



# The Coconut Oil Cure: Essential Recipes and Remedies to Heal Your Body Inside and Out

*Sonoma Press*

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**All You Need to Take Advantage of Coconut Oil's Many Health Benefits**

*With The Coconut Oil Cure*, you hold the key to improved health and beauty using a tropical fruit prized for its healing properties and versatile applications. In addition to delicious recipes that help you lose weight and lower inflammation, you'll find step-by-step instructions for creating natural, effective remedies like healing massage creams, therapeutic skin treatments, and sumptuous anti-aging potions.

- An easy-to-understand overview of coconut oil and its many uses in improving overall health and wellness
- 14 simple recipes for natural cosmetics like Bronzing Cinnamon Body Butter and Coconut Oil Beach Hair Spray
- 16 effective recipes to soothe and cure common ailments such as dandruff, skin rashes, and sore throats
- 100 delicious recipes that make it easy to cook with coconut, including many vegan and Paleo-friendly dishes
- A handy shopper's guide to ensure you purchase the right type and quality of coconut oil for your personal needs

Plus, you'll find ten bonus recipes from the bestselling *Paleo for Beginners* by Sonoma Press to help you achieve your best health by eating like your ancestors.

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