

The book was found

Coconut Oil Breakthrough: Boost Your Brain, Burn The Fat, Build Your Hair



Synopsis

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. Scroll to the top and click the "buy now" button.

Book Information

File Size: 2031 KB

Print Length: 127 pages

Simultaneous Device Usage: Unlimited

Publisher: Richards Media Services, LLC (April 17, 2016)

Publication Date: April 17, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01EGBA1FW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #29,153 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6

in [Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Holistic Medicine](#)
#10 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Reference](#) #11 in [Kindle Store > Kindle eBooks > Medical eBooks > Special Topics > Nutrition](#)

Customer Reviews

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!

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.

Very good.

An informative, short read. I would recommend this book to anyone with an alternative mindset. It is another step in our journey to living a healthier lifestyle.

Excellent! A very helpful and informative guide to the uses of Coconut Oil. Worth reading and following.

The book surprised me, it had a very high quality information! Complete and practical!

Read this book! Wow it is so important to your health.....Coconut OIL is amazing! very imformative and helpful information, Easy to read!

This is a great little book. I have used coconut oil for several years both for me and my girlfriend who had cancer. MCT's are a fuel source for the brain and they tend to starve cancer cells. This book covers a lot of uses for coconut oil, water, and milk and even includes how to make your own coconut milk. I highly recommend it. It's an easy read (I read it in under 20 minutes); and, You should find it both informative and very useful.

[Download to continue reading...](#)

Coconut Flour Recipes: Your Ultimate Low Carb, Gluten Free & Paleo Friendly Coconut Flour Cookbook (Coconut Oil, Coconut Oil Recipes, Coconut Oil For Weight ... Oil For Beginners, Coconut Oil Miracles) Coconut Oil Breakthrough: Boost Your Brain, Burn The Fat, Build Your Hair Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Coconut Oil Hacks: 19 Life Changing Coconut Oil Hacks for Weight Loss, Radiant Health & Beauty Including Amazing Coconut Oil Recipes Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Oil Painting: Learn Oil Painting FAST! Learn the Basics of Oil Painting In No Time (Oil Painting Tutorial, Oil Painting Books, Oil Painting For Beginners, Oil Painting Course, Oil Painting) (Volume 1) 100 Tips For Hair Loss: How to Deal With Hair Loss and Assist Your Hair Growth (hair loss, hair growth, alopecia, grow hair, baldness, balding) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Diffuser Recipes:

Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney Hair Loss: How it Happens and How to Fix It (Hair Loss, beauty and fashion, hair, loss, aging parents, hair growth, healthy hair) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Coconut Oil and Apple Cider Vinegar: 2-in-1 Book Combo Pack - Discover the Amazing Health, Beauty, and Detox Secrets of Apple Cider Vinegar and Coconut ... - Detox - Weight Loss - Hair - Beauty) The Coconut Oil Solution: A Book Of Natural Remedies For Weight Loss, Detox, Beautiful Hair, Glowing Skin, Plus Recipes For Delicious Eating With Organic Extra Virgin Coconut Coconut Oil and Apple Cider Vinegar Handbook: Use Coconut Oil and Apple Cider Vinegar for Healing, Curing, Beauty, and Glowing Radiant Skin Intermittent Fasting Hacks: How To Eat Whatever The F*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)