



Coconut Oil for Beginners - Your Coconut Oil Miracle Guide: Health Cures, Beauty, Weight Loss, and Delicious Recipes

Rockridge Press

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WALL STREET JOURNAL BESTSELLER

For centuries, cultures around the world have used coconut oil for its many nutritional and health benefits. Now, coconut oil is finally gaining widespread recognition for its proven ability to help with weight loss and improve hair and skin health. *Coconut Oil for Beginners* will introduce you to using coconut oil as a miracle cure for the body, and as an amazing addition to your kitchen! This rich, flavorful oil is a healthy alternative to bad saturated fats, and can help you lose weight.

COCONUT OIL FOR BEGINNERS is a comprehensive how-to guide on using coconut oil in every area of your life, from your beauty routine to your cooking.

- Learn how to use coconut oil to boost immunity and fight the onset of diseases such as Alzheimer's and heart disease.
- Cook dozens of delicious recipes that replace bad saturated fats with this flavorful, nutritious alternative.
- Discover scientific research on the anti-aging and stress relief properties of coconut oil.
- Create glowing, soft hair and skin with easy DIY coconut oil beauty applications.
- Use coconut oil to lose weight, increase your metabolism, and improve your thyroid function.

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