

# COCONUT OIL

*for Health and Beauty*

Includes  
75  
Delicious  
Recipes

*Uses, Benefits, and Recipes for Weight Loss,  
Allergies, and Healthy Skin and Hair*

— SIMONE McGRATH —

Simone McGrath

## Coconut Oil for Health and Beauty: Uses, Benefits, and Recipes for Weight Loss, Allergies, and Healthy Skin and Hair



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the huge benefits, uses, recipes, and insightful facts— as well as tips about how to use coconut oil for skincare, hair care, and recovery! Coconut oil can be an amazing substance which has many wellness benefits. It can benefit with weight loss, allergies, skin and medical issues, and much more. this guide will educate you on all about this healthy oil, including: s recommended in many health programs and diet programs, especially the Paleo and natural food diets—and many folks are discovering that it' How coconut oil is made How to make it at home Skin care recipes for encounter and body Hair care recipes for damaged, dry, or flaky hair Dietary benefits— With complete information on everything to do with coconut oil— Discover 75 delicious recipes— It's easier to use in food preparation than other oils. and recipes for meals, smoothies, desserts, and more Coconut oil as medicine Common misconceptions And much more



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The writer even describes how exactly to crack open up a coconut without producing a mess and steps to make coconut oil from the grated meats of coconuts. Extremely complete and useful I have purchased several books on coconuts and coconut oil and this one does the best work of telling the reader specifically how to use coconut for food preparation, body care, and as a do-it-yourself solution for several health problems. Full of great info! Recommend this book! I acquired this book because I have a whole lot of skin issues. I heard that coconut oil is great to help with skin problems. Highly recommend this publication to everyone who has health problems. I've tried the coconut oil locks mask and I also use the coconut oil directly on my skin, and also have a spoonful internally every day - it has helped my pores and skin so much and I tell everyone I meet about how exactly great coconut essential oil is! Informative guide Great ideas that basically work. Would recommend to anyone wanting to know about the uses of coconut essential oil. Coconut Oil may be the bomb! Good book. The publication was not trustworthy. Recommended. I've come to love coconut oil and this book has the right information I've come to love coconut oil which book has some good information. Five Stars Great book!!! Not really a reputable book There were a lot of recipes, I liked the books organization. There is no dietary data. I really disliked that the author made all kinds of health statements without establishing herself as an authority or cite any references. Great little book! Four Stars Perfect Four Stars Fairly informative. Three Stars It was okay but I'm not into coconut oil .



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