



Benefits of Coconut Oil: Essential Tips and DIY Recipes for Your Health, Looks and Weight Loss (DIY Beauty Products & Natural Reemedies)

Abby Chester

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The Surprising Way to Improve Your Health, Your Looks, and Your Dinner! How much have you heard about a little thing called coconut oil? Maybe coconut oil is something you haven't heard of at all, haven't given a second thought. Perhaps you have a jar stashed somewhere in your pantry that you aren't entirely sure how to use. The amazing thing about coconut oil is just how many different ways you can put it to use! If you want innovative ways to improve your health, this is the perfect book for you. If you want recipes to improve multiple areas of your life using one key ingredient, this book is for you too. If you want common sense, budget friendly recipes without a bunch of chemicals this is the resource you want to use. Inside You Will Learn: -What Coconut Oil Is -A Little Bit Of History -How To Use Coconut Oil For Your Health -How Coconut Oil Can Help Your Beauty Routine -Coconut Oil Dinners -Coconut Oil Desserts -And Much More! After learning all of the incredible ways in which you can incorporate coconut oil into your busy and bustling life you won't believe that you ever made it through your days without it. It will be like the new best friend you didn't know you were missing. Don't wait another second. Learn how this one amazing ingredient can help to revolutionize your life.

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