



Coconut Oil - The Science + 100 Healthy Coconut Recipes: Paleo style: free of gluten, grains, dairy and refined sugars

Tina Cordain MSc

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Coconut oil - The Science + 100 Healthy Coconut Recipes

As a "super food", coconut oil is claimed to have an array of health benefits including hair care, skin care, weight loss, and an improvement of cholesterol levels, thyroid function and it could even help reverse Diabetes type 2. The high content of saturated fat scares a lot of people away though, since the commonly held belief is that saturated fats contribute to high cholesterol and heart disease.

What is true? Is coconut oil really a powerful health food or should it be avoided? What does science say?

One of my reasons for writing this book is my love for everything with coconut in or on it. I feel it's good for my body, but to be able to recommend it to other people I want to be sure. I dived into the studies on coconut oil and its individual components, and what I found was pretty amazing. Not only did I find several unexpected benefits of coconut oil, but also the negative health effects of the polyunsaturated oils typically found in 'innocent' vegetable oils, nuts, seeds and soy products.

In this book I share my finding: you will learn about the composition and properties of coconut oil, read about personal experiences, get an evaluation on the research that has been done on various health topics in relation to the oil and 100 tried and true healthy gluten free coconut recipes! The coconut recipes are all free of gluten, grains, dairy, refined sugars and low in polyunsaturated fat.

Tags: coconut oil, coconut science, Diabetes, lower cholesterol, heart disease, metabolism, increase metabolism, weight loss, loose weight, Alzheimer's Disease, healthy hair, healthy skin, hair care, skin care, coconut recipes, coconut oil recipes, healthy recipes, gluten free recipes, dairy free recipes

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