



# The Coconut Oil Cure: Essential Recipes and Remedies to Heal Your Body Inside and Out

*Sonoma Press*

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## **All You Need to Take Advantage of Coconut Oil's Many Health Benefits**

With *The Coconut Oil Cure*, you hold the key to improved health and beauty using a tropical fruit prized for its healing properties and versatile applications. In addition to delicious recipes that help you lose weight and lower inflammation, you'll find step-by-step instructions for creating natural, effective remedies like healing massage creams, therapeutic skin treatments, and sumptuous anti-aging potions.

A handy shopper's guide to ensure you purchase the right type and quality of coconut oil for your personal needs

Plus, you'll find ten bonus recipes from the bestselling *Paleo for Beginners* by Sonoma Press to help you achieve your best health by eating like your ancestors.

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### **From reader reviews:**

Catherine Walters:Playing with family in the park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try matter that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The Coconut Oil Cure: Essential Recipes and Remedies to Heal Your Body Inside and Out, you are able to enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't have it, oh come on its identified as reading friends.

Lauren Barnett:Reading a book for being new life style in this yr; every people loves to study a book. When you go through a book you can get a great deal of benefit. When you read guides, you can improve your knowledge, because book has a lot of information into it. The information that you will get depend on what types of book that you have read. If you need to get information about your review, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, as well as soon. The The Coconut Oil Cure: Essential Recipes and Remedies to Heal Your Body Inside and Out will give you new experience in examining a book.

Cheryl Burnett:Many people spending their time by playing outside with friends, fun activity together with family or just watching TV 24 hours a day. You can have new activity to invest your whole day by reading through a book. Ugh, you think reading a book will surely hard because you have to bring the book everywhere? It fine you can have the e-book, bringing everywhere you want in your Mobile phone. Like The Coconut Oil Cure: Essential Recipes and Remedies to Heal Your Body Inside and Out which is obtaining the e-book version. So , why not try out this book? Let's find.

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