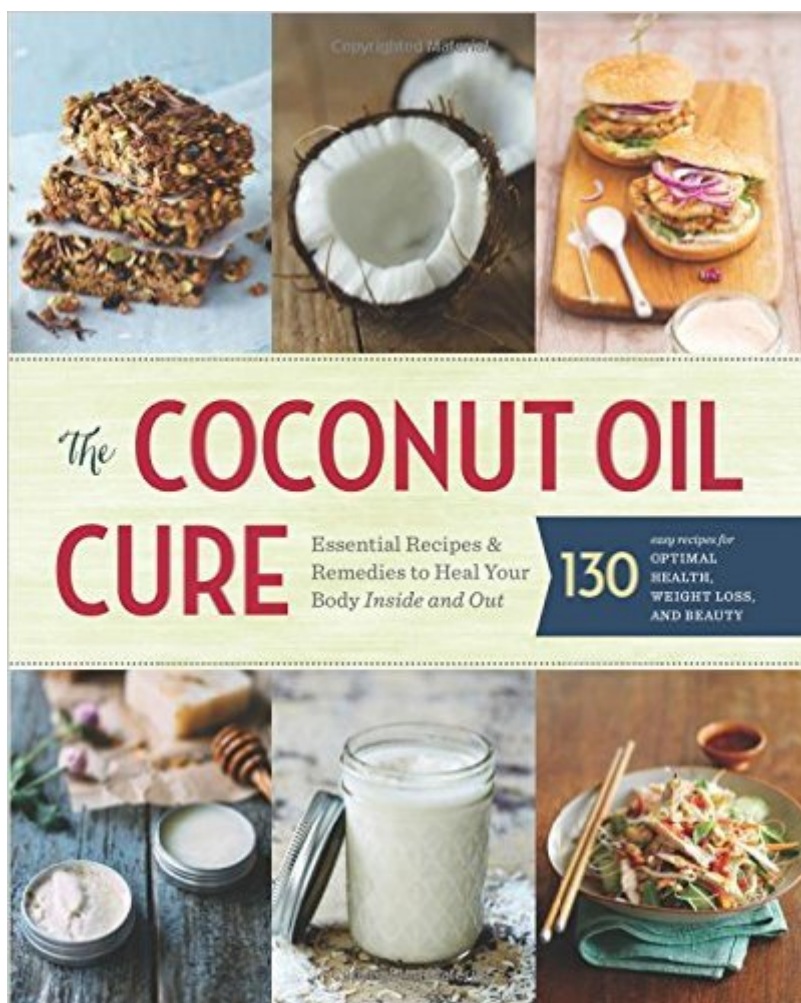


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# The Coconut Oil Cure: Essential Recipes And Remedies To Heal Your Body Inside And Out



## Synopsis

All You Need to Take Advantage of Coconut Oil's Many Health Benefits With The Coconut Oil Cure, you hold the key to improved health and beauty using a tropical fruit prized for its healing properties and versatile applications. In addition to delicious recipes that help you lose weight and lower inflammation, you'll find step-by-step instructions for creating natural, effective remedies like healing massage creams, therapeutic skin treatments, and sumptuous anti-aging potions. An easy-to-understand overview of coconut oil and its many uses in improving overall health and wellness

- 14 simple recipes for natural cosmetics like Bronzing Cinnamon Body Butter and Coconut Oil Beach Hair Spray
- 16 effective recipes to soothe and cure common ailments such as dandruff, skin rashes, and sore throats
- 100 delicious recipes that make it easy to cook with coconut, including many vegan and Paleo-friendly dishes

A handy shopper's guide to ensure you purchase the right type and quality of coconut oil for your personal needs

Plus, you'll find ten bonus recipes from the bestselling *Paleo for Beginners* by Sonoma Press to help you achieve your best health by eating like your ancestors.

## Book Information

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## Customer Reviews

About two years ago, a friend gave me my very first jar (vat!?) of coconut oil. It was solid and in a glass jar - so I wasn't sure what to do with it. Like any person with something new, I hit Pinterest trying to learn what to do and found that I could use it as a substitute in recipe (delicious in cookies and other baked goods!) and could also use it to make beauty products and even as a "pulling oil" for overall health. While I felt like I was rocking the coconut oil thing, I was still a bit behind the times,

so I was really excited when I received The Coconut Oil Cure e-book in exchange for my unbiased and honest opinion. The book starts out explaining the history of coconut oil (good to know!) and then jumps into the benefits and how to use it in your everyday life for health improvements, beauty upgrades and cooking in ways I hadn't thought of. I enjoy the photos in this book and the explanations are easy to understand. This is a great book for someone looking to improve their life through small changes that add up to something huge.

