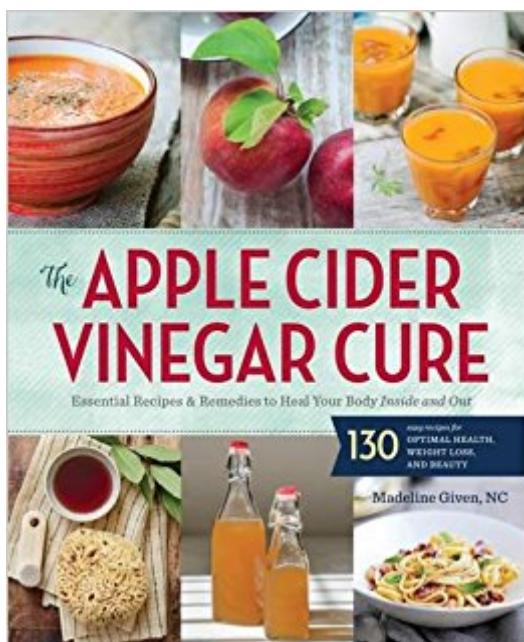


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# The Apple Cider Vinegar Cure: Essential Recipes & Remedies To Heal Your Body Inside And Out



## Synopsis

YOUR ALL-IN-ONE GUIDE TO REAP THE HEALTH BENEFITS OF APPLE CIDER VINEGAR For centuries, apple cider vinegar has served as an indispensable health and beauty elixir. In The Apple Cider Vinegar Cure, holistic nutrition consultant Madeline Given shares some of the history and the science behind this superfood. She also provides instructions on how to make natural remedies to boost your gut and your glow, and brings this probiotic powerhouse to your plate with delicious, nourishing recipes for every meal of the day. Are you ready to explore your own irreplaceable uses for this multi-purpose tonic? "A brief historical review of apple cider vinegar's role in folklore medicine Over 20 healing home remedies to help alleviate arthritis, clear congestion, and soothe a sore throat Over 25 natural body and hair care treatments, including Basic Apple Cider Vinegar Facial Toner and Lemon Lavender Hand Spray 75 simple recipes that use apple cider vinegar in savory and sweet dishes A handy homebrew guide to making your own batches of apple cider vinegar like a pro

## Book Information

Paperback: 250 pages

Publisher: Sonoma Press; 1 edition (November 1, 2015)

Language: English

ISBN-10: 1942411278

ISBN-13: 978-1942411277

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 91 customer reviews

Best Sellers Rank: #72,248 in Books (See Top 100 in Books) #113 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #296 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing #741 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

Madeline Given is a certified holistic nutrition consultant and health educator specializing in traditional foods and preparation. She works predominantly with women, helping them find the freedom of health in their ever-changing bodies. For wellness wisdom and real food recipes, visit her blog, [MadelineNutrition.com](http://MadelineNutrition.com). You can also find her on Instagram @madelinanutrition and [facebook.com/madelinanutrition](http://facebook.com/madelinanutrition). She currently lives in Santa Barbara, CA, with her husband.

Who knew? I had heard about all the cures and uses for Apple Cider Vinegar, but I never had enough resources or information to try them so I pretty much just used it to season my food. Now I did know that it was good for high blood pressure, but everything else was a mystery to me. Since reading this book I have learned so much about how I can use my large bottle of Apple Cider Vinegar. I was sent this product in exchange for my honest review.

I found this book very helpful to learning the different benefits and uses for apple cider vinegar. I never really knew all the benefits until reading this book. It is very educational and amazing book to read. I like how this book was loaded with recipes and ways to improve your health. This book has taught me things i didnt know such as using it for skin and beauty needs. I knew some of the stuff in this book but i actually learned alot from it and will try to use some of the recipes and skin and beauty needs in the near future. I received this book for free in exchange for my honest unbaised review

I just love the Apple Cider Vinegar guide. I like it so much that I ordered a few for my friends and they loved it as well. There is a lot of information on how to use the vinegar to help with certain things that a person could have. This is a must have book for people wanting to go natural with their health

This book is amazing! It is more than a recipe book because there is a ton of information about how to cure common ailments, as well as hair and skin conditions with apple cider vinegar. This is stuff that I wish I had learned 30 years ago! Also, it tells you how to make your own apple cider vinegar. I was also glad the book includes "The Dirty Dozen and Clean Fifteen" by the Environmental Working Group (EWG), which lists the fruits and vegetables that have the worst and the best pesticide loads in commercial crops for 2015. The recipes, ranging from dry rubs to chocolate cake, sound fantastic and I can't wait to try some out. I received this book free in exchange for my review.

I love home remedies! They are essential to my house hold because we are so sensitive to medications. This book was such a great reference and guide. It houses recipes, cures and more! What first caught my eye was the Beauty-enhancing recipes. Particularly the ones that treat acne, lighten sun and age spots. For my six year old I love the cures that soothe common ailments such as sunburns, skin rashes, and chapped lips! This is a great gift for a new home buyer or even new

parent as you will use many of these remedies!\*\*I received a free product to review. I was not required to write a positive review nor was I compensated in any other way.

The Apple Cider Vinegar Cure book is broken down into three main parts: Exploring Apple Cider Vinegar (which also walks you through making it from scratch), Remedies and Recipes. I really like the chart of simple remedies, it makes finding the remedy you want to try very easy. The Apple Cider Vinegar Cure book also contains a frequently asked questions section which makes locating important information very easy to find. The remedies and recipes contained in this book will be very helpful and beneficial for my family. \*I received this product for free in exchange for my honest and unbiased review\*

I love this book, I read it from cover to cover in about an hour while skimming over the recipes. The author provides a lot of information but it is done no only in an outstanding way, it is extremely interesting as well. I learned a lot of information from this book and was having a hard time putting it down. Being someone with a Gluten allergy I have had to revamp many of my recipes and oddly enough Apple cider is a huge help for someone with food allergies. It has amazing healing powers especially with diabetes, cancer, heart health, high cholesterol, and weight loss. This book takes you from the history of Apple Cider to Simple tips to making your own apple cider to its many uses and finally recipes! I use apple cider vinegar to clean around my home to baking delicious treats. It works in both savory and sweet dishes and these are covered by the author and actually divided up into Drinks, Breakfast, Condiments, Soups & Salads, Entrees, and Desserts. There's literally a recipe or use for anytime of day. Granted a lot of this info you can find all over the web but why would you want to search everywhere and discern what is fact, or opinion, or search at all when you could get all the info in one place. I would highly recommend this book to anyone. I received this book as a promotion in return for an unbiased review.

A nice book with some good information, though wasn't as in depth as I was hoping for. Good stuff in it though, which I will certainly use.

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