



## Coconut Oil: The Ultimate Guide to Using Coconut Oil for Weight Loss, Allergies, and Longevity (Paperback)

By Kara Aimer

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Weight Loss? Allergies? Energy? Coconut Oil Can Help! The Challenge: You have heard about coconut oil and some of its uses, but you re not sure where to start to take advantage of this essential oil How can Coconut Oil help with my health?What about in food and home remedies?Why is coconut oil so popular in new alternative remedies? The Solution: Whatever it is you think about coconut oil, I can bet that you probably donit use the oil in as many aspects of your life as you should. Do you know that you can use it for fighting allergies, dealing with different skin problems, fighting hair loss, losing weight and in many other ways? If you didn t know, you re about to find out.

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