

**Apple Cider  
Vinegar &  
Baking Soda 101  
for Beginners**

BJ Richards

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## Dedication

*Thank you, Carl, for all your support.*

*And to my little fur children for keeping me sane.*

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# Introduction

Why are you here? And why this book?

Probably, you've heard all the buzz about apple cider vinegar and want to find out if it's true. You've been online going through the thousands of articles and are overwhelmed with trying to figure out what's what and who has the most accurate information.

You want to know if ACV can help you with your issues. You may be dealing with diabetes or gas and bloating. Or maybe, you want to lose weight and you're tired of all the expense and inconvenience of trying thing after thing and getting nowhere. You want something natural that doesn't cost a fortune and can get you some help sooner, rather than later.

If that's the case, then you're in the right place.

I'm going to give you the facts, as best I know them, with several ways to start using ACV today. So, no more waiting and no more nonsense.

There are hundreds of articles and books out there and it can be daunting trying to go through

it all. Well, now you don't have to. I've done it for you. So, keep reading and welcome to the world of Apple Cider Vinegar (ACV).

# Chapter One

## Apple Cider Vinegar as A Super Food

In this chapter we'll cover what raw apple cider vinegar (ACV) is and some of the main reasons it can be such a boon to your health.

The list of super foods is growing. A super food contains a high number of essential nutrients that when consumed regularly, can have a positive effect on your health. Hardly a week goes by without another super food being championed by the media.

Why do we need super foods? In a nutshell, the typical diet is low in essential nutrients. Manmade processed foods are convenient and easily available but tend to be low in essential vitamins and minerals. Without vitamins and minerals, your body won't function properly, and your health is likely to suffer as a result.

Super foods such as pure cocoa, blueberries, green tea, spinach and maca are promoted as having amazing health qualities, but the newest