



Coconut Oil for Beginners - Your Coconut Oil Miracle Guide: Health Cures, Beauty, Weight Loss, and Delicious Recipes

By Rockridge Press

Callisto Media Inc., United States, 2013. Paperback. Book Condition: New. 232 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.While coconut oil has been used as food and medicine by many cultures around the world for centuries, Western countries are just beginning to discover this miraculous oil. Once incorrectly maligned as a bad fat, modern science has proven that, in fact, pure coconut oil contains no trans fats and is great for your health! Coconut Oil for Beginners guides you through the many benefits and uses of coconut oil: Master 17 beauty recipes for do-it-yourself applications such as Coconut Herbal Shampoo, Tropical Healing Massage Oil, and Anti-Aging Super Night Cream. Coconuts are not just for tropical drinks! Included are over 45 food recipes for all meals. You ll experience such taste delights as Coconut-Banana Waffles, Coconut Margherita Pizza, and favorites like Coconut Cream Pie. Replacing bad fats in your diet with coconut oil is a great way to lose weight as part of an overall healthful eating plan. A shopper s guide explains the various types of coconut oil on the market and the benefits and drawbacks of each. You ll be able to make...



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