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Everything you ever wanted to know about using Apple Cider Vinegar in your daily routine is included in this boxed set. Find out how to improve your health, assist with weight loss and clean your house! You will find recipes and tips for using Apple Cider Vinegar everyday.

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66 of 68 people found the following review helpful.

I Didn't Find this Very Useful

By Heidi Barringer

The first section explains the benefits and myths of apple cider vinegar, weighing more heavily on the benefits. The positive aspect is that the book illustrates why apple cider vinegar has certain effects.

The second chapter/book begins with the assertion that there is no diet plan because as long as the person intakes 1-3 spoonfuls of apple cider vinegar before eating, all will be well. So basically, there is absolutely no point to this second section. And then it goes on to list meal plans, including the vinegar to precede each meal. That's kind of obvious, not needed, and just filler material. Then it lists recipes using apple cider vinegar.

This entire book can be summarized in one page: See a cool recipe that includes vinegar? Replace it with apple cider vinegar. There - you've just read the whole book.

23 of 23 people found the following review helpful.

Somewhat helpful

By NJ grandma of 3

Easy reading, helpful health aids, but I have read more information by just Googling "Uses of Apple Cider Vinegar."

26 of 27 people found the following review helpful.

Not a "recipe" book

By CM

If you buy this book to get recipes for specific ailments then you will be disappointed. Instead this book focuses more on the usage history of apple cider vinegar and some of the reasons there is little research on the effectiveness of touted "cures".

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