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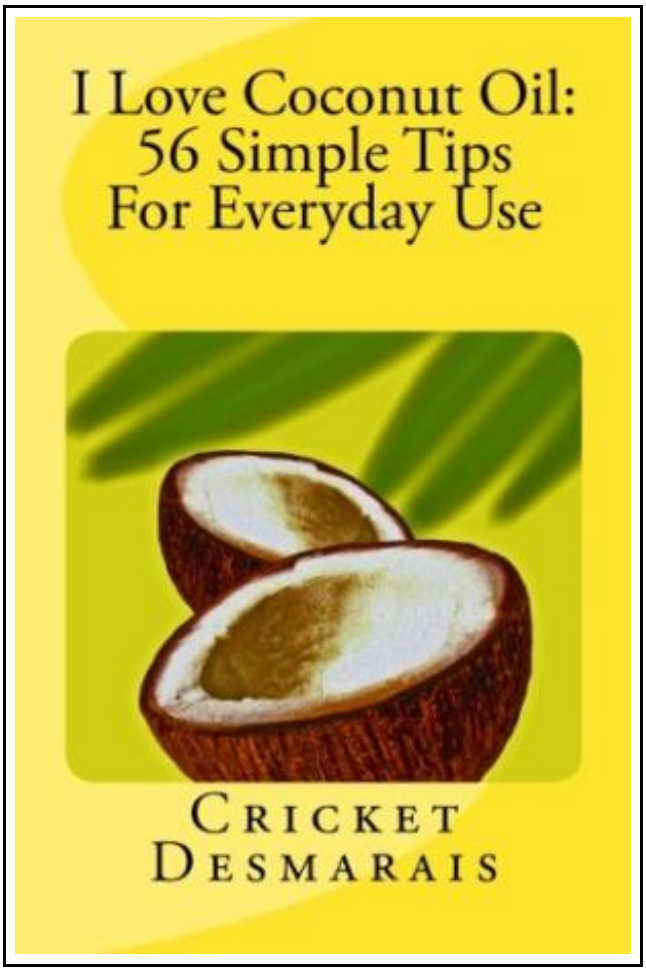

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Reviews

This ebook is indeed gripping and fascinating. it had been writtern really properly and helpful. I am very easily could possibly get a satisfaction of reading a published publication.
(Maude Ritchie)

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Sea Star Press, United States, 2011. Paperback. Book Condition: New. 202 x 134 mm. Language: English . Brand New Book ***** Print on Demand ******.Please note that this guide was compiled published before the mass explosion of information on coconut oil throughout the web. If you prefer to have everything you need to know about the benefits of coconut oil some immediate safe ways in which to begin using it in one platform- then this guide is for you. Here s to your health happiness! xo Cricket Desmarais If you were offered a simple, low-cost, non-toxic, all-natural method towards wellness, would you take it? A prescription-free, over-the-counter remedy with dozens of practical applications that would optimize your health? No such thing, you say? Well, consider the coconut- or more specifically, the oil that comes from it. Yes, coconut oil! An age-old tropical topical and ingestible antidote for more than just a few ailments, this curative oil has innumerable benefits. Immune boosting, skin protecting, digestion improving, anti-aging, weight loss stimulating and disease preventing are just a few of the therapeutic properties of what some nutritionists call the perfect food. But what about all that FAT, right? This is one saturated fat that is actually GOOD for you, and this book offers a comprehensive and simple look at why. Coconut oil-when mindfully applied within a balanced lifestyle-provides a harmless and inexpensive way to propagate wellness within our own bodies. Only you (and your health care provider) know what s best for you-we encourage you to explore the uses and decide if they resonate. Whether experimented with and employed from your kitchen cupboard, your medicine cabinet, your beauty regime, or a variety of other surprising and simple ways, coconut oil is truly a unique and powerful ingredient that will boost the vibration in...

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