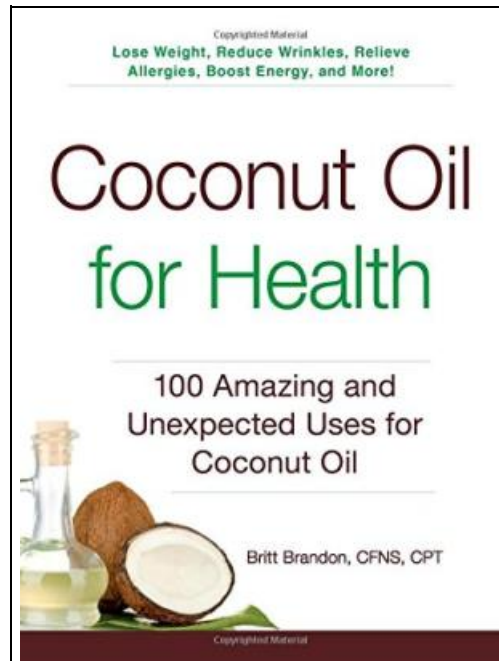


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Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Coconut Oil for Health: 100 Amazing and Unexpected Uses for Coconut Oil, Britt Brandon, Discover the power of coconut oil! Deemed a miracle solution by health experts around the world, coconut oil is praised for its ability to optimize body weight, enhance one's appearance, and dramatically reduce the risk of disease. Coconut Oil for Health shows you how to use the all-natural product in your daily health and beauty routine-from speeding weight-loss to taming flyaways to smoothing fine lines and wrinkles. Featuring step-by-step instructions and plenty of helpful tips, this book provides 100 coconut oil solutions that help: * Boost metabolism and support weight loss * Strengthen the immune system and fight off disease * Treat unsightly blemishes, repel insects, and soothe sunburns * Promote healthy skin, hair, and nails There's really nothing coconut oil can't handle-from whitening teeth to improving digestion to alleviating arthritis pain-and all without the need for dangerous chemicals or costly procedures. With Coconut Oil for Health, you will discover all the benefits that a simple jar of coconut oil can bring.



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