



Coconut Oil: The Ultimate Beginner's Guide on the Rare Treasures of Nature's Tree of Life (Now with Extra Recipes and Bonus Chapter on How to Make Coconut Oil At Home)

James P. Kaplan

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Updated with New Bonus Chapters on Reaping the Benefits of Coconut Oil for your hair and skin!

Use the recipes and the techniques revealed within to learn about the countless ways Coconut Oil can benefit your *life, your body, and increase longevity!*

Coconut oil is derived from coconut fruit. Coconut oil has been an integral diet of the human species since time immemorial. For over 4000 years of documented history, coconut oil has been used extensively by communities in tropical lands especially those along the shores of major water bodies such as oceans, seas and lakes.

The Coconut tree is one of the popular trees found along the tropical coastlines in Asia, Africa, Southern Europe, South America and several other parts of the world. It is one of the most versatile trees when it comes to its uses. It has been traditionally used for shelter as a building material, as food, as oil for cooking, as oil for skin beauty, as medicine, as detoxifying agent, as anti-microbial agent, among many other uses. Indeed, there is no part of the coconut tree that has no use. In this book we will learn how to use the variety of uses to our advantage and especially the multitude of ways we can use the oils of the coconut.

Take the time to better yourself and buy this book!

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Here's what you can expect to find in this book...

- A History of Coconut Oil

- Traditional Uses of Coconut
- Traditional Coconut Growing Areas
- Why You Should Use Coconut Oil
- The Nutritional Benefits of Coconut Oil
- How to Switch Into Coconut Dietary Lifestyle
- Healing Benefits of Coconut Oil
- Coconut Oil for Natural Beauty
- Coconut Oil for Hair Care
- Coconut Oil for Weight Loss
- Coconut Oil for Your Detox
- How to Make Coconut Oil at Home
- Tips and Tricks
- Fitting All the Pieces Together
- And Much More!

Here's what customers thought..

Little did I know how valuable coconut really is. Because of this book, I bought the oil, the solid form in the jar and the soft gels. It has made such a difference in my life: gastrointestinal, on my hair, and on my skin. We need to know these secrets. People in the South Pacific don't have half the problems that we do because they know that taking coconut helps with arthritis and the gout, gets rid of rashes when rubbed on skin and stops flaking from hair products while making your hair soft and manageable. It was well worth the money buying this book. I am on my third bottle of soft gels. Constipated? Try this with black seed oil. Won't have that problem again. It settles your stomach and stops heartburn too.

-Aiko

If you're looking for a book that can fully explain the uses and benefits of coconut oil, buy this book. In this book you learn the uses of coconut oil and a brief history of coconut oil. Everything you need to know about coconut oil is in this book. James did a magnificent job on creating a very informative book like this and I commend him for that. Spending my money and time on this book is really worth it; kudos to the author!

-Nate

Don't Wait! Scroll up and click the Buy button to take the steps towards improving your life, your body, and your health by getting this book on sale for a limited time for only \$0.99!

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