



# **Coconut Oil Handbook: Unlock the Secrets of Coconut Oil to Lose Weight, Beautify, Heal, and Detox (The Handbook on Coconut Oil for Skin, Hair Loss, Health, and More)**

*Aubrey Azzaro, Mike Nixon*

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## **The Coconut Oil Handbook - Coconut Oil 101**

**You're late to the party! That's right, if you are reading this and haven't started to utilize the amazing benefits of of Coconut Oil you have been missing out on one of natures best kept secrets!**

Have no fear, you are about to learn all about it. Class is now in session - The Coconut Oil handbook is going to teach you all the amazing health benefits of Coconut oil that they didn't teach you in health class. Coconut Oil has hundreds of uses, cures, and benefits. This is no-hype, no BS handbook on the worlds healthiest oil.

The critically acclaimed book *Coconut Oil Handbook: Unlock the Secrets of Coconut Oil to Lose Weight, Beautify, Heal, and Detox* by best selling author and blogger Aubrey Azzaro will educate and entertain you on the amazing health benefits of Coconut Oil!

### **Coconut Oil Facts**

- \* Coconut Oil is Anti-Bacterial
- \* Coconut Oil speeds up metabolism
- \* Coconut Oil is anti fungal and anti viral
- \* Coconut Oil is reach in age defying antioxidants
- \* Coconut Oil has been used for thousands of years
- \* Coconut Oil is heart healthy
- \* Coconut Oil is great for the skin and hair
- \* Coconut Oil is great for cooking and baking

That is just the tip of the iceberg my friends Coconut Oil has HUNDREDS of uses and we cover them in this handbook in glorious detail. We all know that natural and organic products are better for us. But why don't we use them more. My belief is that we just aren't educating ourselves properly. Turn on any channel on the television and we are inundated with advertisements for creams, pills, and potions that claim to make us look younger and healthier. The fact is: Most of those products are overpriced and loaded with synthetic chemicals that make us sick, drain our bank accounts, and damage our skin. Coconut oil on the other hand is natural, safe, and has been used for thousands of years with a list of benefits and remedies that reach mind blowing proportions. This is not hype folks, this is pure fact. This handbook will help shed some light on this wonderful oil and give you the information you need in order to become the best you that you can be.

## A Preview to the Coconut Oil Handbook

- \* Coconut Oil 101
- \* Basic Nutritional Make up of Coconut Oil
- \* Coconut oil for health
- \* Coconut oil for beauty
- \* Weight loss benefits of Coconut oil
- \* Integrating Coconut oil into your everyday life
- \* The best Coconut Oil to buy
- \* Common cures and remedies
- \* Saving money with Coconut oil

If you still reading - congratulations! You are one of the smart ones ready to take action towards building a better you.

What are you waiting for?

Get started today and start learning how this handbook can make you a more vibrant and healthy person.

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**From reader reviews:**

**Margaret Head:**

A lot of people always spent their own free time to vacation or maybe go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day every day to reading a publication. The book Coconut Oil Handbook: Unlock the Secrets of Coconut Oil to Lose Weight, Beautify, Heal, and Detox (The Handbook on Coconut Oil for Skin, Hair Loss, Health, and More) it is rather good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. When you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not too costly but this book provides high quality.

**Eric Hempel:**

Reading can called mind hangout, why? Because if you are reading a book especially book entitled Coconut Oil Handbook: Unlock the Secrets of Coconut Oil to Lose Weight, Beautify, Heal, and Detox (The Handbook on Coconut Oil for Skin, Hair Loss, Health, and More) the mind will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely might be your mind friends. Imaging each word written in a publication then become one application form conclusion and explanation this maybe you never get previous to. The Coconut Oil Handbook: Unlock the Secrets of Coconut Oil to Lose Weight, Beautify, Heal, and Detox (The Handbook on Coconut Oil for Skin, Hair Loss, Health, and More) giving you a different experience more than blown away your thoughts but also giving you useful details for your better life with this era. So now let us show you the relaxing pattern the following is your body and mind are going to be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

**Sandra Black:**

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