



Coconut Oil: 24 Essential Home Remedies and Uses (Coconut Oil Miracle, Cures, For Beginners, and Weight Loss Book 1)

Bianca Dickey

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Coconut Oil: 24 Essential Home Remedies and Uses

This book contains proven steps and strategies on how to improve your health using Coconut Oil and other natural home remedies.

Frustrated with doctors either saying there's nothing they can do for you, or else you need drastic intervention, like antibiotics, steroids, surgery, and thousands of dollars worth of testing? There is a gap in the modern Western medical system - and that gap is in knowledge and practice of preventative medicine and early intervention.

My need to write this book comes in the context of a long journey with my husband in diagnosing the source of chronic digestive pain, struggling with doctors who either said there was nothing they could do or jumped to x-rays and CT-scans or antibiotics and powerful prescription medications.

It wasn't until we turned to other sources of information that we began to find some relief. Working with a naturopathic doctor to create a specific dietary plan and taking easily affordable whole-food natural supplements like coconut oil to heal my gut, we were able to achieve a complete transformation within a couple of months.

Coconut oil has become a commonplace in our kitchen, and has enriched our lives in a variety of ways. It is part of most of our meals, and adds a light and delicious flavor to rice, vegetables, sauces, toast...even coffee (try frothing it in a blender for the best dairy-free latte anywhere!)

We were already cooking with coconut oil when we found out about its medicinal uses, so imagine our delight when we realized it contained natural antimicrobial and anti fungal medium-chain fatty acids? When we discovered that coconut oil can be used to lessen inflammation anywhere in or on the body, to treat almost any kind of infection, to regulate metabolism and blood health, we became passionate.

Now coconut oil is a major ingredient in our medicine cabinet and in our pantry.

You Will Learn Miracle Home Remedies for:

- Skin Care
- Dietary Needs

- Health
- Beauty
- *And Much More...*

TAKE ACTION!!

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Ramon Jeter:

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Andy McNeil:

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