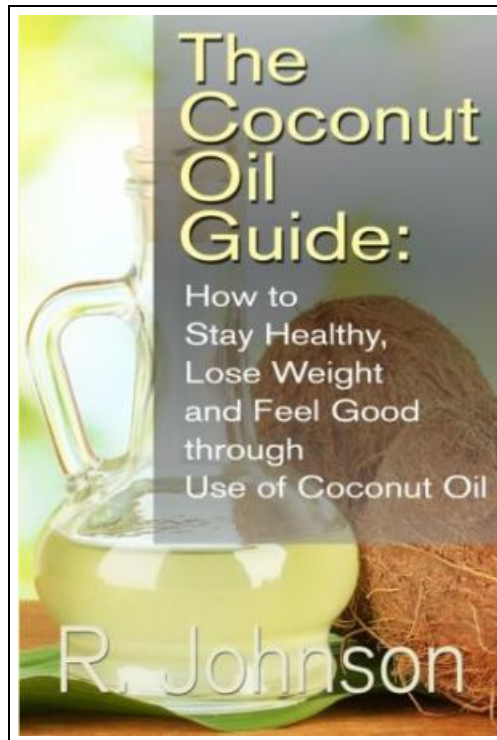


## The Coconut Oil Guide: How to Stay Healthy, Lose Weight and Feel Good Through Use of Coconut Oil (Paperback)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Coconut Oil Guide contains everything you need to know about coconut oil. Coconut oil is a wonderful substance that offers a wide variety of health benefits to those who use it. It can be used in Paleo, raw food and gluten-free diets, it s great for your skin and hair and it wards off a number of viruses, illnesses and ailments. Here are just some of the benefits of coconut oil: It s full of healthy saturated fats.It can be used as a natural skin and hair care product.The fats in coconut oil are a source of healthy energy that are unlikely to be stored as body fat.Coconut oil has been shown to lower bad LDL cholesterol levels.It helps the body absorb vitamin E.The fatty acids found in coconut oil have antibacterial, antifungal and antimicrobial properties that enable it to fight off viral and fungal infections like yeast infections and the common cold. This helpful book clears the air regarding many misconceptions about coconut oil and covers the following topics: The many health benefits of coconut oil.The various types of coconut oil and how to determine which type you need to buy.Coconut oil extraction methods and why you should never buy oil extracted using one of the methods.How to make and store coconut oil.Use of coconut oil as a carrier oil for aromatherapy purposes.Coconut oil for skin care (includes a section on oil pulling and a number of natural recipes you can use to replace commercial skin care products).Coconut oil for hair care (includes recipes for natural hair care products).Cooking with coconut oil (includes a number of delicious coconut oil recipes your whole family will love).Nutritional information and...

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