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YOUR BRAIN, BURN THE FAT, BUILD YOUR
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COCONUT OIL BREAKTHROUGH: BOOST YOUR BRAIN, BURN THE FAT, BUILD YOUR HAIR BY B J RICHARDS PDF

What if there were a way to burn off those extra pounds without having to go on some crazy diet.... just by doing this one simple thing?

And use that same product to strengthen and build your hair?

Plus get the added bonus of contributing to the health of your brain and memory?

And do all that with one affordable product that doesn't break the bank!

Not knowing what I'm going to teach you in this book kept me in the same old loop... struggling with weight and fat that just wouldn't budge... seeing my hair thin and break for absolutely no reason, regardless of how good my diet was... having to use sticky-notes to remember almost everything!

Learning to use coconut oil was a game changer for me and it can be for you, too.

I've been involved in natural healing for over 30 years, in my personal life, as a researcher and a practitioner. I know how long it takes to find reliable information and then figure out how to use it effectively. I've done that for you here.

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.
- * How much coconut oil you should take for weight loss vs. enhancing memory. These are not the same.
- * An ancient Ayurvedic technique that can help you to reduce bad breath, plaque and gingivitis.
- * How to make your own coconut milk and save big.
- * Over 30 additional uses of coconut oil and how you can use it to replace expensive products and save even more money.

Follow the advice in this book and you can start burning the fat, saving your hair and improving your health. Carol, a housewife from Arizona says: "I lost 6 pounds in 5 weeks without dieting, and now never worry about bad breath."

Don't stay stuck in that rut, just wishing and getting nowhere. Be the person you want to be and have the health you want to live.

What's stopping you from achieving the health and body you deserve?

You are minutes away from the solution you need.

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Most helpful customer reviews

29 of 29 people found the following review helpful.

I love coconut oil and have been using it for years

By Michelle Brown

I love coconut oil and have been using it for years. This book actually answered some questions I had about coconut oil (I wondered if MCT oil was as beneficial as it's touted to be- or just an over priced and over processed version of the real thing). I learned several new ways I can use coconut oil to reap the benefits even more!

37 of 39 people found the following review helpful.

Easily Improve Your Health

By Skye Goddess

After reading Coconut Oil Breakthrough, I am a convert! I knew that coconut oil was better than other oils and I was already using it for a lot of things, but the author gave me some reminders and also told me about things I didn't know. The difference between good fats and bad fats was clearly explained. I had no idea coconut oil was 90% good!

She also explains what RBD coconut oil is, and the best type of coconut oil to get, "wet-milled". She tells you ways to use coconut oil to lose weight such as stirring a small amount into a cup of tea before meals which sounds heavenly to me.

One of the most fascinating discussions in the book for me was about hydrogenated oils and how they are made. What craziness! I knew they were bad and always avoid them, but now I know why and it has strengthened my resolve. Great book for anyone interested in improving their health.

23 of 24 people found the following review helpful.

All YOU WANT TO KNOW ABOUT COCONUT OIL

By Peggy Lim

A very comprehensive and impressive book with all the information you want to know about coconut oil, how it can be used and its health benefits. I use coconut oil and can attest to its benefits. The author has done a magnificent piece of work collecting the results of studies done on coconut oil and presenting the valuable information in a very interesting and readable way. Enjoyed reading it.

See all 84 customer reviews...

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