



**APPLE CIDER VINEGAR: The Ultimate guide  
book you need to know about it! (learn how to use  
it for beauty and skin treatment,how to make  
it,lose weight with ... learn all the delicious recipes  
of it)**

*Gayatri Tulshyan*

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This book contains all the information that you need to know about apple cider vinegar. What actually the apple cider vinegar is, how to make your own apple cider vinegar, how to use it, where all you can use it, what are benefits you can get from this single substance like weight loss, skin and body care. How to prepare your delicious food using apple cider vinegar ,i.e., delicious recipes of it. This book will teach you everything and anything you wish to know that is related to apple cider vinegar.

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