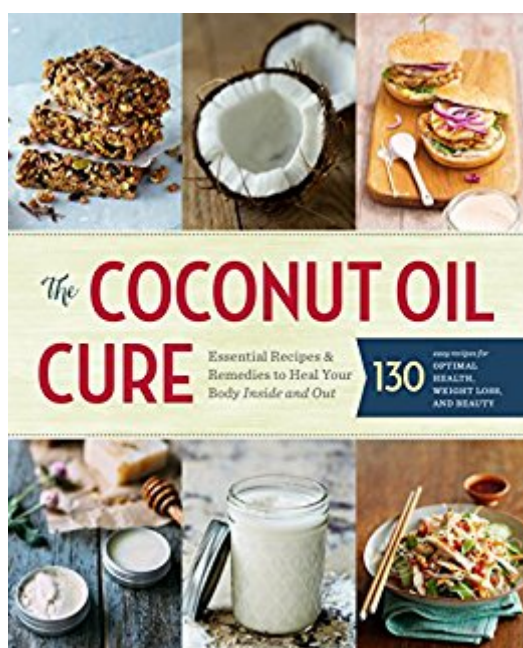


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# The Coconut Oil Cure: Essential Recipes And Remedies To Heal Your Body Inside And Out



## Synopsis

All You Need to Take Advantage of Coconut Oil's Many Health Benefits With The Coconut Oil Cure, you hold the key to improved health and beauty using a tropical fruit prized for its healing properties and versatile applications. In addition to delicious recipes that help you lose weight and lower inflammation, you'll find step-by-step instructions for creating natural, effective remedies like healing massage creams, therapeutic skin treatments, and sumptuous anti-aging potions. An easy-to-understand overview of coconut oil and its many uses in improving overall health and wellness14 simple recipes for natural cosmetics like Bronzing Cinnamon Body Butter and Coconut Oil Beach Hair Spray16 effective recipes to soothe and cure common ailments such as dandruff, skin rashes, and sore throats100 delicious recipes that make it easy to cook with coconut, including many vegan and Paleo-friendly dishesA handy shopper's guide to ensure you purchase the right type and quality of coconut oil for your personal needsPlus, you'll find ten bonus recipes from the bestselling Paleo for Beginners by Sonoma Press to help you achieve your best health by eating like your ancestors.

## Book Information

File Size: 23998 KB

Print Length: 250 pages

Publisher: Sonoma Press (July 1, 2015)

Publication Date: July 1, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0118F29EK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #251,681 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #54

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#152 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #880 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy Living

## Customer Reviews

In the past several months, I have gotten into essential oils, herbal remedies, and oil pulling. It was only recently that I learned of the power of raw coconut oil. Wanting to learn more, I decided that I needed to check out the library. Shortly thereafter, I was given the opportunity to read *The Coconut Oil Cure*. I love everything about this book. I was intrigued by the history of coconut oil, and there was a ton of information in there that I wasn't even aware of. Now, I enjoy telling my friends and family what I've learned about this amazing all-natural product. From the way it's written to the overall layout, the book is an excellent read and easy to follow. It features delicious recipes and smoothies, and even has recipes for body care (like a bronzing body butter with cinnamon) and hair care (such as a shampoo). If you're looking to familiarize yourself with coconut oil, find out how to use it, and try some delicious recipes, then this is the book for you. It comes highly recommended.\* Product provided for review without cost.

I had read up online about different things to do with coconut oil but this book has so many different things to do with it! I can't wait to try them all! You can make lip balm home cleaners cook with it and tons of ways it helps your body be healthier! I defiantly recommend this book if you looking for ways to use that coconut oil in different ways or are just curious of ways to learn how to use it

This is partly a book of cosmetic and therapeutic recipes, but mostly a straightforward cookbook using coconut oil as well as coconut milk in recipes for smoothies, entrees, and desserts. Part One is a broad brush history of coconut oil's recent emergence as a healthy fat/miracle food, as well as definitions of the various types of coconut oil and a pretty extensive list of ailments it is purported to cure or alleviate. Part Two contains cosmetics and therapeutics recipes ranging from a lovely honey-coconut sugar scrub to a cinnamon bronzing butter that sounds really ill-advised. (Cocoa powder as bronzer... what could possibly go wrong?) The food section includes quite a few vegan, gluten-free and paleo friendly recipes, which range from straightforward rice bowls to rather elaborate desserts. Disclaimer: The above item was provided to me in order to facilitate review.

I love coconut oil, i mean really I do. My husband laughs sometimes because i'm like well it's like windex, it fixes everything. Ok on the serious side, I am loving the *Coconut Oil Cure*. This book is amazing. Even if you know how to use coconut oil, this book has new methods. It gives you recipes to cook with, hair spray (yes hair spray) and everything else you could possible think of or not. it really is a book for the coconut lover. It's kind of

funny because I don't like to eat coconut, but I will cook with coconut oil. It has a different texture and taste (to me at least) when cooking with it. This would be a great book to use as a gift as well. I know a few friends that would love it. I received this book at no extra cost in exchange for a review, opinions are 100% mine.

If you are a coconut oil lover (like me!) or if you are a newbie to coconut oil then this book would be fantastic for you! I already knew about the many many uses for coconut oil but I found out even MORE from this book! Some of my favorites include homemade lip balm, deodorant, massage cream, smoothies, and lots and lots of recipes! The book is broken down into a couple of sections so it is not so overwhelming to process. First is the the history of coconut oil, then all the different types of coconut oil processing and how to find the best for you and your family, next the health benefits of coconut oil, then the skin treatments and finally the recipes. Luckily, I was so excited to be able to receive and review this item from the seller in exchange for my honest opinion!

Great book. I already used coconut oil for everything. I didn't know that coconut oil could be used in so many ways until now. My husband suffers from back pain and there is a recipe for healing massage butter. I had no idea it could be used for toothpaste. This book is perfect for anyone who really wants to change their lifestyle. Like myself. I have recommended to my family and friends. I truly believe this book will and can change your life for the better. Not to mention the coconut recipe section which means you don't have to feel so guilty about desserts. I did give it 4 stars because coconut oil can be used in natural hair care. I wish it had a lot more hair recipes. I received this book in exchange for my honest opinion. In no way has it changed my opinion.

This book is so informative regarding the uses of coconut oil. It breaks down coconut oil and explains exactly what it is and why it's considered to be some kind of cure. It can be used in food and for beauty products (I use it for both!). It really helps you to understand the oil and how to use it. This book includes recipes to cook with (to get some of that healthy fat into your system). It also helps you with the beauty aspect of it. You can do an oil treatment on your hair, make toothpaste and create your own deodorant. I love the ideas that you can come up with because of this book. There's also a section regarding therapies that can really help you. I would recommend this book to everyone who's interested in coconut oil and the health aspects.

An Awesome book for anyone looking for more healthy alternatives! Did you know you can make

chocolate milk? Or Kale Chips? Or a pain relieving lotion bar? This book has so many things you can do with coconut that it's amazing that a lot of these are not in our every day lifestyles. It's not just a cook book, it's a how to guide of using coconut milk, oils, and over all coconut. I did receive this book because I am a blogger, but I am so glad I did. I suffer from chronic joint pain and my mother has Rheumatoid Arthritis, so I will be making a batch of the lotion for both of us. Plus, it all smells so good!!! A must have for any naturalistic persons library. Thank you for letting me have this book, I can't put it down!

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