



COCONUT OIL

Bible

BOXED SET

Speedy Publishing

Coconut Oil Bible: (Boxed Set): Benefits, Remedies and Tips for Beauty and Weight Loss



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This boxed set gives you information on the types and history of coconut oil and also internal and external uses for coconut oil.



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?I have heard lots of buzz lately about how good Coconut Essential oil is, but until I read the information in this set of books I didn't really know much about it. I must say I enjoyed the comparison of coconut oil to other natural oils, I loved the step-by-step description of how coconut oil is made and utilized, and I really appreciated the difference in learning what each kind of coconut essential oil does. It fascinates me how coconut oil can be used for a wide variety of things, many of which I would've hardly ever known about until I browse this publication! This reserve is a new favorite of mine on my iPhone Kindle and I will continue steadily to reference that everyone I understand for any ailment there's because, apparently coconut essential oil might help with everything! It is rather concise and very readable, while still featuring lots of support and great fine detail. The book itself nevertheless is very well-written. I look forward to reading other books from this author as well and I would highly encourage anyone thinking about learning more about coconut essential oil and its natural remedies to read this book. Wonderful GROUP OF Books! 'Coconut Oil: The Numerous Advantages', 'Coconut Oil Quality recipes', and 'Coconut Essential oil - Nature's Wonder Treat'. It has so very much info + a number of recipes. I came across the book Coconut Essential oil Bible to be extremely informative and useful. One Star makes it seem like you are obtaining an in depth book - but its several pages of basic info I'm not really a big reader, but for a Bible (reference) We expected more technical information and a more technical writing style. This wonderful group of books is so readable even without a Kindle! Each publication is packed with info that is easy to read and understand.!' This book is normally written in chapters that give a synopsis of Coconut Oil, Benefits of Using Coconut Oil, Outlines the many Types of Coconut Oil, How Coconut Oil can be Used for Skin and Hair care, How Coconut Essential oil can help with Weight Loss, and How Coconut Essential oil can be Used to Improve Overall Health. Once again, terrific recipes are included after all this awesome information. The second book 'Coconut Oil Recipes: Coconut Oil For Weight Loss, Health and Beauty' explains 'The Great things about Coconut Oil to Weight Loss' by explaining how it increases metabolism, how it makes you feel full, suppresses the appetite, and detoxifies the body. Wonderful quality recipes for weight loss are included in the end of this great information. The book then explains 'The Benefits of Coconut Oil to Health' by informing how Coconut Essential oil contributes to heart and brain health, how it helps to prevent and fight off contamination, how it improves the health of the mouth, pores and skin and hair, and how it plays a part in bone health. Awesome recipes for good health are included after all of the wonderful information. Another chapter of the book explains 'The Benefits Coconut Oil to Beauty' in how it keeps the skin moisturized, treats acne and acne scars, prevents and treats locks harm, how it protects the scalp from dandruff, and how it treats pores and skin disorders. I came across this book to be very informative and it provided me an excellent understanding of the advantages of Coconut Oil. The third book 'Coconut Oil - Nature's Wonder Cure' explains How Coconut Oil Revitalized The Body. This reserve explains What Coconut Essential oil can be and where it originated, processing, uses, cooking food, personal uses, and medicinal purposes. Again, you can find recipes included at the end of the chapter. Seriously- It certainly only needs to say rock hard once; I received the product for free to test and in exchange provide an honest and unbiased review. I am so glad I have this Coconut Oil Bible: (Boxed Established): Benefits, Remedies and Tips for Beauty and Weight Loss because it is so chock complete of information regarding Coconut Oil along with how to use it and it includes a lot a good recipes for both exterior remedies and good cooking! I definitely recommend this book collection to both those not used to Coconut Essential oil and the more advanced users!

What an incredible book! actually a far more technical approach would be more appropriate. The recipes are definitely a good addition. The first book 'Coconut Oil: The Numerous Advantage' explains 'How Coconut Oil Can Help Keep You Healthy. Before scanning this book I had simply no idea what coconut oil was for/can do until now. Recommend this reserve to everyone. Could it be frozen? I wouldn't wish my child scanning this section for a class report on coconut oil. I've this great Coconut Oil Bible downloaded to my Samsung Galaxy Notice 5 and I am in a position to go through it with the Amazon Kindle App. I 101% recommend this book, trust me You will not regret it ; -) Very informative- perfect info for the residential marketplace. To the author/customer: While there was a strange reference to Western countries like Asia and wellness that left me puzzled, and the Veggie omelet recipe forgot to use the coconut oil, those are easily overlooked as this book consists of a "wealth" of interesting knowledge that could otherwise consider at least a day to get myself with Google queries. Still, it reads similar to an advertisement article that I would be prepared to see in the Costco Connection or a Wiki. The index inside the cover lets you click to the book you need to read; It could have burning, evaporating, and melting temp, etc of the different types of processed oil. Why does the oil only have got a 2yr shelflife?. Use for sex lifestyle section is very repetitive. I'm blown away with all that I've learned concerning coconut oil & There's so much good info in this publication that I can not give more than enough credit to the author for putting all this details in a clear, readable format.! What I Wanted to know is definitely if the rumors are accurate that it is safe as an intercourse lubricant. The Coconut Essential oil Bible lives up to its name! The recipe section could easily provide a substitution guideline for cooking food with the oil. For example any recipe that demands oil plus glucose or essential oil plus vanilla would probably adapt well to using this stuff. The stuff I bought smells/tastes like coconut. I'm providing you my honest opinions and got this book for free to review. Really good info Another hit. Utilize it often for reference and offers great info. Great product Ok read Oils for health I would like to see some scientific references to back up the promises and validate the info.! The books include useful methods to use coconut oil. Five Stars Fun way to enjoy coconuts. Really good ideas. Four Stars Love Coconut oil! Five Stars I enjoy reading this book lots of knowledge You will learn a lot Using it a whole lot for medicinal purposes and have discovered more about coconuts than I thought possible.. These books are therefore Awesome!



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