



## Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth

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By Jean Armstrong

Createspace, United States, 2014. Paperback. Book Condition: New. 218 x 155 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Which one of these popular Coconut Oil Cures have you believed? Coconut Oil for Weight Loss A Body Liver Detox Fix Skin Issues (namely acne and age spots) Prevent Cavities through Oil Pulling Repair Sluggish or Damaged Metabolism Coconut Oil as a Cure for Alzheimer s, Cancer, HIV, Diabetes Which are true? Documented? Researched? You ll find these answers and more within Coconut Oil Miracle or Myth? Coconut Oil Miracle or Myth? is the first book of its kind. A book without hype or huge promises of miracle cures for some of the toughest trials and diseases we may endure in our lifetime. Inside the book you ll learn why coconut oil might heal some illnesses, how coconut oil helps us lose weight, the recommended daily dosage based on your weight, and more. Coconut oil has been the first line of defense, the first item we reach for, and one of the few consistent staples in our cupboards, for the past 20 years. You ll discover why, and how, our family uses it while getting the straight story...



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