



Coconut Oil, Miracle Worker: The Coconut Oil Bible for Beginners

Anne Medlin

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Only recently has modern medical science unlocked the secrets to the coconut's healing powers. And what amazing powers those are! There are hundreds of staggering health and beauty benefits linked to the use of coconut oil, including:

- Promoting heart health
- Promoting healthy brain function
- Strengthening the immune system
- Supporting proper thyroid function
- Aiding in weight loss
- Maintaining healthy, radiant skin and hair
- Healing skin blemishes, cuts, and scrapes
- Strengthening and whitening teeth

Many processed food, health, and beauty products are filled with synthetic, toxic ingredients which are absorbed into the body and stored as waste. Coconut oil provides the perfect easy, accessible, inexpensive, delicious, and effective substitute.

In *Coconut Oil, Miracle Worker*, bestselling author Anne Medlin provides a comprehensive guide packed with information on ways to incorporate this amazing elixir into your daily life. She begins with an overview of the medicinal benefits of internal and topical use of coconut oil, provides advice on where and how to buy coconut oil, then outlines dozens of applications and recipes for every purpose imaginable, including:

- The treatment of a variety of illnesses, wounds, and skin conditions
- Oral health
- Skincare
- Hair care
- Delicious meal, dessert, drink, and snack recipes.

Pick up your copy of *Coconut Oil, Miracle Worker* today to enjoy the incredible benefits of this amazing, natural, all-in-one healing solution!

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