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Cider Vinegar (Reissue)

By Margaret Hills

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Cider Vinegar (Reissue), Margaret Hills, This best-selling book looks at how cider vinegar may help with troubles such as arthritis, joint pain, gout, diverticulitis and other complaints. It explains how cider vinegar works, who can take it, and how to use the treatment at home. Topics include: a quick reference for symptoms that need medical attention what to expect when taking cider vinegar cider vinegar and weight loss contraindications and warnings for anyone who shouldn't use cider vinegar advice about maintaining effective change for a healthier lifestyle a useful section of easy recipes for using cider vinegar as part of drinks and food. Completely re-set with new cover.

Reviews

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