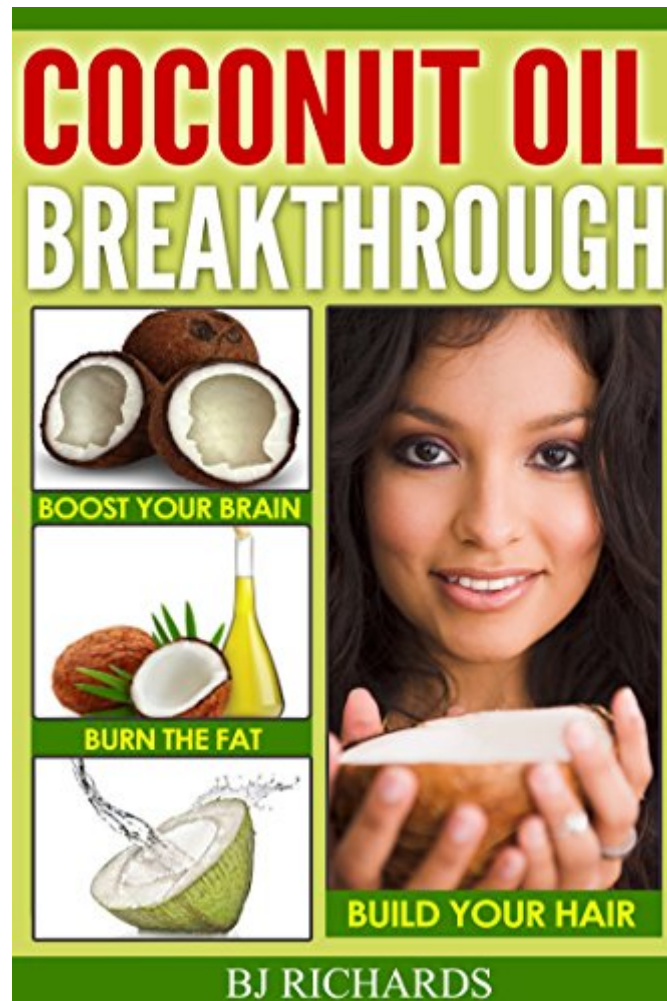


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# Coconut Oil Breakthrough: Boost Your Brain, Burn The Fat, Build Your Hair



## Synopsis

What if there were a way to burn off those extra pounds without having to go on some crazy diet... just by doing this one simple thing? And use that same product to strengthen and build your hair? Plus get the added bonus of contributing to the health of your brain and memory? And do all that with one affordable product that doesn't break the bank! Not knowing what I'm going to teach you in this book kept me in the same old loop... struggling with weight and fat that just wouldn't budge... seeing my hair thin and break for absolutely no reason, regardless of how good my diet was... having to use sticky-notes to remember almost everything! Learning to use coconut oil was a game changer for me and it can be for you, too. I've been involved in natural healing for over 30 years, in my personal life, as a researcher and a practitioner. I know how long it takes to find reliable information and then figure out how to use it effectively. I've done that for you here. In this book you are going to learn:

- \* How coconut oil, milk and water can rehydrate your skin, triple your metabolism and burn off the fat staring back at you in the mirror.
- \* The exact type of coconut oil to buy. Purchase the wrong kind and you're hurting yourself, not helping.
- \* How much coconut oil you should take for weight loss vs. enhancing memory. These are not the same.
- \* An ancient Ayurvedic technique that can help you to reduce bad breath, plaque and gingivitis.
- \* How to make your own coconut milk and save big.
- \* Over 30 additional uses of coconut oil and how you can use it to replace expensive products and save even more money.

Follow the advice in this book and you can start burning the fat, saving your hair and improving your health. Carol, a housewife from Arizona says: "I lost 6 pounds in 5 weeks without dieting, and now never worry about bad breath." "Don't stay stuck in that rut, just wishing and getting nowhere. Be the person you want to be and have the health you want to live. What's stopping you from achieving the health and body you deserve? You are minutes away from the solution you need. Scroll to the top and click the "buy now" button.

## Book Information

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## Customer Reviews

A very comprehensive and impressive book with all the information you want to know about coconut oil, how it can be used and its health benefits. I use coconut oil and can attest to its benefits. The author has done a magnificent piece of work collecting the results of studies done on coconut oil and presenting the valuable information in a very interesting and readable way. Enjoyed reading it.

I love coconut oil and have been using it for years. This book actually answered some questions I had about coconut oil (I wondered if MCT oil was as beneficial as it's touted to be- or just an over priced and over processed version of the real thing). I learned several new ways I can use coconut oil to reap the benefits even more!

Since reading this book I have made some positive changes in my home and in my hair care. Coconut oil tastes great on toast, works great for hair conditioner, make-up remover and I even add it to my morning java. I still have many more things to try with coconut oil. I shared this book with my Facebook family and friends since I enjoyed it so much.

Great research, great information and by reading this book connects me to my root! I highly recommend this book specially when you are trying to lose weight or looking for best alternative oil, milk, juice and food in general. Read this book first to get the tips of where you should buy your coconut. We want to get the most out of coconut and not diluted too much with water which a lot of brands do.

I have been a fan of coconut oil for many years and have a few books on this topic. This book has

been my favorite so far because it's so much more than a list of uses of coconut oil. BJ Richards explains the science behind coconut oil and its many benefits. She breaks down the many uses for coconut oil for weight loss, brain health, overall health, skin care, hair care, and many other uses. And she explains how to use it to reap the benefits you desire. Ms. Richards also describes which coconut oil is best to buy and also how to make your own, and other coconut products. This book is a one-stop-shop for all things coconut.

I thought I already knew most of the basics about the uses and benefits of coconut oil, but this book proved me wrong. It contained all the things I'd read previously plus a whole lot more. My favorite chapter was "Coconut Oil Uses You May Not Know About." I never would have thought of adding coconut oil to coffee or tea, but it really does add a richness in addition to the energy boost. I'm going to try coconut oil on my cuticles next time I do a manicure. The information about how and why coconut oil can improve rashes, dry skin, and other skin problems was very helpful. I enjoyed reading this book, and I know I'm going to refer back to it often!

Wow! This is a mini encyclopedia .. a wealth of knowledge packed in a very well written and informative book!! I have learned so much about coconut oil ..it's uses..and, more importantly, it's myriad benefits! I have read it twice and I'm using it as a go-to reference book.

I was already converted to coconut oil. I love it! But this book was very informational and I learned some new stuff. The chapter about "the only coconut oil to use" was extremely helpful and worth the book itself.

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