

## Healthy and Beautiful with Coconut Oil (Paperback)



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### ***Reviews***

*This written book is fantastic. This can be for those who statte that there had not been a well worth reading. Your life period will probably be transform when you comprehensive reading this article ebook.*

***(Chanelle Roob)***

## HEALTHY AND BEAUTIFUL WITH COCONUT OIL (PAPERBACK)

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Book Publishing Company, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Coconut oil has proven itself to have numerous health benefits, including it s ability to not raise cholesterol levels, prevent and reverse heart disease, reduce inflammation and immune responses, boost metabolism and enhance weight loss, soothe the digestive system, promote beautiful hair and skin, and protect against damage that causes aging. Coconut oil is the perfect choice for baking and frying because it doesn t break down at high temperatures and won t create harmful trans fats. It keeps cakes and pastries moist and fresh, making it the ideal replacement for hydrogenated oils. Includes a selection of delicious recipes.

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