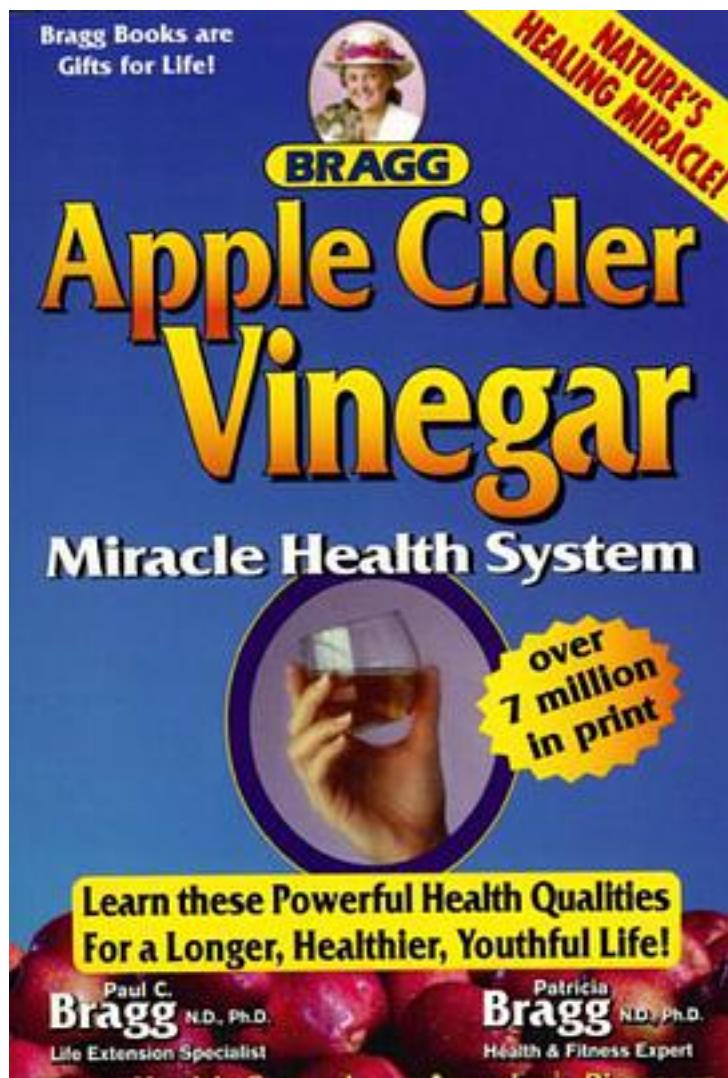


# Apple Cider Vinegar



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Welcome to the world of "Apple Cider Vinegar" As you have picked up this book, I might imagine that you are interested in taking responsibility for your health and well-being; perhaps folklore remedies enchant you; you're looking for a new hobby; you liked the design of my book cover; or, like myself, the word "why" has been a part of your vocabulary since you began to talk. Whatever your reasons, welcome With so many books on the market, why another one and about apple cider vinegar? Because this book will answer questions that have not been asked. It will provide you with medical evidence to support why apple cider vinegar works for so many common ailments and will answer questions about quality and products on the market today. The book will provide you with step-by-step directions for making your own and inform you about the dynamic versatility of apple cider vinegar.

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