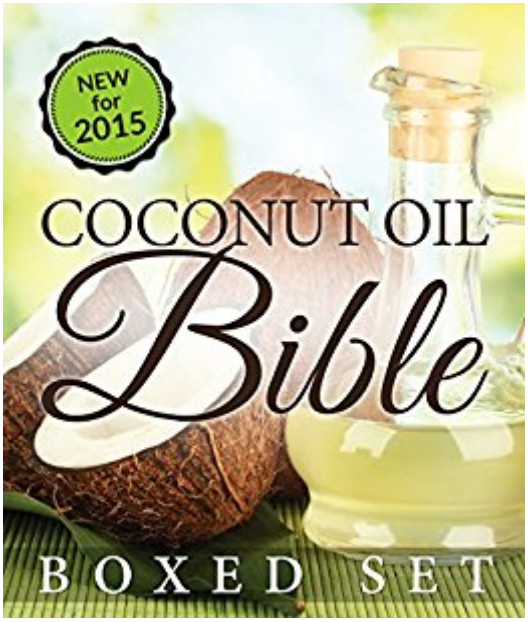
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Coconut Oil Bible: (Boxed Set): Benefits, Remedies And Tips For Beauty And Weight Loss



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Synopsis

This boxed set offers you information on the types and history of coconut oil as well as internal and external uses for coconut oil.

Book Information

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Customer Reviews

The book is three in one. The first is an overview that explains why coconut oil is superior for many uses, describes the many uses, disease prevention, heart disease prevention, weight loss, diabetes control, digestion aid, skin and hair care uses, and much more. Goes into the types to consider and why. Next is recipes, not only for food but also for skin and hair care products you can make from scratch. Finally the last book answers many health and benefits questions you may have after reading the first two sections. I got a lot out of this and printed the recipe section to add to my recipe collection. Great find!

I am a big fan of Coconut oil. This ebook provides a lot of good information about how its made, the

different types of coconut oil that there is and the benefits that it provides for the human body. I love it. I have learned new information and will start using it in all the different ways it suggested to use it. Very pleased in the information it provided!!!I did receive this book for free for my honest review.

This wonderful set of books is so easy to read even without a Kindle! I have this great Coconut Oil Bible downloaded to my Samsung Galaxy Note 5 and I am able to read it with the Kindle App.I have heard a lot of buzz lately about how good Coconut Oil is, but until I read the information in this set of books I didnÃƒÂ¢Ã â ¬Ã â„¢t really know much about it. These books are so Awesome! The index inside the cover lets you click to the book you want to read; ÃƒÂ¢Ã â ¬Ã ËœCoconut Oil: The Numerous AdvantagesÃƒÂ¢Ã â ¬Ã â„¢, ÃƒÂ¢Ã â ¬Ã ËœCoconut Oil RecipesÃƒÂ¢Ã â ¬Ã â„¢, and ÃƒÂ¢Ã â ¬Ã ËœCoconut Oil ÃƒÂ¢Ã â ¬Ã â œ Natures Wonder CureÃƒÂ¢Ã â ¬Ã â„¢. Each book is packed with information that is easy to read and understand.The first book ÃƒÂ¢Ã â ¬Ã ËœCoconut Oil: The Numerous AdvantageÃƒÂ¢Ã â ¬Ã â„¢ explains ÃƒÂ¢Ã â ¬Ã ËœHow Coconut Oil Can Help Keep You Healthy.ÃƒÂ¢Ã â ¬Ã â„¢ This book is written in chapters that give an Overview of Coconut Oil, Advantages of Using Coconut Oil, Outlines the Various Types of Coconut Oil, How Coconut Oil can be Used for Skin and Hair care, How Coconut Oil can help with Weight Loss, and How Coconut Oil can be Used to Improve Overall Health. I found this book to be very informative and it gave me a very good understanding of the benefits of Coconut Oil.The second book ÃƒÂ¢Ã â ¬Ã ËœCoconut Oil Recipes: Coconut Oil For Weight Loss, Health and BeautyÃƒÂ¢Ã â ¬Ã â„¢ explains ÃƒÂ¢Ã â ¬Ã ËœThe Benefits of Coconut Oil to Weight LossÃƒÂ¢Ã â ¬Ã â„¢ by explaining how it increases metabolism, how it makes you feel full, suppresses the appetite, and detoxifies the body. Wonderful recipes for weight loss are included after all this great information. The book then explains ÃƒÂ¢Ã â ¬Ã ËœThe Benefits of Coconut Oil to HealthÃƒÂ¢Ã â ¬Ã â„¢ by telling how Coconut Oil contributes to heart and brain health, how it helps to prevent and fight off infection, how it improves the health of the mouth, skin and hair, and how it contributes to bone health. Awesome recipes for good health are included after all of this wonderful information. The next chapter of the book explains ÃƒÂ¢Ã â ¬Ã ËœThe Benefits Coconut Oil to BeautyÃƒÂ¢Ã â ¬Ã â„¢ in how it keeps the skin moisturized, treats acne and acne scars, prevents and treats hair damage, how it protects the scalp from dandruff, and how it treats skin disorders. Once again, terrific recipes are included after all this awesome information.The third book ÃƒÂ¢Ã â ¬Ã ËœCoconut Oil ÃƒÂ¢Ã â ¬Ã â œ Natures Wonder CureÃƒÂ¢Ã â ¬Ã â„¢ explains How Coconut Oil Revitalized The Body. This book explains What Coconut Oil is and where it originated, processing, uses,

