



Coconut Oil: The Complete Coconut Oil Guide: Coconut Oil Benefits, Coconut Oil Secrets And Coconut Oil Tips For Beautiful And Healthy Skin (Coconut Oil ... Coconut Oil Hacks, Coconut Oil Cures)

Jessica Cambridge

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Coconut Oil: The Complete Coconut Oil Guide: Coconut Oil Benefits, Coconut Oil Secrets And Coconut Oil Tips For Beautiful And Healthy Skin

Today only, get Coconut Oil: The Complete Coconut Oil Guide: Coconut Oil Benefits, Coconut Oil Secrets And Coconut Oil Tips For Beautiful And Healthy Skin! Read on your PC, Mac, smart phone, tablet or Kindle device.

This book contains proven steps and strategies on how to use coconut oil to effectively achieve beautiful and healthy skin.

Included in this book is information on the properties of coconut oil which would further explain the reason why coconut oil is beneficial, proper ways to use coconut oil for hair and skin care, helpful coconut oil-based recipes for skin care, and other interesting tips to keep your hair and skin healthy.

Here Is A Preview Of What You'll Learn...

- Coconut Oil in a Nutshell
- Coconut Oil over Other Oils
- The Pearls deep down the Coco-NUT Core
- Gifts from the Oil of the Giant Nut, Coconut
- How to Use Coconut Oil for your Hair and Skin
- Much, much more!

Coconut Oil in a Nutshell

Nowadays, coconut oil seems to be stealing the spotlight. Certain industries often advertise health claims

regarding it and so it has become somewhat controversial. That fact makes everyone else think about the reality behind it. To find out, let us discuss these fast facts about coconut oil.

The Morphing of Coconut Oil

In procuring coconut oil, there are options to choose from as it comes in 8 varieties:

1. Pure Coconut Oil was the most popular in the old days. This oil is obtained from dried coconut kernels also known as copra in which the copra is compressed in a mill. The mill is driven by either bullocks or power. Bullock driven pure coconut oil mills is much preferred than the one driven by power. Pure coconut oil contains no additives and is unrefined and crude. In addition, it can be used as an edible oil, massaging oil, hair oil, cosmetic oil, and for medicinal and industrial use.
2. Refined Coconut Oil is sometimes referred to as RBD coconut oil. RBD stands for refined, bleached, and deodorized. This variety of coconut oil is extracted by mechanical and chemical refining, bleaching, and deodorizing of crude making it thin, colorless, odorless, and a none particle-containing suspension which only renders saturated fats. This variety has a shorter shelf life.
3. Fermentation, centrifugal separation, and the use of enzymes on a fresh mature coconut meat's milk are what make Virgin Coconut oil. Producing this form of coconut oil is meticulous as it uses little or no heat in the extraction process and is free of chemicals. By far, it is one of the varieties that receive high regard and expectations from the public. It still possesses the smell and taste of coconuts even after the processes it went through whereas copra-based coconut oils such as RBD oil possess a bland taste.

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