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Coconut Cracked Open

By Christine Schang

New Holland Publishers. Hardback. Book Condition: new. BRAND NEW, Coconut Cracked Open, Christine Schang, Coconut oil and water is taking the world by storm! Coconut Cracked Open has all the information about the amazing health benefits and wonderful properties of coconut, especially its oil and water products. The Chapters contain information on the coconut: together with a short history; Coconut - benefits and properties; A healthy coconut diet regime; Reducing your toxic load; Coconut by-products together with recipes.



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