

# **Apple Cider Vinegar For Weight Loss And Good Health**

## **By Cynthia Holzapfel**



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Photo by Thinkstock. QUESTION: Miranda Kerr reportedly uses apple cider vinegar on her salads to stay slim, while Megan Fox mixes it with water to "clean out her

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Cynthia Holzapfel Weight Loss and Good Health With Apple Cider Vinegar (Live Healthy Now)  
Language: English Pages: 48 Publisher: Healthy Living (July 5, 2014)

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Posted by Cynthia Holzapfel See 6 Health Benefits of Apple Cider Vinegar. Excerpted from Apple Cider Vinegar for Weight Loss & Good Health \* by Cynthia

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The question: Miranda Kerr reportedly uses apple cider vinegar on her salads to stay slim, while Megan Fox mixes it with water to "clean out her system," according to

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Dec 05, 2013 As the saying goes, "An apple a day keeps the doctor away." If you are having issues with your weight and/or mood, apple cider vinegar is a safe,

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