



# The Truth About Apple Cider Vinegar: Weightloss, Detox, Health & Allergies

*Cy Mann*

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**The Truth About Apple Cider Vinegar: Weightloss, Detox, Health & Allergies** Cy Mann

For many year, apple cider vinegar has been the vinegar of choice for improving health, losing weight, health, and detox. This audiobook will give you a solid overview on the benefits of apple cider vinegar as well as offer recipes using apple cider vinegar.

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