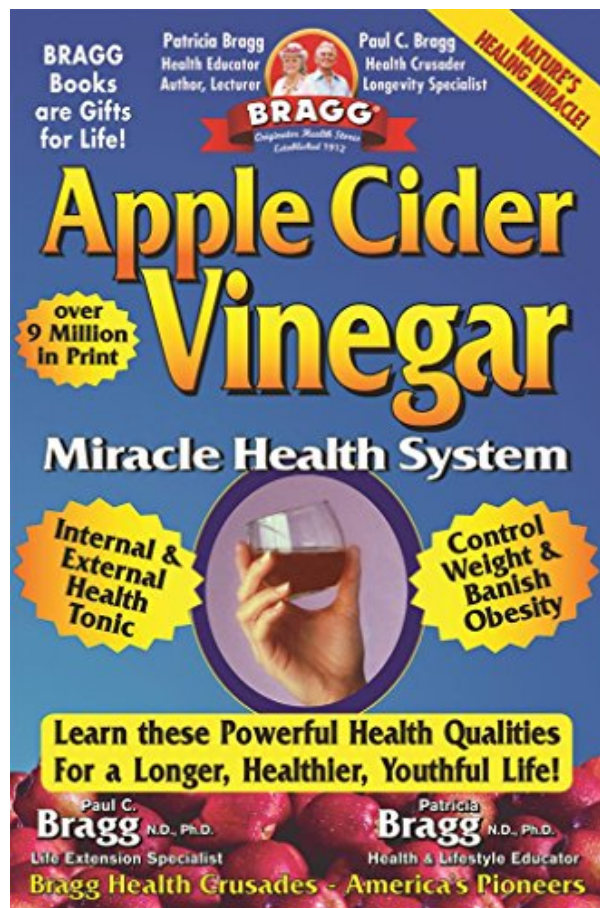
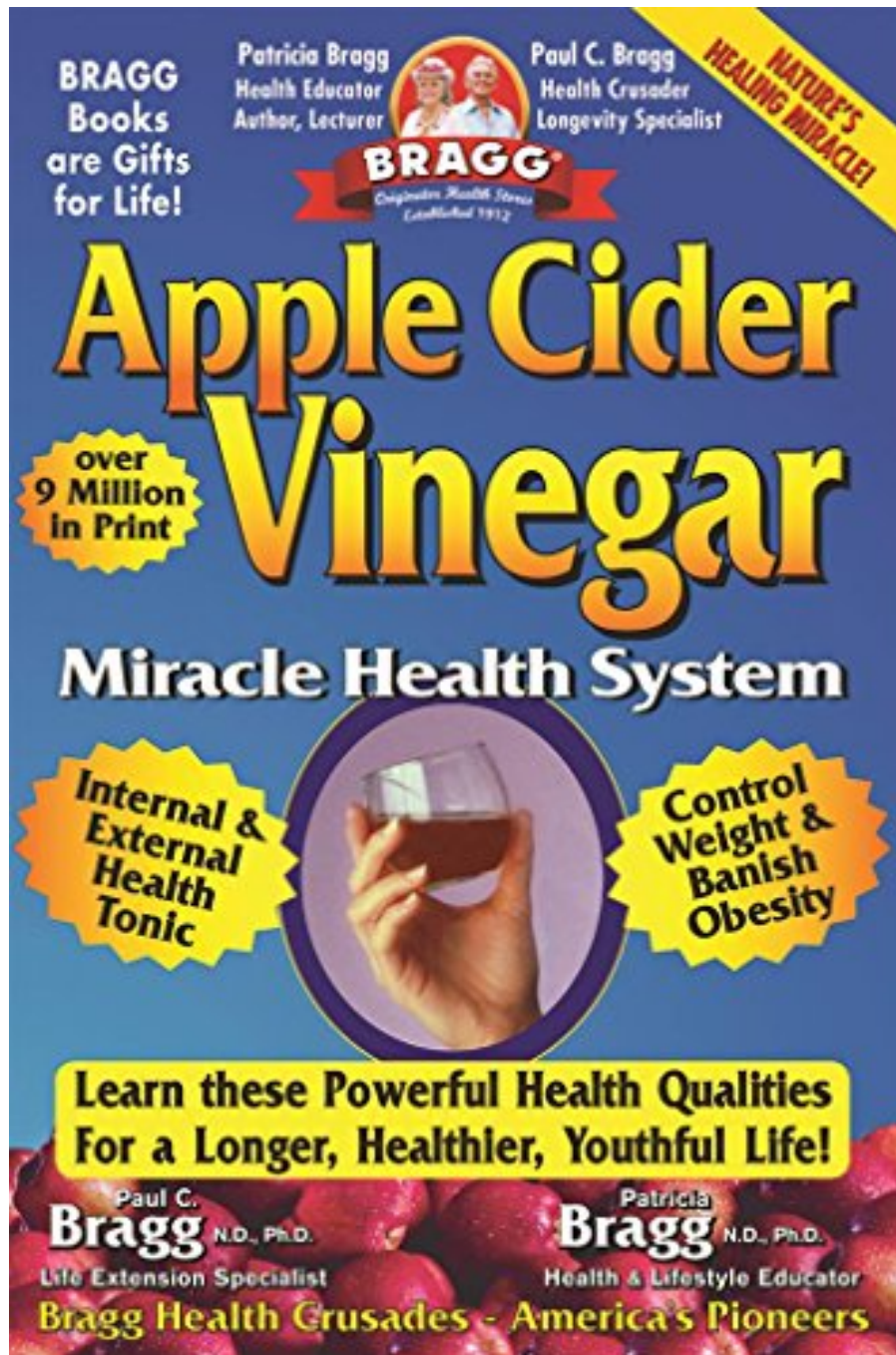


