

Coconut Oil: The Amazing Coconut Oil Miracles: Simple Homemade Recipes for Skin Care, Hair Care, Healthy Smoothies, Muffins, Soup, Salad, Chicken and Desserts Along with Weight Loss and Detoxification Plan



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Createspace, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you afraid of using Oil because Oil is just a synonym of Unhealthy Fat for you? Here is, an amazing tale of a healthy oil, which helps to lose weight, detoxify your body, good for skin and fabulous for hairs. It contains fat but they are good for your health ----- The Coconut Oil ----- Ever wondered how once forgotten and thrown out of the market Coconut oil has become the center staged, Star performer favorite of Chefs as well as Doctors. Till recently Coconut oils and products were untouchable for bakers due to some misleading research and some misconceptions about fats. It s quite normal that the word unhealthy comes into the mind whenever somebody talks about fats and to the large extent this is true, too. As not all the politicians are dirty, the same is true for all fats. There are some good fats, too. And the good fats are the saturated fats of Coconut oil. These fats are good for you and for your health. Coconut oil contains medium chain fatty acids like caprylic acid, capric acid, lauric acid, and caproic acid that can do amazing things for you. Along with it Coconut oil has vitamin K, E, and Iron. Coconut oil can drastically change your life if used properly. It has uses in heart care, body care, skin care, and so on. Coconut has so many qualities that volumes of books can be written on them. In this book, you will find a summary of those properties and some specific uses for skin care, hair care, and delicious vegetarian and non-vegetarian recipes so that you can have taste and health together. This book...

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