



Coconut Oil for Weight Loss: The Secret of an Ancient Essential Oil for Faster Weight Loss (Paperback)

By Jessica David

Createspace, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Discover The Secret Of An Ancient Essential Oil For Faster Weight Loss The coconut has been used for centuries throughout the tropics for food and medicine, among many other practical uses. In fact, medicinally, it has also been used to treat everything from scabies (an infection caused by the human itch mite), baldness, tumors, ulcers, colds, and dry skin, among other ailments. In Indian culture, for instance, coconut oil has been used by women to improve their hair. It has also been claimed to improve eyes sight and help the sick. Yet due to its high saturated fat content, coconut oil has been demonized as bad for good health when used with food. In more recent years, however, a better understanding of the types of fat that cause poor cardiovascular health has lead researchers to revise their view of coconut oil. The truth is that coconut oil is a prime catalyst for weight loss. This book will explain the secret of coconut oil and how you can use it, consume and benefit from it! Some of the topics inside Coconut Oil Defined Coconut...



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