



Healthy and Beautiful with Coconut Oil

Cynthia Holzappel, Laura Holzappel

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Coconut oil multitasks as a medicine, beauty aid, and culinary ingredient. An asset to your health, coconut oil has an impressive list of benefits. Learn how it helps prevent and reverse heart disease, doesn't raise cholesterol levels, reduces inflammation and immune responses caused by allergies, boosts metabolism and enhances weight loss, soothes the digestive system, and kills certain types of bacteria, viruses, fungi, yeasts, and disease-causing germs.

As a beauty aid, coconut oil promotes beautiful hair and skin as well as protects against free radical damage that causes aging.

In the kitchen, 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. Included is a selection of delicious, healthful recipes.

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Leroy Torres:

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Allison Sala:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them household or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or maybe 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 you. If you enjoy the book that you simply read you can spent the whole day to reading a publication. The book Healthy and Beautiful with Coconut Oil it is quite good to read. There are a lot of people that recommended this book. These were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the e-book. You can m0ore very easily to read this book from the smart phone. The price is not too expensive but this book offers high quality.

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