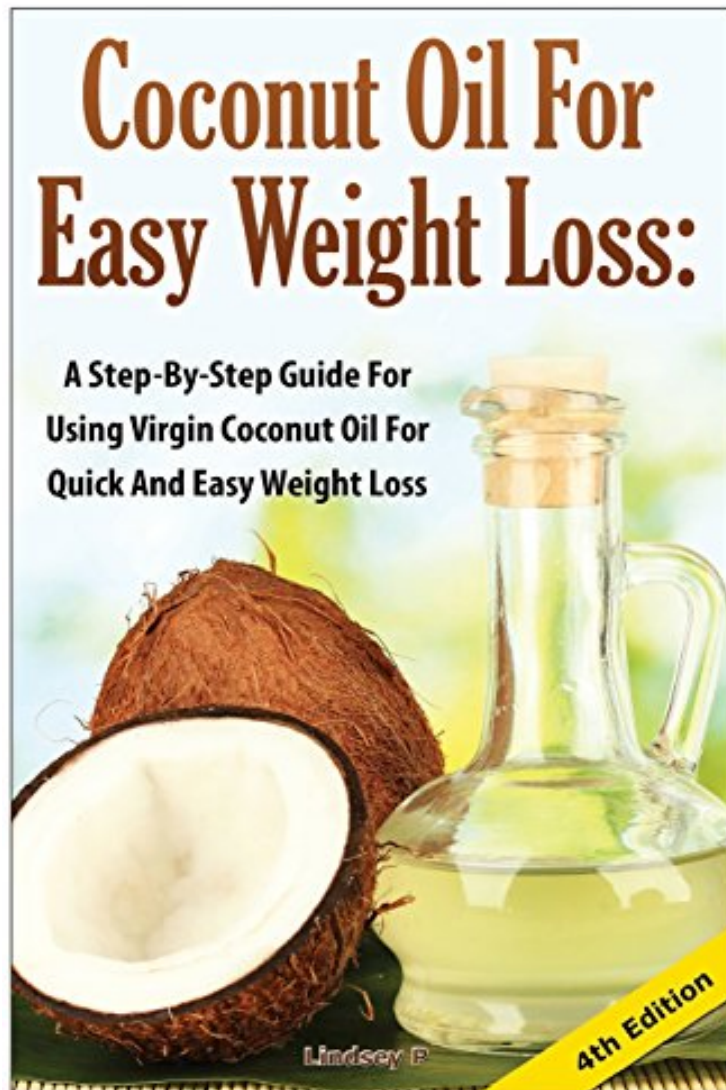


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Coconut Oil For Easy Weight Loss: A Step by Step Guide for Using Virgin Coconut Oil for Quick and Easy Weight Loss

Lindsey P

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Lindsey P : Coconut Oil For Easy Weight Loss: A Step by Step Guide for Using Virgin Coconut Oil for Quick and Easy Weight Loss before purchasing it in order to gage whether or not it would be worth my time, and all praised Coconut Oil For Easy Weight Loss: A Step by Step Guide for Using Virgin Coconut Oil for Quick and Easy Weight Loss:

3 of 3 people found the following review helpful. Informative! By Michael S. Lindsey P has done it again! I always enjoy her books, they are always helpful and informative. This book is no different. I'll be honest, I don't know that I had ever heard of Virgin Coconut Oil before I saw this book. After reading it though, it is definitely something that I want to have at my house to help with weight loss. The recipes that she listed looked very, very good and I cannot wait to try them. I also like how she outlined some other health benefits that virgin coconut oil provides, but I won't spoil the book. If you are interested in weight loss, get this book. It will help you.

3 of 3 people found the following review helpful. Excellent book with specific and useful information. By rorypaquette I have read several books on different oils, such as coconut oil, olive oil, etc. These books have all had very valuable content in terms of utilizing the oils to benefit the human body. Oil pulling, oil for weight loss, essential oils for balance, oils used for detoxification and cleansing, all are based on sound medical principles and information. This book, somehow, comes up with even more reasons to trust this line of thinking and prepares the reader to absorb it all in small, easily digestible portions. In all of the other reading I have done on this and similar topics, the link between coconut oil and blood sugar regulation has never been discussed. I had no idea what MCFAs were before reading this publication, or why they might be important to MY health. I also have never before heard the distinction made between the different types of coconut oil, such as VCO and RBD types of oil. What are those, and why are they important? Read the book. The last difference between this publication and others I have read that I would like to point out is that this one gives methods that you can follow to slowly and safely add things into your diet, and what to expect in terms of body changes once you start doing it. Excellent book with specific information.

12 of 13 people found the following review helpful. VCO good for diabetes and weight loss! Wow!!! By MartinaJ Wow this is a great book! I know about coconut oil being used in your hair as a child and it be used instead your regular cooking oil. I am now realizing that the virgin coconut oil that I purchased in my health stores are still RBD (refined, bleached and deodorized). I saw some VCO in my local bakery store and I am going to purchase two bottles this evening! My husband is diabetic and he loves coconut oil but we did not know that it can help with his diabetes. He will be drinking this on a regular basis from now on! So would I as I am reading that VCO is good for weight loss! I AM SO GLAD THAT I PURCHASED THIS BOOK! It has provided me with information to help my husband with his diabetes and me losing some weight!!!!

COCONUT OIL FOR EASY WEIGHT LOSS 4th EDITION: A Step by Step Guide for Using Virgin Coconut Oil for Quick and Easy Weight Loss You're about to discover how Virgin Coconut Oil benefits our bodies as well as the different means through which it can hasten our weight loss. It is quite unconventional, considering that oil typically equals fat when we think about it. However, this is certainly not the case with coconut oil for it contains many beneficial nutrients that are good for our bodies inside and out. Here, you'll be provided with more than just simple facts. You'll also be given a few recipes that you can enjoy during your diet without having to worry that you'll end up ruining your routine. In fact, by eating these, you'll lose weight more efficiently. Here Is A Preview Of What You'll Learn... What is Virgin Coconut Oil? * How Virgin Coconut Oil Works For Weight Loss Starting Your VCO Weight Loss Regimen Your Daily Dose of VCO Precautions With VCO Use Other Known Health Benefits Virgin Coconut Oil Diet Recipes Complement Your Virgin Coconut Oil Regimen Much, much more! Download your copy today!

About the Author Hi, I'm Lindsey P. I am a proud wife and stay at home mom. After my first child was born, I started to focus on the ingredients used in our everyday health and beauty products. The more and more research I did, the more nervous and upset I became towards companies and their lack of care towards consumers. Fast forward two years, shortly after having my second child, I was diagnosed with Thyroid Cancer. During my fight against this disease, I began researching possible causes. I soon began to learn just how many harmful ingredients were not identified on product labels. I vowed once I recovered to share my knowledge through my newly established company producing all natural products, that include soaps, balms, bath salts, etc etc. My books are intended to not only educate, but also to share the knowledge and passion that I have gained through my struggles over the last few years.