I've been using coconut oil for awhile now; I first started using it for oil-pulling and quickly replaced regular vegetable oil with coconut oil for cooking, but I knew I was only tapping the surface of this amazing oil. I've been meaning to look into other uses so when I was given the opportunity to review this book, I jumped at it. The first section is all about coconut oil, it's history, etc...to be honest this was far more information than I ever wanted to know about coconut oil. If that's your thing you'll love this part, but it definitely wasn't my favorite part. Sections 2 and 3 by FAR make up for the dryness of section 1. There are SOOOO many amazing recipes for beauty and food that I'm not sure I'm going to have enough coconut oil for everything I want to try! The smoothies....oh man the smoothies. This book is worth it just for the smoothies. I'm obviously a big fan of smoothies and this book just kills it. I will be trying several of the beauty recipes as well. I've been using coconut oil for my psoriasis for months now, and I imagine incorporating some of these beauty recipes into my daily regimen will only improve the already fantastic results I've been seeing. This book is seriously worth every penny, and I would gladly pay full price for it. It's a must have. I received this book for free in exchange for my honest, unbiased review.

This book is exactly what I was looking for!! It has everything I needed to learn about all the uses for coconut oil from cooking with it in many different ways including baking cookies, coconut oil uses for the skin, and seriously so much more. This book is jam packed. It tells you the different types of coconut oils, their benefits, and exactly what oils are best for what. There are so many different coconut oils on the shelves at the store and this book will help you pick exactly what one is best for you. I always wondered what the difference between fractionated and un-fractionated coconut oil was and why it was so important to get the un-fractionated oil to use on my skin. Now I know! This book has given me so many DIY ideas and recipes to make my own beauty products which will save me money and be much more natural. The photos in the book are beautiful, the writing is done well, and I have thoroughly enjoyed looking through this book. This is definitely a great read and I highly recommend it to anyone interested in learning about the many different uses of coconut oil

and the history behind it. \*I received this product free in exchange for my honest review\*

The Coconut Oil Cure is broken down into three parts. Part 1 gives you a history of coconut, all the good things in the oil, and techniques and equipment for the recipes included. Part 2 includes 30 coconut oil themed recipes. Part 3 has 100 more coconut oil based recipes. In regard to the history, I did not realize there was kind of a conspiracy labeling coconut oil as a bad fat and hydrogenated vegetable oil as a good fat from the past. And did you know it takes a coconut tree five years before it will bear fruit and it reaches full capacity at 15 years of age with bearing about 50 coconuts per year? I have to say that all the benefits from coconut oil in this book are huge! I didn't realize it had the possibility of helping our bodies in so many ways. The recipes seem to feature ingredients that are pretty easy to come by, like some essential oils, shea butter, cocoa butter, and so forth with the coconut oil. There's plenty to try for improving the condition of your hair, a natural deodorant, homemade vapor rub, and much more. I am excited to tackle some of the recipes for my family and others to give as potential gifts this winter.

The Coconut Oil Cure: Essential Recipes & Remedies to Heal Your Body Inside and Out is a great buy for anyone who is just starting out using coconut oil, or even for someone looking to expand their recipes of things to make/create. This book provides an easy to understand overview of coconut oil, along with its many health benefits and uses. It has 130 easy recipes for optimal health, weight loss, and beauty. The recipes cover things like natural cosmetics, delicious cooking/baking recipes (including vegan and Paleo), and natural recipes to cure common ailments. Also included is a very helpful shopper's guide. There are 3 major sections of the book, which are broken down into chapters. Covering each type of recipe.

- Understand Coconut Oil: This covers a little bit of history, a FAQ section, breakdown of the benefits, and using coconut oil.
- Cures & Creams: Natural Cosmetics and Therapeutic Remedies
- Food & Drink: Recipes including drinks and smoothies, breakfast, soups and salads, snacks and appetizers, vegan and vegetarian, fish and seafood, poultry and meat, and desserts.

I couldn't put this book down. I've been using coconut oil for a while now, but there were new things I discovered while reading this that I found to be extremely useful. Would make for a great starter guide also. One of my personal favorites was the coconut vanilla salt scrub. I highly recommend this book, it is an easy to understand and well written read. I received this book in exchange for my honest and unbiased review. All opinions are my own.

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