



Amazing Benefits and Uses of Coconut Oil (Paperback)

By J D Rockefeller

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Coconut oil is very popular and frequently used by people world over. Before you even begin using coconut oil for its numerous benefits, perhaps you should know what it is that makes this oil really special and why millions love it. Many people who live in coastal areas, especially those where coconuts thrive in abundance, know that the sweet smelling oil can be used in many applications. These include the Indian Subcontinent, Indonesia, the Caribbean, Sri Lanka, the Philippines, Burma, and Malaysia. Organic coconut oil is very rich in vitamins, minerals and carbohydrates which are excellent for the human body. The oil is used for hair, the skin and for various cuisines and salads. The following chapters will discuss the various applications of coconut oil and the benefits they pose to users. Table of Contents Introduction Chapter 1 --- Varieties of Coconut Oil Chapter 2 --- Amazing Health Benefits of Virgin Coconut Oil Chapter 3 --- Clever Ways Coconut Oil Can Help With Hair Growth Chapter 4 --- Uses of Coconut Oil for Skincare Chapter 5 --- Reasons to Use...



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