



# Apple Cider Vinegar and Coconut Oil: How to Improve Your Health, Rejuvenate your Skin, and Lose Weight

*Ben Night*

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## **Apple Cider Vinegar and Coconut Oil: How to Improve Your Health, Rejuvenate your Skin, and Lose Weight** Ben Night

Apple cider vinegar has recently grown in popularity and has received praise for being a miracle supplement. Many apple cider vinegar drinkers are reporting weight loss, fewer digestive issues, and improved blood flow and clarity. This book will teach you the truths, fallacies, and data behind apple cider vinegar. We will cover the numerous benefits, research, and facts that have been reported by people who use apple cider vinegar daily.

Nutritionists and health professionals from all over the world have long praised the benefits of coconut oil in a regular diet. Coconut oil is regarded to be a superfood because of the wide variety of nutritional benefits that it contains in every relatively small portion of the food. Individuals can expect to enjoy benefits such as improved metabolic function, general fat loss, and improved cognitive focus. Consider some of the following advantages that scientists have found coconut oil to have, and see how you can benefit by including the food into your regular diet. Before we dig deeper into the benefits of coconut oil lets first take a look at why everyone is talking about this superfood!

Join the crowd and download now!

This book will cover:

- An Introduction To Apple Cider Vinegar
- Apple Cider Vinegar Benefits
- How to Add Apple Cider Vinegar To Your Life
- Weight Loss and Apple Cider Vinegar
- Apple Cider Vinegar and Skin Care
- Apple Cider Vinegar and Topical Application
- Apple Cider Vinegar and Circulation
- Cooking With Apple Cider Vinegar
- 10 Other Uses for Apple Cider Vinegar
- Final Word on Apple Cider Vinegar
- Why Everyone is Talking About Coconut Oil
- Which Type of Coconut Oil Should I Choose?
- Coconut Oil and Hair Care
- Skin Care with Coconut Oil
- Coconut Oil and Rashes
- Coconut Oil and Arthritis
- Coconut Oil and The Battle Against Alzheimer's
- Coconut Oil and Acne
- Coconut Oil and Allergies
- Thyroid Issues and Coconut Oil
- Coconut Oil and Diabetes
- Coconut Oil - The Natural Regulator
- What About Coconut Water?

## **Apple Cider Vinegar and Coconut Oil: How to Improve Your Health, Rejuvenate your Skin, and Lose Weight Details**

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## **From Reader Review Apple Cider Vinegar and Coconut Oil: How to Improve Your Health, Rejuvenate your Skin, and Lose Weight for online ebook**

**DEBORAH TAPP says**

**Some great info for diabetics and possibly prevention of other serious health issues.**

I am searching for natural help for diabetes and other health issues. I will certainly try some of the ideas presented in this book.

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**Carol Greenwood says**

**ALooking for healthy alternatives**

My mother believed in Apple Cider Vinegar. I remember a sunburn from Daytona Beach and only a sheet with a good dousing of vinegar on the sunburn. I have started using the old ways of my youth again. A good resource for making your own products.

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**Candice says**

**Nice book for its size but lacking in recipes for the vinegar side.**

It does have more than a few recipes for the coconut oil, but nothing you can't find with a quick Google search. I was hoping for some new information. Still, I can't complain, it was free.

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**Sasz Herrmann says**

**Poorly written and nonscientific**

This book makes a lot of claims that it says are backed up by studies, but it doesn't actually cite any of these studies. There's no indication of evidence for the claims it makes. However, there are a lot of good recipes in the book, so I'm giving it two stars.

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**moxieBK says**

Repetitive in many places. Could have been organized better, like: list recipes and then talk through what those recipes can do.

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Didn't really like the breakup of the book between ACV and coconut oil, which again, seemed to give same ideas only using different ingredients.

Best section of the book was the recipe for insect repellent.

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### **Susan Sigourney says**

#### **Provides many benefits from consuming apple cider vinegar and coconut oil**

This book is made up of two parts, apple cider vinegar and coconut oil. I keep both in my cupboard and put a spoonful of coconut oil in my coffee every morning, so I was interested in reading more ways to use them. I also do the no poo method of washing my hair with baking soda and water and using an apple cider vinegar and water rinse which is mentioned in the book. There are many very good reasons for using both which I plan to incorporate. Both products are good for your hair, skin and internal system and are organic and natural without harmful chemicals and additives. I took one star off because the part about apple cider vinegar has much redundant information which became annoying after a while, but otherwise I recommend this book as a good addition to your library.

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### **Charlotte Baker says**

#### **Full of interesting facts**

I knew acv and coconut oil are great for your health, this book just makes exactly how great easier to understand. There are some really good recipes as well .

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### **Sara Goldenberg says**

Downloaded it for free and read it on my phone in the train. If you want to drink apple cider vinegar, it has health benefits. I'm going to try the cold tea. The book discusses many uses for hair and skin, which don't interest me.

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### **Kathleen says**

The Kindle edition of this book was free to me from Amazon through BookBub. I gave it four stars. There were a lot interesting comments and claims on the health benefits of apple cider vinegar and coconut oil. I have not tried any of the recipes. However, I have put coconut oil on my hair several hours before shampooing it, and was very pleased with the results. The coconut oil seemed to hydrate my hair and made it shiny and feel silky after shampooing.

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### **keysha tipton says**

### **Really good tips and explanations**

I've read many blogs about the benefits of coconut oil but few broke down the reasons that it was suggested for use. This book combines both Apple Cider Vinegar and Coconut Oil in an easy to read guide, with suggestions of amounts. Very pleased with this book.

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### **Grant Jackson says**

The recipes are useful but I didn't find this very short book fun to read. Also, I question some of the claimed health benefits as there are no references to back them up listed in this book. Alternatively, we are talking about food. I'm pretty sure you won't hurt yourself by spreading food on your body.

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### **Elizabeth says**

#### **Good Information But Poorly Written.**

This book looks as if someone ( maybe Ben Night) cut and pasted stories and facts found on the internet.

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### **Leslie Stahl says**

#### **I'm going coconuts!**

This is a wonderful, well written, comprehensive book on the uses for apple cider vinegar (ACV) and coconut oil for our health and enjoyment.

This is a scholarly work, but the material is presented in a straightforward, easy-to-read format. It is clear that the author did his due diligence in researching the material, but this is also a subject that is close to his heart and

The book would have been improved by the inclusion of a few easy-to-make recipes that relied heavily on coconut oil and ACV. For example, a chicken stir fry where the chicken was marinated in ACV and cooked in coconut oil, or a large dinner salad dressed in a simple homemade oil and vinegar dressing made of these two ingredients and some herbs and spices compatible with the main dish.

A very enjoyable read that is chock full of useful information. The book would have benefited greatly from the assistance of a designer to improve the layout with graphics, some photos, and bulleted lists.

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### **Thomas says**

I picked this up when it was k ffered free on Amazon for a few days.

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It's an interesting book about how we can use these to improve our health. The author makes a habit (a good habit) of stating if studies were inconclusive and reminding us to see a physician for serious issues.

I started using raw organic apple cider vinegar a few years ago for arthritis. It worked well, especially in my hands. I've slacked off in the last years and joint pain is back.

This book has reminded me of that benefit as well as other uses. I've not done much with coconut oil, but, since I have cholesterol issues, I'm going to give it a try in my diet. I'm not a fan of pills for every little thing.

Overall it's well written and organized. There are very few typos and they don't detract from the message.

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### **TracyG says**

Very basic stuff you can get from net.

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