# Coconut Oil Health Benefits: Lose Weight - Boost Energy - Prevent Heart Disease and Beautify Skin and Hair: With Over 30 Recipes (Paperback)



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# Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

# COCONUT OIL HEALTH BENEFITS: LOSE WEIGHT - BOOST ENERGY - PREVENT HEART DISEASE AND BEAUTIFY SKIN AND HAIR: WITH OVER 30 RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Promote healthy weight loss and boost your metabolism with natural coconut oil miracle. Studies have shown that coconut oil has many health benefits. This amazing oil beautify skin and hair, prevent heart disease, kill viruses, improve digestion, reduce inflammation and promote overall health in a natural way. Coconut oil has been found to be easier to cook with and to digest. It is easy on the digestive system and, because it is easy to digest, it is also helpful in getting other nutrients to absorb into the body. As with other oils, coconut oil contains 100 percent fat. It is the type of fat it contains that makes it unique. Most all dietitians know that coconut oil has a high saturated fat content. This makes up about 85 percent of its fatty acids. However, the oil also has about 65 percent of fats that are made up of medium chain acids or MCFA. This is in contrast to long chain fatty acids that are found in other fat sources.

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