



# **The Coconut Oil Handbook: Nature's Remedy for Weightloss, Allergies, Healthy Skin and Overall Health - Benefits, Uses, Recipes and Lots More!**

*Shae Harper*

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Coconut Oil is recommended on most health programs and diets, especially the PALEO DIET and RAW FOOD DIET! Coconut oil is an amazing substance, it has many and varied health benefits including weight loss, allergies, healthy skin, healthy hair and lots more. This book has detailed information on everything to do with coconut oil, the benefits, uses, recipes and many other wonderful facts. See below for an outline of what you will find in this book: INTRODUCTION TO COCONUT OIL HOW IS COCONUT OIL MADE? How to Make Home-made Coconut Oil SKIN CARE WITH COCONUT OIL Coconut Oil Skin Care Recipes Coconut Bath Melts Whipped Coconut Oil Body Butter Coconut Oil Facemask Coconut and Lavender Body Scrub Coconut Oil Deodorant Natural Coconut Oil Diaper Rash Cream HAIR CARE WITH COCONUT OIL Coconut Oil Hair Care Recipes Coconut Oil Deep Conditioner Coconut Oil for Dry Hair and Split Ends Coconut Oil for Dandruff Coconut Oil to Remove Head Lice DIETARY BENEFITS OF COCONUT OIL SATURATED FAT AND COCONUT OIL MONO-UNSATURATED FATTY ACIDS VS. POLY-UNSATURATED FATTY ACIDS Mono-unsaturated Fatty Acid Poly-unsaturated Fatty Acids COCONUT OIL AS MEDICINE Preventative Uses of Coconut Oil Medicinal Uses (Post-Sickness) of Coconut Oil Ailments Proven to be Helped by Coconut Oil - Namely Monolaurin COMMON MISCONCEPTIONS OF COCONUT OIL Coconut Oil and Diabetes The Taste and Expiration Date of Coconut Oil Cholesterol and Coconut Oil Healthy Proportions of Coconut Oil COCONUT OIL RECIPES Coconut Oil Smoothies Coconut Oil Breakfast Recipes Coconut Oil Lunch Recipes Coconut Oil Dinner Recipes Coconut Oil Dessert Recipes BONUS CHAPTER: HOW TO MAKE YOUR OWN FRESH COCONUT MILK OR COCONUT CREAM

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