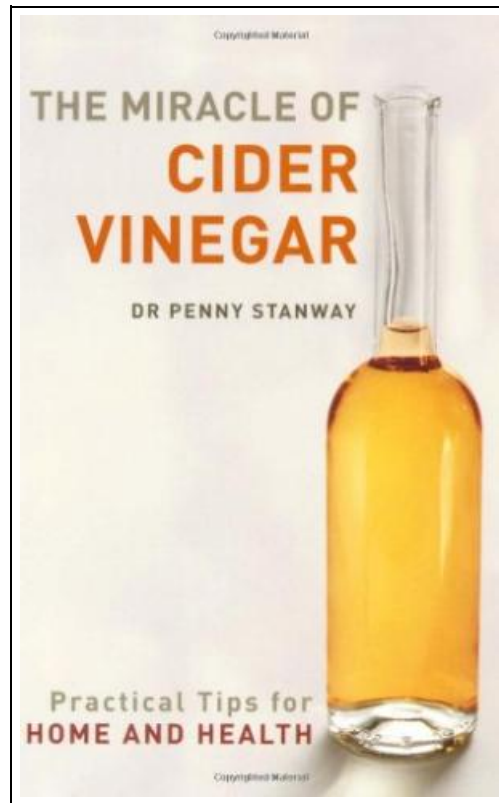


The Miracle of Cider Vinegar: Practical Tips for Home and Health



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Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.

(Lavina Torp)

THE MIRACLE OF CIDER VINEGAR: PRACTICAL TIPS FOR HOME AND HEALTH



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Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Miracle of Cider Vinegar: Practical Tips for Home and Health, Penny Stanway, Cider vinegar enjoys cult status in many countries, including Britain, the US, Canada and Japan, and while there are quite a few books on the subject, there are no others that include additional information on the health benefits of apples and cider. As well as expounding the health-giving and practical properties of apples, cider and cider vinegar, the author provides an A-Z section of ailments (from Acne to Warts) - and explains which preparation will treat the condition most effectively. She explains why cider vinegar is such a popular beauty aid (its organic acid concentration of about 5 per cent helps maintain the skin's natural acidity) and how it can be used as a cleansing and conditioning treatment for skin and hair - and even as a deodorant! The range of uses of cider vinegar as a substitute for household maintenance products is extraordinary - from air freshening, through cleaning and polishing, to pest control! The book is completed with recipes for cooking and preserving delicious dishes with apples, cider and cider vinegar - including how to make your own apple juice, cider and cider vinegar.



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