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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**

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!

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 the very low price.

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!

quick read but helpful indeed. Information were really facts and the most interesting part for me was actually the apple cider vinegar and never thought it can slows down or kill cancer cells..a revelation. Ill search more on it.

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.

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.

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.

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!!

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Skin, Renewed Energy, and the Body You've Always Wanted Making & Using Vinegar: Recipes That Celebrate Vinegar's Versatility. A Storey BASICS® Title Cider: Making, Using & Enjoying Sweet & Hard Cider, 3rd Edition Organic Body Care Recipes: 175 Homemade Herbal Formulas for Glowing Skin & a Vibrant Self Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy! The Luminous Portrait: Capture the Beauty of Natural Light for Glowing, Flattering Photographs The Hop: Its Culture and Cure, Marketing and Manufacture; A Practical Handbook on the Most Approved Methods in Growing, Harvesting, Curing, and ... Use and Manufacture of Hops (Classic Reprint) From Apple Trees to Cider, Please! Saving Your Skin: Prevention, Early Detection, and Treatment of Melanoma and Other Skin Cancers Skin Disease: Diagnosis and Treatment, 3e (Skin Disease: Diagnosis and Treatment (Habif)) The Artisanal Vinegar Maker's Handbook Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past Healing Scriptures: 300 Healing Bible Verses on the Proven Healing Promises from God's Word The New Cider Maker's Handbook: A Comprehensive Guide for Craft Producers Gemstone Healing: How to choose and use the right crystal and healing technique Essential Oils for a Clean and Healthy Home: 200+ Amazing Household Uses for Tea Tree Oil, Peppermint Oil, Lavender Oil, and More Seventeen Ultimate Guide to Beauty: The Best Hair, Skin, Nails & Makeup Ideas For You

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