

The Coconut Oil Miracle - Health Benefits, Weight Loss, Recipes and More: Over 40 Delicious Recipes for This Amazing Oil



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Reviews

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The Coconut Oil Miracle - Health Benefits, Weight Loss, Recipes and More is for anyone who wants to improve their health, make their skin look great, have shiny, silky hair and feel fantastic using a perfectly natural and health oil! Coconut oil is a much misunderstood oil after a smear campaign run in the first half of the 20th century when its use was curtailed in favor of the more unhealthy vegetable oils. The Western world is just starting to rediscover coconut oil and just how many benefits it has! From lowering cholesterol to aiding digestive disorders to fighting the signs of aging and making your hair thick and shiny! The beauty and cosmetic industry has also discovered the benefits of coconut oil and it is now found in many beauty and hair care products. This book is your complete guide to coconut oil, telling you everything from what it is to how to use it and more. As you read this book you will discover the different types of coconut oil and how to use it to your benefit. When you read The Coconut Oil Miracle - Health Benefits, Weight Loss, Recipes and More you will discover: - The Health Benefits of Coconut Oil - find out how many different ways coconut oil can benefit your health and why many people are calling it a miracle oil! - Types of Coconut Oil - learn about the different types of coconut oil and the applications of each type - How and Where to Buy Coconut Oil - discover where you can buy coconut oil and what to look out for when you buy it - Amazing Uses...

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