



Dr. Earl Mindell's Amazing Apple Cider Vinegar

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Long championed by folk medicine as one of nature's great healing agents, apple cider vinegar has been shown to help regulate blood pressure, fight infections, relieve arthritis pain, promote digestion, and even prevent dandruff! Written by a bestselling health author, *Dr. Earl Mindell's Amazing Apple Cider Vinegar* explains everything the pungent tonic can do and how you can make full use of it. The book provides documented evidence of the many benefits of making it part of a healthy diet along with numerous recipes and directions on how to make a batch of homemade apple cider and apple cider vinegar.

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