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Coconut Oil And Apple Cider Vinegar: 2-in-1 Book Combo Pack - Discover The Amazing Health, Beauty, And Detox Secrets Of Apple Cider Vinegar And Coconut ... - Detox - Weight Loss - Hair - Beauty)





Synopsis

Discover:: 202 Uses for Coconut oil and ACV2 best selling books for the price of 1! Do you want to look good, feel great, and discover how these two inexpensive natural substances can make a wonderful impact on your life? Well, you are in for a treat. Because I have have combined two of my best selling books to make your life easier. You are going to learn all about the miraculous health benefits of Coconut oil and Apple Cider Vinegar. By the time you are finished reading this book you will be racing to the store to pick these items up and begin implementing them in your daily life. Check out what others are sayingâ

- Lane narrates the story of coconut oil. I've heard some of the random facts about coconut oil and thought how is it possible that it's just a miracle for everything? This book really ties it all together in a unique, helpful way. It's essential to our hygiene and home--you might be surprised what products it's already in and you'll be convinced to get more of this nontoxic remedy! It actually cures a lot of different skin diseases (read how it reacts with other chemicals too). Lane spends some time on how it benefits animals. Yes, your pets can be as healthy, spry, and clean as you are.
- Treasa BaneâCoconut Oil is amazing! This book showed me all of the wonderful uses for coconut oil and how I can start using it today. The author does a great job making this book simple and easy to understand while still providing great value!
- SarahâThis is a little book filled with fantastic uses for Apple Cider Vinegar (ACV), i thought vinegar was for your fries lol. There are so many different things you can use ACV on, but the one I will definitely be trying this Summer is the one for Hey Fever. Thanks for sharing this information with us Victoria.
- K.A. LongWant to Know More?Hurry! For a limited time you can download

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TAGS: coconut oil, apple cider vinegar, coconut oil and apple cider vinegar, coconut oil hacks, apple cider vinegar benefits, coconut oil for weight loss, apple cider vinegar handbook

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Customer Reviews

Before buying this two-book set, had I read the author summary ("With the advent of self publishing I started to turn my hobby into a career and thanks to all those that have bought my books I am now proud to call my self a full time writer!"), I could have guessed that this would be an exhausting read. Like in the author summary, even including commas where needed would greatly improve the book's readability. And while the author's spelling is flawless (so far, anyway), and she's obviously patient enough to research (or financially well-off enough to buy research on) a wide subject range, her writing desperately needs professional editing. The information in the Apple Cider Vinegar half reads like a list of old-school home remedies, which have stood the test of time for a reason. But some sections of the ACV book read like they've been written by someone whose first language isn't English. The word choices are stilted and odd - and this is obvious from the very first page. In another instance, the author wrote "Drink this four times a day for an impactful relief mechanism to set in." She simply could have written "Drink this four times a day for relief", which would have conveyed her intentions without the excessive word gravel. In fact, the term "impactful" has been used numerous times, and I'm only halfway through the first book. Each time, it's made me stop to wonder if such a clunky term is even a real word. Being repeatedly forced to think about which language violation I've just witnessed, well....I'm not enjoying this experience in the least. If you're curious about what's in here, simply Google "apple cider vinegar", and get all the same tips - without the mental assault. Perhaps the unnecessary verbiage was necessary to fluff up a home-remedy

booklet and justify charging more than 99 cents. I have little leisure time to read for enjoyment anymore, and sadly, this choice has turned out to be too much like work. Instead of finishing it, I'm requesting a refund.

This is a great book for a low price! I love that these books were put together into one. There are many tips on how to use apple cider vinegar in the book that I had no idea about and they really do work. You can use it for sicknesses, calmness, cuts, hair loss, etc... There are so many ways! The author does a great job explaining how to exactly use the vinegar for everything listed in the book. I had no idea about all of the different ways coconut oil can be used for your health. I also enjoyed reading about how coconut oil can be replaced with vegetable oil when cooking, I tried this and it was delicious! There are 100 ways to use coconut oil inside. I have learned so much from this book and so happy I got it. I highly recommend this book!

Two great guides at an excellent price! I've heard about the benefits of apple cider vinegar but I never realized how wide spread its use is and how many conditions it can be helpful for, from fatigue to various aches and pains and inflammation. Coconut oil has been in the health news a lot in the last few years, going from being a bad guy to being a good guy. Now, even the mainstream health experts seem to agree that coconut oil is a good guy :), and this book explains it in detail.

I have long believed in these two products for various uses, but this book has so many "recipes" for every area of your life! Use ACV and Coconut oil and you don't need much else other than purified water and a few essential oils to benefit your health and beautify your body. Think about all the money you can save! Natural and pure: unfiltered ACV and virgin coconut oil! Use it, Love it!!

This 2 book set is a great resource for anyone who is looking to live healthier. The first book talks all about apple cider vinegar and even explains how to make your own. I am into making things for myself so I particularly appreciated that part of the book. The second book is all about coconut oil and its wide variety of benefits too. The author has done a great job of thoroughly discussing these two important and interesting topics.

This book has complete and useful information about both coconut oil and apple cider vinegar. They have so many benefits to our health. They are great and we can use them in our daily life. The recipe in this book is easy to understand. The ingredients are easy to find and the procedures are

easy to follow.

I didn't know apple cider vinegar and coconut oil can be used in so many more ways aside from cooking. This book is very informative and helpful for people who are interested in all-natural and organic remedies. Very economical yet very effective. Good read!

These 2 books are amazing. I'm glad that I got them for this price as they contain very valuable information that can and will help me improve my health. Coconut oil and apple cider vinegar are must have for each one. Highly recommend it

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