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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Coconut Oil Handbook is the definitive guide when it comes to improving health through use of coconut oil. Written off for years as an unhealthy oil, coconut oil has seen a huge surge in popularity in recent years as more and more people come to realize the many health benefits it has to offer. The saturated...

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- Authored by Jamie Wright
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