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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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Customer Reviews

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.

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 to 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.

If you buy this book to get recipes for specific ailments then you will be disappointed. Instead this book focuses more on the usage history of apple cider vinegar and some of the reasons there is little research on the effectiveness of touted "cures".

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 discusses 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 even 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.

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

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.

This is a great book for anyone that is new to the concept of using Apple Cider Vinegar to improve health! I found this book really easy to read and very informative--with some good humor thrown in! The author did a good job of separating the myths of using ACV from the well known health benefits. I admit that I am somewhat of a skeptic when he comes to "home remedies", "herbal remedies". But I found this quote from the book to be particularly helpful to my skepticism, "When Overwhelming evidence exists to support a claim, it would be foolish to dismiss the claim as hype based entirely on lack of scientific evidence." And this really struck home for me! After reading that, I was really able to absorb and learn about the uses of ACV from this author! If you're new to using ACV or know nothing about it like I did, then this book is for you! It is very educational and an easy read! It's short, concise, and gets to the point. I highly recommend it!

I received this book for an honest review. It starts off by saying you can find a bunch of information about apple cider vinegar uses online, then promptly tells you everything you would have found on your online search. Then as an added bonus gives you some weight loss recipes. If you get this for free and only free it's a nice little information amount but paying for something that will take a 10min search is irritating. I received this book for free for an honest review.

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