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The "Coconut Oil Breakthrough: Boost Your Brain, Burn the Fat, Build Your Hair" is a simple direct very knowledgeable and informative book on the benefits of coconut oil, coconut milk and coconut water. BJ Richards is the author of this book. This book has everything you want to know about coconut oil. From weight loss to hair health, mental well-being, skin, you name it, Richards covers it in this book.

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Coconut Oil Breakthrough: Boost Your Brain, Burn the Fat ...

Coconut oil gets a lot of hype these days, but one thing you might not know about the oil is that it's extremely beneficial for immunity. Find out how this oil may help boost your immune system ...

How to Use Coconut Oil to Boost Your Immunity - One Green ...

Plus, adding coconut oil to your food or smoothies helps to boost energy quickly and it's easier to digest than other types of oils. Some ways to use coconut oil in your food includes: Sautéing veggies and meats; Adding a creaminess to your coffee; Adding nutrients to your smoothie; Replacing unhealthy fats in baked goods; 2. Skin and Hair ...

Coconut Oil Benefits, Nutrition and Popular Uses - Dr. Axe

Coconut oil: You can't browse social media -- or the grocery store shelves -- these days without running across it.The sweet-smelling tropical staple is rumored to slow aging, help your heart ...

Coconut Oil Uses and Your Health - WebMD

You might just be surprised at how powerful this plant really is in addressing the health problems you might be facing in your daily life. There are literally more than 30 ways we can use the coconut to improve the quality of our lives. You can use coconut oil, milk and water to: -Rehydrate your skin, and make your skin look and feel healthy again.

Full version Coconut Oil Breakthrough: Boost Your Brain ...

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The MCTs in coconut oil can increase the number of calories your body burns compared with longer-chain fatty acids . One study found that eating 15–30 grams of MCTs per day increased 24-hour ...

Top 10 Evidence-Based Health Benefits of Coconut Oil

In this book you are going to learn: How coconut oil, milk and water can rehydrate your skin, triple your metabolism and burn off the fat staring back at you in the mirror. The exact type of coconut oil to buy. Purchase the wrong kind and you're hurting yourself, not helping.

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4. Sunburn Relief: The harsh rays of the sun can dry the delicate skin on your face and you look older. Coconut oil helps you to get rid of that redness and itching (if you experience it) as it rehydrates the skin. 5. Makeup Remover: Removing makeup is a major task. Instead of removing

make up with other chemicals, remove it with coconut oil.

Coconut Oil for Face: 7 Ways to Use it For a Beauty Boost ...

Here's how to incorporate these three natural ingredients into your morning coffee to boost your metabolism. Just remember to keep it black:
Ingredients. 1 tsp cinnamon; 3/4 cup of coconut oil; 1/2 cup of raw honey; Instructions. 1. Mix all ingredients together well until smooth. Store it in a covered container. 2.

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