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Explores the miracle health benefits of organic, raw apple cider vinegar, a natural detox, antibiotic and antiseptic that fights germs and bacteria.

- Sales Rank: #7821 in Books
- Size: One-Size
- Color: blue
- Brand: Books - All Publisher Titles
- Model: A265
- Published on: 2008-04-09
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.09" h x .38" w x 6.15" l, .44 pounds
- Binding: Paperback
- 136 pages

Features

- Explains all of the different health benefits apple cider vinegar offers
- Over 6 million copies in print

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586 of 610 people found the following review helpful.

Great book, even better vinegar

By Drew Canole

[[VIDEOID:mo3J24UCLGSEAQI]]So my review is more about Bragg's vinegar than it is the book, but I highly recommend this book if you're considering adding apple cider vinegar to your health regimen. As the author of the book: Juicing Recipes From Fitlife.TV Star Drew Canole For Vitality and Health I know a few things about natural ingredients for health and weight loss.

This book and Bragg's vinegar are a perfect combination for anyone looking for a product that, quite frankly, produces some pretty miraculous results if you're already trying to eat healthy and live a fit lifestyle. If you drink Bragg as a chaser from a donut binge, well, not sure if anything can help you. :)

FYI, I am not sponsored by Bragg and I have no financial incentive to endorse this product. I do it out of love for what they produce and stand for as a company.

19 of 20 people found the following review helpful.

Doubtful about some of the claims in light of information on author

By Roady Jane

I love apple cider vinegar and I know its healing properties are astounding. I bought this book to learn more about the uses. I was disappointed that it was a rambling mess and much of it was about things like fasting and exercise instead of just a succinct set of uses for ACV. I started reading it with enthusiasm but then Googled Paul Bragg and found out that he was apparently a huge liar. He lied about his age by about 15 years so that he would be able to tout his health program as being a fountain of youth -- he claimed he was much older than he was so that people would be impressed and buy into his claims (so did his "daughter"). He also claims in the book that he was raised on an apple farm and lived off of ACV and healthy food. Later it says he lived on a farm and ate terribly -- lots of meat and other things that made him ill. In reality, records show his dad was a government printer, not a farmer, so that's a bit strange. If you Google, you can find more weird stuff out about him and his apparent lies (I do realize that some of that could be inaccurate). So after finding all that out, I really took the contents of this book with a grain of salt, which Bragg would have hated since he is, after all, quite opposed to salt.

This book did not seem very well organized and did not flow at all. The Kindle version is hard to scan through in order to find what I was interested in, so I switched to my computer where I could see more at once and scan more easily. I felt like it repeated things all over the place and had random quotes stuck in between paragraphs. This made it hard to follow on Kindle.

I still love my ACV and believe in it, but this book was unhelpful to me.

5 of 5 people found the following review helpful.

Save a tree and don't buy this book

By Nocturnal

This book is nothing more than an infomercial in print. All it is is pushing Bragg's Apple Cider Vinegar. You have pages and pages and pages of testimony from people who swear it works, made them look younger, whatever, and pages and pages of the author bragging about the miracles cures his Apple Cider Vinegar has done (like ACV never existed prior to Bragg inventing it). There is so little real information in this book it's now in my recycling bin so at least it'll have some redeeming quality to it. Whatever information you may need about ACV, just do a web search and find out your answers; you do not need this book (and just think of all the trees you'll save).

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