use apple cider vinegar to naturally clean, disinfect and deodorize your home.

Adding apple cider vinegar to your diet may be the boost you need to start living a healthy lifestyle. Download the apple cider vinegar guide and learn how to use this powerful elixir to your benefit today.

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