



# Coconut Oil for Health: 100 Amazing and Unexpected Uses for Coconut Oil

*Britt Brandon*

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# Coconut Oil for Health: 100 Amazing and Unexpected Uses for Coconut Oil

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Discover the power of coconut oil!

Deemed a miracle solution by health experts around the world, coconut oil is praised for its ability to optimize body weight, enhance one's appearance, and dramatically reduce the risk of disease. *Coconut Oil for Health* shows you how to use the all-natural product in your daily health and beauty routine--from speeding weight-loss to taming flyaways to smoothing fine lines and wrinkles. Featuring step-by-step instructions and plenty of helpful tips, this book provides 100 coconut oil solutions that help:

- Boost metabolism and support weight loss
- Strengthen the immune system and fight off disease
- Treat unsightly blemishes, repel insects, and soothe sunburns
- Promote healthy skin, hair, and nails

There's really nothing coconut oil can't handle--from whitening teeth to improving digestion to alleviating arthritis pain--and all without the need for dangerous chemicals or costly procedures. With *Coconut Oil for Health*, you will discover all the benefits that a simple jar of coconut oil can bring.

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