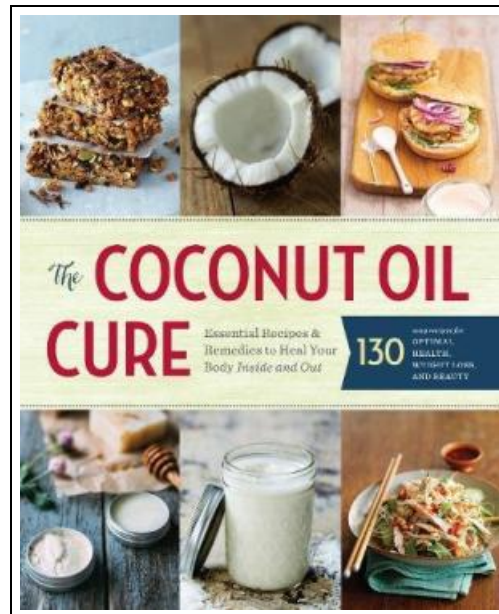


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This ebook is very gripping and exciting. It is one of the most amazing book we have study. Its been printed in an remarkably easy way and it is only after i finished reading this book through which really transformed me, affect the way i think.
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THE COCONUT OIL CURE: ESSENTIAL RECIPES REMEDIES TO HEAL YOUR BODY INSIDE AND OUT (PAPERBACK)



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Sonoma Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. All You Need to Take Advantage of Coconut Oil s Many Health Benefits With The Coconut Oil Cure, you hold the key to improved health and beauty using a tropical fruit prized for its healing properties and versatile applications. In addition to delicious recipes that help you lose weight and lower inflammation, you ll find step-by-step instructions for creating natural, effective remedies like healing massage creams, therapeutic skin treatments, and sumptuous anti-aging potions. An easy-to-understand overview of coconut oil and its many uses in improving overall health and wellness14 simple recipes for natural cosmetics like Bronzing Cinnamon Body Butter and Coconut Oil Beach Hair Spray16 effective recipes to soothe and cure common ailments such as dandruff, skin rashes, and sore throats100 delicious recipes that make it easy to cook with coconut, including many vegan and Paleo-friendly dishesA handy shopper s guide to ensure you purchase the right type and quality of coconut oil for your personal needsPlus, you ll find ten bonus recipes from the bestselling Paleo for Beginners by Sonoma Press to help you achieve your best health by eating like your ancestors.



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