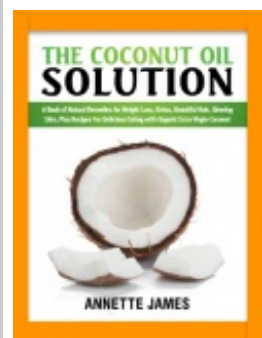


Coconut Oil Book Reveals Benefits: Uses For Hair, Body, Coconut Diet

Brandon Schoen January 25, 2014



Coconut Oil Book Reveals Benefits

A popular coconut oil book on Amazon, **The Coconut Oil Solution**, is touted as a useful tool for uncovering the benefits of coconut oil and discussing the benefits of adding coconut oil to the diet. The book is being offered at no cost to Amazon customers.

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The Coconut Oil Solution has received numerous accolades and raving reviews because of James' ability to transfer her in-depth knowledge to the reader in a way that is straightforward without a lot of jargon that can be difficult to understand. The book is also practical, offering the reader instant ways to

begin using coconut oil, including recipes for meals and snacks, as well as beauty recipes for better skin and hair.

James, an Ayurvedic specialist who has extensively studied naturopathy and holistic methods for improving health and appearance, has written about coconut oil and other Ayurvedic staples for the past decade. **The Coconut Oil Solution**, however, is her first book to be made widely available to the public. Needless to say she is a firm believer in the **power of coconut oil**, which is why she was persuaded to write this guide to "nature's miracle" in the first place.

The **Coconut Oil Solution** focuses on the wide variety of **uses for natural coconut oil**, including how to use it and why it should be used. Practical, concise, and informative, James' book is one of a kind, maintaining its best-selling position in the niche because of her obvious grasp on the subject matter.

"The original version of this book – the one in my head – is about 300-pages longer than the final version," says James laughing. "But I'm glad the book turned out the way it did! This size is manageable, plenty of information for those interested but not so much that it is intimidating."

And she is exactly right. The **coconut oil guide** can be read in a weekend, leaving the reader plenty of time to try one of the many practical uses James offers on each page.

The book can be purchased on Amazon.

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Amazon Link:

<http://www.amazon.com/The-Coconut-Oil-Solution-ebook/dp/B00ED2YVQ0/>

Blog:

<http://silverbulletbooks.com/coconutoilsolution/>

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