



# **The In's and Out's of Coconut Oil: A Beginners Guide to Exploring the Amazing Benefits of Coconut Oil Help with Weight Loss, Allergies, Healthier Skin, Hair and much more.**

*Simone Donovan*

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Coconut Oil has numerous applications and benefits. From help with weight loss to skin care. This book goes through these benefits, explaining why you should not just be eating more of this oil, but other ways to use it to get the most value from this highly versatile oil. Reading through this book will help you to think of this oil in more ways than just cooking with. Allowing you to take full advantage of the huge health improvements this oil can bring to your life.

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