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# **Coconut Oil And Apple Cider Vinegar Handbook: Use Coconut Oil And Apple Cider Vinegar For Healing, Curing, Beauty, And Glowing Radiant Skin**

**Coconut Oil and Apple Cider Vinegar Handbook  
– Use Coconut Oil and Apple Cider Vinegar for Healing, Curing, Beauty, and Glowing Radiant Skin (Handbook ...  
Vinegar, Coconut Oil, Apple Cider Vinegar)**

Barbara Glidewell



## Synopsis

Basic home remedies are treatments that can cure or help you manage a disease with the use of spices, condiments, and other items that can be commonly found around your home or easily bought from the local market. This kind of practice has been done over the years. Living with certain conditions is manageable with items you probably never imagined have medicinal properties. Two of them--coconut oil and apple cider vinegar--will be thoroughly discussed in this audiobook. These are items that were typically used only for cooking. Check Out what you will learn by listening to this audiobook: Coconut oil and apple cider vinegar miracles Coconut oil and apple cider vinegar benefits Coconut oil and apple cider vinegar recipes Coconut oil and apple cider vinegar cures and healing Coconut oil and apple cider vinegar for health and beauty

## Book Information

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## Customer Reviews

Excellent information. I have used Apple Cider Vinegar for tons of things. Coconut Oil is a new one, but I am trying to live healthier so it is on my list.

Calling it a handbook is a real stretch since a handbook has helpful information with instructions and is a reference you would keep at hand. This makes unsupported but often generalized statements and does not offer helpful information on appropriate directions of products recommended (e.g., it states the coconut oil can be used to improve breath but doesn't state how to use it for that). Better information can be found online for free. It was not worth even the very low price.

I believe this may be the first time I have described a book as worthless. Only about half of the book -19 pages - pertains to the titled topic. In those pages, the author refers to just a few of the various uses for coconut oil (spelled correctly in the book, it appears) and apple cider vinegar, and that is all she does. There are no instructions for mixing the concoctions or how to use them. Even if this book is free, look elsewhere if you truly want to obtain useful information.

I heard about the benefits of coconut oil from a friend some time ago. I mostly was interested in it because of its nutrition and skin care benefits, so I decided to pick up Barbara's ok. After reading it through, I'm so happy to have discovered so much more than I expected. The benefits of coconut oil and apple cider vinegar are enormous, and so easy to apply! I've been using it as a natural remedy since, and have encouraged my other friends to do the same. Great read!

Coconut Oil and Apple Cider Vinegar Handbook was a very informative book. I was impressed with the amount of detail in this book. Very easy to read and fun as well. Thanks!!

This is just minimal information for a minimal amount of money. It is the old saying, "You get what you pay for". If I knew nothing about the benefits of both Coconut Oil and Apple Cider Vinegar then it would be slightly informative. At least the author could spell Coconut correctly on the cover.

Who knew? Coconut oil and apple cider vinegar seem to be the answer for your health and beauty! This book will give you a practical approach to help you take the most advantage out of this wonderful products!

This was a short "book" that was really just a list of uses. It didn't tell you how to really use it, it didn't give amounts or directions. It wasn't a "handbook" at all. It was also written in very poor English.

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