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Coconut Oil: The Best 25 Ways On How To Use Coconut Oil (Beauty, Hair, Health, Increasing Energy, and Losing Weight)

Tiffany Thorton

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Discover The Best 25 Ways On How To Use Coconut Oil For Beauty, Hair, Health, Increasing Energy, and Losing Weight. These are the best 25 ways to create lasting health in your body with coconut oil!

More than ninety percent of coconut oil is saturated fats, along with traces of a few unsaturated fatty acids, like polyunsaturated fatty acids and monounsaturated fatty acids. Virgin coconut oil is no different. However, it’s not bad for your heart at all! In fact, coconut oil has been proven to be healthy for your heart. The saturated fats in coconut oil are mostly medium chain fatty acids, which agree with the body’s systems well. Lauric acid is the chief medium chain fatty acid found in coconut oil, and represents more than forty percent of the total, followed up by capric acid, caprylic acid, palmitic, and myristic acid. The body creates monolaurin from lauric acid, which is helpful in handling diseases and viruses. The capric acid reacts with enzymes that are created by bacteria. It’s then converted into an antimicrobial known as monocaprin. Caproic, caprylic, and myristic acid are also antimicrobial and antifungal in nature. The unsaturated fatty acids are polyunsaturated fatty acids and monounsaturated fatty acids. Coconut oil also has Gallic acid, which is also called phenolic acid. It also contains many different vitamins and nutrients that are important for your overall health. The point is this. Coconut oil is very healthy for you and can be used as an antifungal, antibacterial, and antiviral. It helps with weight loss, digestive upset, and many other illnesses, as well as substitutes for beauty and hair treatment, and is great as an alternative, organic cleaner! You can find out more about all its beneficial uses in this book, as well as a comprehensive guide on which coconut oils will suit your needs best.

Here Is The Overview Of The Lessons You Will Learn

- Why Coconut Oil Can Help You Increase Your Energy Levels
- How Coconut Oil Can Help You Lose Weight
- The Top Ways Coconut Oil Nourishes All Hair Types
- Unexpected Beauty Uses for Coconut Oil
- Using Coconut Oil as an Alternate Treatment for Illnesses and Disease
- Coconut Oil for the Home
- And Much Much More...

Take charge and improve your health with Coconut Oil!

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