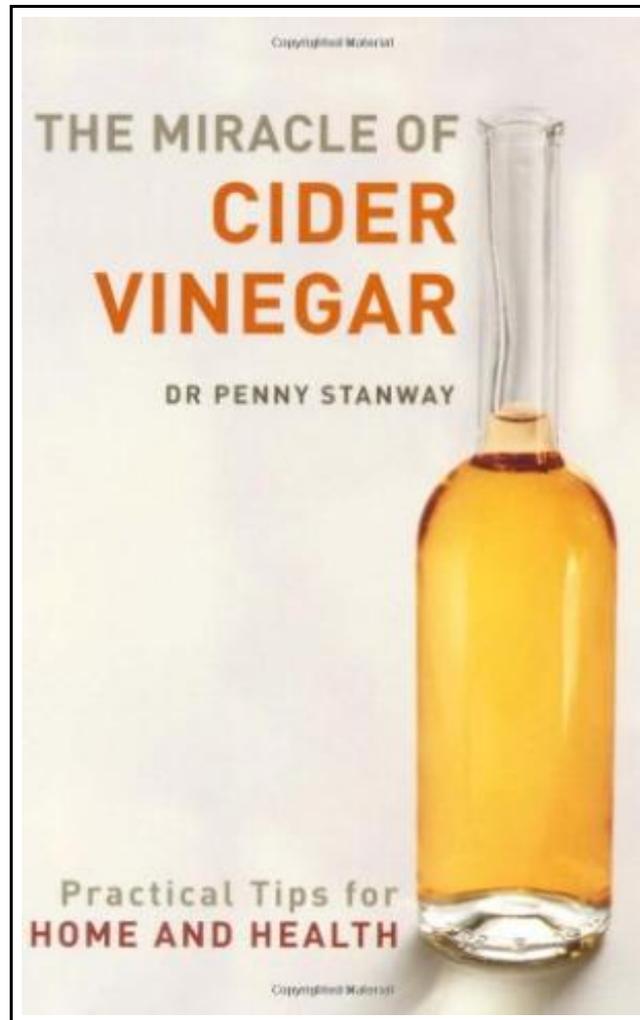


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THE MIRACLE OF CIDER VINEGAR: PRACTICAL TIPS FOR HOME AND HEALTH



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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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