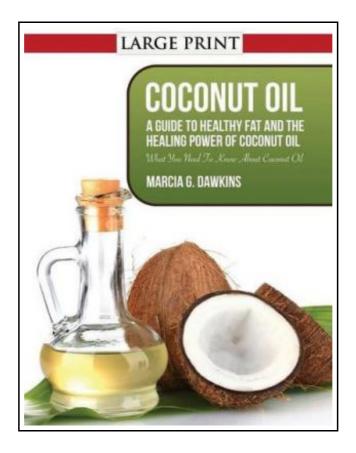
## Coconut Oil: A Guide to Healthy Fat and the Healing Power of Coconut Oil



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## COCONUT OIL: A GUIDE TO HEALTHY FAT AND THE HEALING POWER OF COCONUT OIL



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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. large type edition. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book examines coconut oil, its properties and the myriad of benefits to be gained from its use. Coconut oil is best described as the key to optimal health as it can be used to treat and even prevent a wide array of medical conditions. This book outlines the ways in which coconut oil can be used to improve immune health, heart health and digestive health among other things. The use of coconut oil to achieve weight loss and age defying skin is also discussed.

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