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## Apple Cider Vinegar Beginner's Guide: Learn 12 Proven Benefits of Apple Cider Vinegar for Healing, Skin, Beauty, and Health

*Janelle Watkinson*

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This book is focused on providing you the cheaper alternatives to many expensive available in the market. You can use this product while replacing the other traditional skin care products, anti-dandruff, food supplements etc. You can get many benefits like beautify yourself and also getting health benefits. Nice read for me as I never heard of such product.  
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The best benefits of apple cider vinegar for health and beauty This book will discuss the many benefits that you can get by using this magical liquid. As you go along the different chapters, you will discover that this simple liquid could be a better and cheaper alternative to many commercially produced products out there. Products like skin care, anti-dandruff, food supplements, deodorant, and many more, apple cider vinegar could replace them all. Apple cider vinegar has many proven benefits. It can go on from beauty and skin care to health and wellness. You will be pleased and surprised, at the same time, to find that out on this book. Seven Reasons to Buy This Book 1. It's Short and Informative - No Fluff!! 2. This Book Is Straight Forward and Gets to the Point 3. It Has a Great Concept 4. Learn What You Need to Know FAST! 5. Don't Waste Hours Reading Something That Won't Benefit You 6. Specifically Written to Help and Benefit the Reader! 7. The Best Compact Guide to Learn What You Need to Learn in a Short Period of Time Check Out What You Will Learn After Reading This Book Below!! Apple Cider Vinegar As a Simple Remedy How Apple Cider Vinegar Relieve Stress The Uses of Apple Cider Vinegar Apple Cider Vinegar Is Good for Health Apple Cider Vinegar Is the Best for Beauty Regimen