



I Love Coconut Oil: 56 Simple Tips for Everyday Use (Paperback)

By Cricket Desmarais

Sea Star Press, United States, 2011. Paperback. Book Condition: New. 202 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****. *Please note that this guide was compiled published before the mass explosion of information on coconut oil throughout the web. If you prefer to have everything you need to know about the benefits of coconut oil some immediate safe ways in which to begin using it in one platform- then this guide is for you. Here s to your health happiness! xo Cricket Desmarais If you were offered a simple, low-cost, non-toxic, all-natural method towards wellness, would you take it? A prescription-free, over-the-counter remedy with dozens of practical applications that would optimize your health? No such thing, you say? Well, consider the coconut- or more specifically, the oil that comes from it. Yes, coconut oil! An age-old tropical topical and ingestible antidote for more than just a few ailments, this curative oil has innumerable benefits. Immune boosting, skin protecting, digestion improving, anti-aging, weight loss stimulating and disease preventing are just a few of the therapeutic properties of what some nutritionists call the perfect food. But what about all that FAT, right? This is one saturated fat...



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