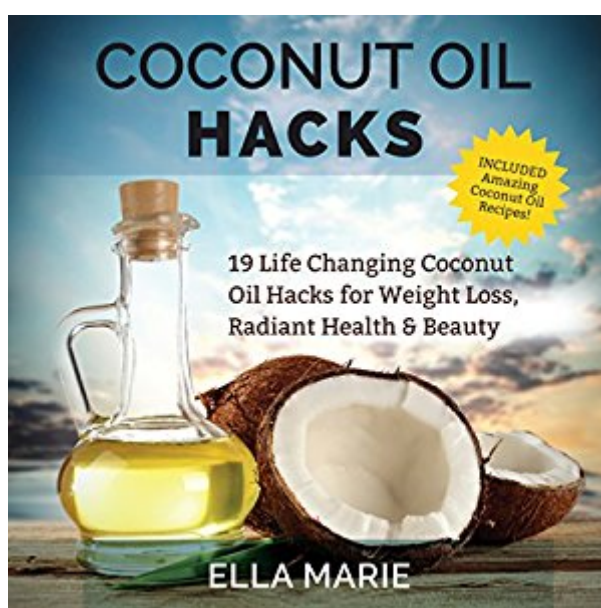


The book was found

Coconut Oil Hacks: 19 Life Changing Coconut Oil Hacks For Weight Loss, Radiant Health & Beauty Including Amazing Coconut Oil Recipes



Synopsis

Coconut oil is one of the few foods that can be classified as a superfood. Coconut oil can have such a profound positive effect on your overall health. This includes fat loss, better brain function, and so many other amazing benefits! Maybe you've already made the switch to coconut oil in your kitchen, but did you know that coconut oil is basically the very best and healthiest cosmetic product in the world as well? In Coconut Oil Hacks, you'll discover exactly why you should be eating more coconut oil daily - plain and simple! Here is a preview of what you'll learn: How coconut oil can boost your metabolism! How coconut oil can increase your energy levels! How you can burn calories while you sleep! The best way to lose belly fat Coconut oil cosmetic recipes Coconut oil for dental health How you can curb sugar cravings with coconut oil And so much more! Not only is coconut oil the very best oil to cook with, it also has so many other uses that need to be discussed if people are to change their health for the better. And rest assured you will get all the information you need in this book and then some! Coconut Oil Hacks mentions why coconut oil is pound for pound one of the best foods you could be incorporating into your diet today! The time is now to take control of your health. In fact today is the first day of the rest of your life, so take full advantage of it.... It's now time to unleash your full potential!

Book Information

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Customer Reviews

I have read many books and articles about coconut oil. This has by far been the most informative. So skip all that other reading and begin here! You can use the time to ingest and apply more coconut oil- great recipes for body butters, lotions, deodorant and more- requiring very few

ingredients! AND why you should be using these instead of store bought--- great book :)

If you are new to coconut oil I would recommend reading this book. Not much for a researched pro with coconut oil but may provide some inspiration to an old method or use that has fallen out of practice

Enjoyed the book. Enough technical info without being going overboard. Found the recipes interesting and wished there were more of them.

Lots of info I didnt know.I would recommend this book to anyone who wants to improve their health

Coconut oil is great... I use it for hair, health and cooking...

Good stuff. We use it for both oral health and for cooking.

basic info, common knowledge. good free book to read if you have 20 mins to kill.

Really useful and handy to have. Lots of good information

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