cooking, personal uses, and medicinal purposes. Again, there are recipes included at the end of the chapter. There is so much good information in this book that I can not give enough credit to the author for putting all this information in a clear, easy to read format.I received this product for free to test and in exchange provide an honest and unbiased review. I am so glad I have this Coconut Oil Bible: (Boxed Set): Benefits, Remedies and Tips for Beauty and Weight Loss because it is so chock full of information about Coconut Oil as well as how to use it and it includes a lot a good recipes for both external remedies and good cooking! I definitely recommend this book set to both those new to Coconut Oil and the more advanced users!

Before reading this book I had no idea what coconut oil was for/can do until now...I'm blown away with all that I have learned concerning coconut oil & it has so much info + quite a few recipes. I 101% recommend this book, trust me You will not regret it ; -)

I must confess I have heard a lot of hype concerning the benefits of Coconut Oil but I didn't have any real information about it. This is why The Coconut Oil Bible is perfect for me. This book is actually three books in one by three different authors. The first book described the many different kinds that are available and the benefits of each kind. For instance Pure Coconut Oil is unrefined and free of additives and is used in recipes while Refined Coconut Oil is mostly used in cooking. I really appreciated learning about all the different kinds and their specific uses. Book two focused on all the benefits of adding Coconut Oil to your diet and beauty regimen. I would suggest using a common sense approach when reading about all of it's benefits but I will definitely be trying out some of the ideas in book two. In my opinion book three is a review of book one and two which was very helpful because I could never remember every single thing I learned the first time reading it. I would definitely recommend the Coconut Oil Bible to a a Coconut Oil novice like me or for a more experienced user it makes a nice reference book. I received this item for free for an honest review but the cost is now $.99 a great value for information at your finger tips. Below is the link for this purchase.http://www..com/Coconut-Oil-Bible-Benefits-Remedies-ebook/dp/B00LE59M04/ref=cm_cr_pr_product_top?ie=UTF8

I found the book Coconut Oil Bible to be extremely informative and useful. I really enjoyed the comparison of coconut oil to other oils, I enjoyed the step-by-step explanation of how coconut oil is made and used, and I really enjoyed the difference in learning what each type of coconut oil does. It fascinates me how coconut oil can be used for so many different things, many of which I would've

never known about until I read this book! This book is a new favorite of mine on my iPhone Kindle and I will continue to reference that everyone I know for any ailment there is because, apparently coconut oil can help with everything!The book itself however is very well-written. It's very concise and very easy to read, while still featuring lots of support and good detail. I look forward to reading other books from this author as well and I would highly encourage anyone interested in learning more about coconut oil and it's natural remedies to read this book.

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