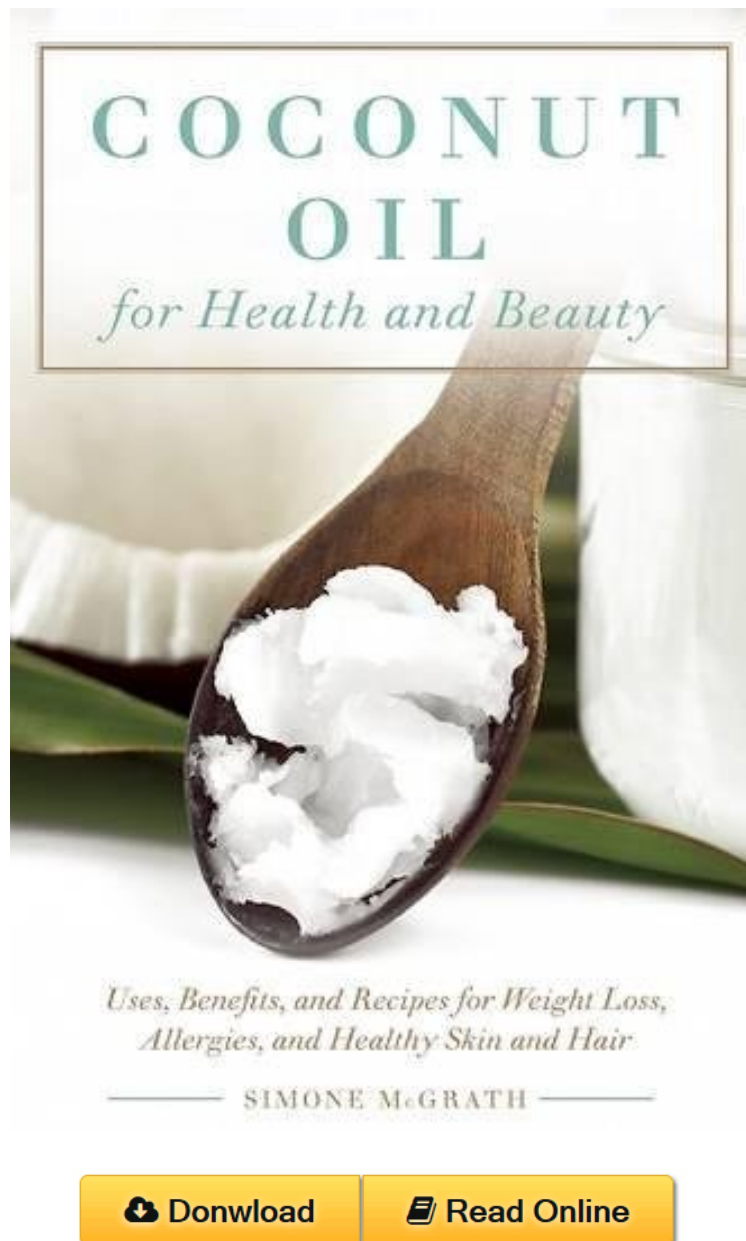


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Coconut Oil for Health and Beauty: Uses, Benefits, and Recipes for Weight Loss, Allergies, and Healthy Skin and Hair

Simone McGrath

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Simone McGrath : Coconut Oil for Health and Beauty: Uses, Benefits, and Recipes for Weight Loss, Allergies, and Healthy Skin and Hair before purchasing it in order to gauge whether or not it would be worth my time, and all praised Coconut Oil for Health and Beauty: Uses, Benefits, and Recipes for Weight Loss, Allergies, and Healthy Skin and Hair:

7 of 7 people found the following review helpful. Highly recommend this book!
By Renee Collins I got this book because I have a lot of skin issues. I heard that coconut oil is great to help with skin problems. I have tried the coconut oil hair mask and I also use the coconut oil directly on my skin, as well as take a spoonful internally every day - it has helped my skin so much and I tell everyone I meet about how great coconut oil is! Highly recommend this book to everyone who has health problems.
1 of 1 people found the following review helpful. Very complete and useful
By Herbert A. Wade I have purchased several books on coconuts and coconut oil and this one does the best job of telling the reader specifically how to use coconut for cooking, body care, and as a home remedy for a number of health problems. The author even describes how to crack open a coconut without making a mess and how to make coconut oil from the grated meat of coconuts. Recommended.
0 of 0 people found the following review helpful. Coconut Oil is the bomb!
By Birdy B Good book.

Coconut oil is an amazing substance that has many health benefits. It helps with weight loss, allergies, skin and health issues, and much more. It is recommended in many health programs and diets, especially the Paleo and raw food diets, and many people are discovering that it is better to use than other oils in cooking. It can be overwhelming to figure out all of the great uses of this magical oil, but this comprehensive handbook can help. With detailed information on everything to do with coconut oil—the benefits, uses, recipes, and insightful facts—this guide will teach you all about this healthy oil, including: Coconut Oil for Health and Beauty includes all the information you'll need for cooking with this healthy oil and using it for health and beauty, including: How coconut oil is made How to make it at home Skin care recipes for face and body Hair care recipes for damaged, dry, or flaky hair Dietary benefits Coconut oil as medicine Common misconceptions And much more More and more people are learning about the wealth of benefits that coconut oil brings, and this handbook will explain all of them. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

About the Author Simone McGrath: Simone McGrath is the mother of two children whom she has healed of allergies and eczema through the use of healing nutritious foods. She has an extensive knowledge in health and nutrition and has always maintained that if you feed your body only nourishing, clean foods, you will feel vibrant, healthy, and happy, and you will live your best life! She specializes in all areas of health and has a special interest in the areas of detoxing, allergies, and digestive health. She is currently studying with the Institute for Integrative Nutrition and lives in Sydney, Australia.