



Apple Cider Vinegar for Weight Loss and Good Health

Cynthia Holzappel

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This book will convince you that apple cider vinegar is one of nature's most healthful substances. Clearly written and easy to understand, this valuable resource book contains facts on the history, properties, and health benefits of apple cider vinegar.

Included is an extensive section on weight loss, providing sound background information on how we gain weight and how to use apple cider vinegar as part of a weight loss program. Also included is a list of vinegar preparations for specific conditions from asthma to warts, and over 25 recipes for vegetables, sauces, and even an after dinner drink all using apple cider vinegar.

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