



# **Coconut Oil for Beginners - Your Coconut Oil Miracle Guide: Health Cures, Beauty, Weight Loss, and Delicious Recipes**

*John Chatham*

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## **Coconut Oil for Beginners - Your Coconut Oil Miracle Guide: Health Cures, Beauty, Weight Loss, and Delicious Recipes** John Chatham

Your #1 guide to using coconut oil for better health, and glowing skin and hair!

For centuries, cultures around the world have been aware of the nutritional and health benefits of coconut oil. Now, coconut oil is finally gaining widespread recognition for its proven ability to help with weight loss, improve hair and skin health, and provide a delicious alternative to bad saturated fats in the kitchen.

COCONUT OIL FOR BEGINNERS is a comprehensive how-to guide on using coconut oil in every area of your life, from your beauty routine to your cooking.

Learn how to use coconut oil to boost immunity and fight the onset of diseases such as Alzheimer's and heart disease.

- Cook dozens of delicious recipes that replace bad saturated fats with this flavorful, nutritious alternative.
- Discover scientific research on the anti-aging and stress relief properties of coconut oil.
- Create glowing, soft hair and skin with easy DIY beauty applications.
- Use coconut oil to lose weight, increase your metabolism, and improve your thyroid function.

## **Coconut Oil for Beginners - Your Coconut Oil Miracle Guide: Health Cures, Beauty, Weight Loss, and Delicious Recipes Details**

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# **From Reader Review Coconut Oil for Beginners - Your Coconut Oil Miracle Guide: Health Cures, Beauty, Weight Loss, and Delicious Recipes for online ebook**

## **Darlene says**

This would be a good introduction to coconut oil. It mostly covered what I have already read.

What irks me about books that tell me to throw away processed foods and sugary junk food are books that proceed with recipes for the same sugary types of foods, such as cinnamon rolls. Once I got to the recipes I gave up reading. Outside of pouring a little on my GMO-free popcorn, and possibly a little on my gluten-free bread for toast, or frying my tofu in for an addition to salad, I see that all those recipes in this book will only bring back the little weight I might have lost. The bright side is that it has been proven to me to be a healthier choice of oil to any other, especially for those with diabetes.

I feel swindled that I had to pay \$2.99 for this book. Had it been free or just \$.99 I might have raised this a star.

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## **Maxan Russell says**

### **The Real Super Nut!!**

Very informative! Concise & easy to understand facts that take you from the very beginning. Super recipes. Great DIY remedies!!

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## **Nikki says**

Very quick read. The book includes a brief overview of the benefits of coconut oil use in each of the listed categories and then includes recipes for home made products as well as meals. I've used it on my face a couple times and it doesn't feel super greasy so I might stick with it!

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## **Crystal Landstrom says**

### **Informative**

Very informative if you are new to the coconut oil hype. Love that it explains a lot of the health benefits & had recipes

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## **Louise King says**

great beginner guide to the uses of coconut oil! lots of beauty uses and recipes

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## **Oana Sipos says**

Good guide for an introduction to the wonder of coconut oil. It is so much praised that I could not not ask myself "how come we're not eating coconut oil all day long?"

The good part is that it is also practical, having both beauty recipes, but also cooking ones, which makes it all much easier to start using it.

I recommend it as an introductory quick-to-read course.

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## **Marie Lewis says**

### **Practical advice and recipes.**

After being advised to use coconut oil and hearing of the benefits I purchased some then wondered how do I use this product to get the best benefits. This small book was recommended to me and I am ready to use my coconut oil. The book covers internal and external uses as well as lots of recipes.

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## **Sally Parente says**

perfect for beginners. nice to know what the differences are in numerous types of coconut oil. without a lot of technical crap. great recipes to try. already had used it a lot of different ways.

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## **Marilyn Geary says**

### **Concise and informative**

Book is like a detailed overview for the busy beginner. It gives enough information on the why's, a few useful examples, and some recipes to get started. Inquisitive people might want to do additional research, experienced users would find it useful to recommend to newbie friends. Highly recommended.

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## **Amanda says**

A great introduction into the benefits and uses for coconut oil. I particularly like the explanations of the different types of oil and which ones to buy and which ones to stay away from. I haven't used any of the food

recipes yet, but my family and coworkers are getting lip balms and moisturizers for Christmas! I absolutely love the coconut oil mixed with a cherry flavoring oil as a lip balm :). So many wonderful ideas in this book - I am addicted.

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### **Sandra says**

I have been using coconut oil for some time now and enjoying all of its valuable benefits. Nonetheless, I learned many new facts about coconut oil and its uses from this great book!

This book starts with an interesting history of coconut oil. Then, it explains exactly how to find the most healthful coconut oil possible. This is vital, if you wish to glean the many benefits. This book goes on to explain what makes this oil so healthful in so many ways.

This book contains many easy, wonderful recipes for coconut oil in moisturizers, soaps, shampoos, conditioners, and all kinds of easy-to-make beauty aids. Finally, this book includes a delicious section on easy recipes using this wonderful oil. I thought I knew a lot about coconut oil. Now, I have even more healthful ways to use this wonderful oil!

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### **Pearl E. Eggerud says**

#### **Great Information**

I had no idea this product is good for you. I bought this book as coconut oil was recommended for the health of my puppy. We will now be using it for the whole family.

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### **Rhonda Stephens says**

Pretty straight forward with lots of food recipes that incorporates coconut oil. When they talked about the different ways coconut oil can be processed, that was a little confusing but I'm sure with a more focused re-read I could figure it out. Did the audio book version to this one.

Would like to have seen or heard more about the topical uses of coconut oil, more recipes of that nature. It Didn't seem balanced on that avenue.

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### **Richard Knobloch says**

#### **so, that's what you do with that stuff**

I recently went out and bought a \$17 jar of coconut oil, because I had heard that it was so good. I got it home

and then realized I had no idea what I was supposed to actually do with it. Was i supposed to just stick a spoon in the jar and force it down my throat? Then I found this book. It painted the picture for me and left no doubt that this is truly a beneficial product. Well worth the read!

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