



Coconut Health Made Simple: Coconut Oil Cures & Health Hacks to Lose Weight, Lower Cholesterol, Improve Your Memory, Hair & Skin

Anika Lindquist

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What if I told you that if you adopt the small lifestyle changes described in this book, you could change your health simply and dramatically?

For years we have been told that fat is bad for us, high fat diets will make us fat, and low fat is the way to go for health and weight-loss.

But now, with the news that coconut oil is a healthy fat and hugely beneficial for many aspects of health including our heads, hearts, and even our hair (!), nothing could be further from the truth.

In this book, you will learn:

how coconut oil promotes natural beauty There's also an informational section about the basics of these coconut oil health hacks and a daily guide that shows you how to incorporate it into your life. Make no mistake, these coconut cures could seriously change your life. This really is health made simple, super simple. **Scroll up to purchase and find out what coconut oil can do for you!**

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