



# Cider Vinegar (Overcoming Common Problems)

*Margaret Hills*

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## **Cider Vinegar (Overcoming Common Problems)** Margaret Hills

Many thousands of people take cider vinegar every day, because they find it can help their symptoms of arthritis, joint pain, gout, diverticulitis and other troublesome complaints. Cider Vinegar is for anyone who is concerned about their health, and wants to be sure they use natural remedies safely - here are the facts without the hype. This practical book • explores how cider vinegar works • explains who can take it • shows how to use the treatment at home, including quick reference for symptoms that need medical attention • explains what to expect • details warnings for anyone who shouldn't use it • provides advice about motivation and maintaining effective change for a healthier lifestyle.

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