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# Coconut Oil & YOU: 10+ Recipes For A Beautiful, Healthier, Leaner, More Energized YOU! Weight Loss, Youthful Skin, Beautiful Hair, Anti-Aging, Increase ... Psoriasis, Increase Energy & Brain Power)





## Synopsis

Buy this informative book about Coconut Oil's miraculous healing properties and nutritious recipes that you can start using right away! Here're just a few of the amazing healing effects that Coconut Oil has on our body, it:Increases Your Metabolism, Beautifies The Skin, Slows The Aging Process, Reduces Wrinkles And Scars, Grows Softer, Shinier, Longer, Healthier Hair,Improves Brain Functionality,Dramatically Improves Psoriasis,Fights Lyme Disease, and the list goes on.This 5 Chapter ebook on Coconut Oil's nutritional, medicinal, beauty and health properties is simply amazing. There is absolutely nothing this oil cannot help in some way. There are also several fabulous fast and easy homemade recipes using coconut oil for all parts of your body inside and out. You have to check it out for yourself! Amazing stuff! You're going to ask yourself how you lived without it.Download your copy of Coconut Oil & "YOU" now, so you can enjoy the immense benefits today!

## Book Information

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## Customer Reviews

I find myself to be new to the coconut oil and all of its benefits. I did not know that it was now considered a superfood. All of the things we can do with coconuts is amazing. The one part about making flour with it I liked, and also the picture containing the coconut with all the layers. This book also talks about the history dating all the way back to B.C time. Coconut is good for your hair, skin, weight loss, immune system, and digestive system. Scientists and doctors are even using coconut oil for diseases such as kidney care, liver care, dental care, bone care, diabetes, HIV, and even cancer. The book was a real eye-opener for me and it will do the same to anyone looking to get into coconut oil

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