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Coconut Oil: Coconut Oil Secrets Revealed: 16 Magic Coconut Oil Uses For Weight Loss, Stress Relief, Vital Health and Youth (Coconut Oil Benefits, Essential Oils, Homemade Beauty Products)

Kathy Mays

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This book provides the sixteen uses of coconut oils. It will introduce the reader to coconut oils, enlighten them on their composition as well as how they can incorporate them into their lives. After reading this e-book the reader will be able to choose from different varieties of coconut oils and be able to distinguish which type for a particular use. It will show the readers the various ways coconut oils can be used for stress relief, reduction of body weight, protection and healing of body vitals as well as the achievement and maintenance of a youthful look. The topics to be covered in this book include:-
- Introduction to coconut oils
- Composition
- Coconut oil and body organs
- Coconut oil the Perfect Carrier oil
- Choosing coconut oils
- 16 uses of coconut oils
- Bonus Chapter: Extra benefits of coconut uses

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