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The Coconut Oil Solution: A Book Of Natural Remedies For Weight Loss, Detox, Beautiful Hair, Glowing Skin, Plus Recipes For Delicious Eating With Organic Extra Virgin Coconut

THE COCONUT OIL SOLUTION

A Book of Natural Remedies for Weight Loss, Detox, Beautiful Hair, Glowing Skin, Plus Recipes For Delicious Eating with Organic Extra Virgin Coconut



ANNETTE JAMES



Synopsis

You Too Can Improve Your Health, Lose Weight, And Look Better With Coconut Oil! One of the most popular natural health products available today, coconut oil is changing lives in more ways than you can imagine. Used for thousands of years in traditional Ayurvedic medicine, coconut oil is making waves today because of its ability to safely help people lose weight, improve digestion and appearance of skin and hair, provide healthy energy and beneficial fat for the body, treat skin conditions like psoriasis and eczema, fight infections, combat ulcers, and might even be the answer to ending Alzheimer's! Annette James, author and Ayurvedic expert, explains how coconut oil works while walking you step-by-step through its numerous practical uses in her newly acclaimed book, *The Coconut Oil Solution*. Among the topics covered James' book are: How And Where To Purchase Coconut Oil, The Difference Between Liquid And Capsules, Why The Fat In Coconut Oil Is Good For You, How To Lose Weight With Coconut Oil, How To Reduce Cholesterol, Heart Disease, and Risk Of Stroke With Coconut Oil, Why Coconut Oil Can Help You Boost Your Metabolism, Helping Manage Diabetes Naturally With Coconut Oil, The Possible Coconut Oil Cure For Alzheimer's, How To Use Coconut Oil For Better Hair And Skin, Health and Beauty Recipes With Coconut Oil, Delicious Recipes With Coconut Oil Including Smoothies, Baked Goods, And Healthy Meals. Now is the time to discover what coconut oil can do for you! Don't make yourself wait another day -- buy *The Coconut Oil Solution* today!

Book Information

File Size: 2805 KB

Print Length: 56 pages

Simultaneous Device Usage: Unlimited

Publisher: Silver Bullet Books (August 5, 2013)

Publication Date: August 5, 2013

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B00ED2YVQ0

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #439,673 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #79

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Customer Reviews

Learned more about my favorite oil. Coconut oil makes a fantastic deodorant that is not unhealthy for your body. Plus it is cheap and easy to make and lasts longer then chemical filled store brands. If you want to rid yourself of chemicals then read this excellent book.

As a family that is making the switch to using coconut oil, we were more than pleasantly surprised at the breadth and depth with which the author cover the uses of coconut oil. Also, with a family history of Alzheimers, that section was a definite encouragement!

This guide to coconut oil is a great way to start out when you don't know much about the oil and its benefits. It talks about great ways to revitalize your skin and hair, as well as ways to get your body back into a healthier lifestyle. Coconut oil blocks harmful rays from the sun when applied to the skin, and it decreases wrinkles and spots as well as moisturizes better than most products on the shelf. I also plan to use the recipes for delicious dishes with coconut oil, because it has many health benefits from cognitive repair to weight loss and increased energy. Virgin coconut oil is antifungal, antibacterial, and antiviral. A top-notch book for those unfamiliar with coconut oil, and one that's sure to have new ideas and recipes even for old pros!

I am already a coconut oil user but this was great for support and new ideas. Some great beauty recipes too!

A very persuasive book on the health benefits of coconut oil. Made me go to Costco and spend \$16.00 on a large jar of virgin coconut oil...probably should have shopped around for a smaller size, cheaper container...don't know if I will be able to use up this large jar. Looked up recipes on the Internet because I'm not into smoothies and also the recipes sometimes called for solid coconut. I didn't want to buy another form of coconut...spent enough already. But really a good, informative

book and free on kindle.

Lots of advice, some works well.

I bought a jar of coconut oil at BJ's and I thought it was just for sautéing food. Then I found this informative book and was introduced to all of the benefits that coconut oil has. I am trying to eat healthier and I think this coconut oil will help me do just that. The writer did a good job and was very knowledgeable. There was a lot of info crammed into this small book.

A good source of information concerning the uses of coconut oil. Includes recipes for internal and external uses. I am going to try the raspberry tart and facial cleanser. I already use it for some cooking, now I will modify more of my cooking to include coconut oil. Thank you!

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