

# THE COCONUT OIL HEALTH & BEAUTY BOOK

Nykol Stooksbury

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Refresh and try. Without feeling deprived. I read this book in one sitting and although i had cooked with coconut oil before, on advice from a nutritionist, i had never known about the applications for skin and hair.

Ienjoyedreadingitandgotthroughitfairlyquickly. It will arm you to avoid pitfalls and wayward paths along your quest for better health. Refresh and try. My first book babythis is our classic community read that lays out our foundational dietary principles, including food combining and eating Light to Heavy.

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