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*Julie Jane Clarrison*

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**Julie Jane Clarrison : Benefits of Coconut Oil: Discover Coconut Oil Benefits For Health, Beauty, Energy, Weight Loss And Strong Immune System** before purchasing it in order to gage whether or not it would be worth my time, and all praised Benefits of Coconut Oil: Discover Coconut Oil Benefits For Health, Beauty, Energy, Weight Loss And Strong Immune System:

0 of 0 people found the following review helpful. SOME BASIC USES OF COCONUT OILBy DeeDeepI wanted to give this book a higher rating, because I Love Coconut Oil so much, but this left so much information out. It is just 26 pages. I could have written 200 pages on Coconut Oil and not covered everything. The author explains the health Benefits of Coconut Oil and how it boost the Immune System and tells some of the Benefits. Then, the author states that coconut oil has Less Calories than other oils and that helps with weight loss, but I have to disagree with that. It appears to me that most fats are pretty much the same amount of calories. How it's utilized in the body is different and the benefits are enormous. Still do not overindulge, because the fat calories (it still is a fat, even if it is a healthier one) are still there. The idea is not to Overindulge with Any Fat, but to replace Unhealthy Fats with Healthier Ones. I've included a short list of some of the benefits of coconut oil below. This author has touched on a few of the basics and included a few recipes, but there are better books out there. USES OF COCONUT OIL? Skin care? Hair care? Heart diseases? Weight loss? Immunity? Diabetes0 of 0 people found the following review helpful. Numerous claims, no supporting evidenceBy Dennis DeckmannThere are numerous claims made about the alleged benefits of eating and rubbing with coconut oil but pretty much zero scientific supporting information or further documentation. I wish at least half of the claims made in this book were measurably true.0 of 1 people found the following review helpful. Great book!By BigDogLover5Great book!!! I'm super excited about the use of Coconut Oil. What brand or type or where do they sell the actual oil? I've seen glass jars in the market in the baking area. I want to know which oil is for what use.... for example, which do I use to consume? Which do I use as lotion for feet/hands, which do I use for weight loss, etc. Please replyYour book is very helpful.

People around the globe have revered the coconut as a valuable source of both food and medicine. For thousands of years coconut products have held a respected and valuable place in local folk medicine. Coconut oil is of special interest because it possesses powerful healing properties, and is a natural and effective way to tackle a wide range of ailments. It helps promote weight loss, protects against arthritis, heart disease, diabetes, cancer, stops premature aging

of the skin, improves digestion and strengthens the immune system. In this book, you will learn about the health benefits of coconut oil, and how you can use it for health, healing and beauty. Get a copy of this amazing book now, and discover the secrets to coconut's amazing healing powers.

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