

[PDF] The Coconut Oil Handbook: Nature's Remedy For Weightloss, Allergies, Healthy Skin And Overall Health - Benefits, Uses, Recipes And Lots More!

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Description:

About the Author Shae Harper is the mother of 2 young children whom she has healed of allergies and eczema through the use of healing nutritious foods. Shae loves to spend time with her 2 children and supportive husband, in particular she loves to go hiking with her family in beautiful natural surrounds. Shae has an extensive knowledge in health and nutrition and has always maintained that if you feed your body only nourishing clean foods that you will feel vibrant and "live your best life"! Shae specialises in all areas of health and in particular has a special interest in children's health in the areas of allergies, food intolerances and digestive health. Shae has many "Amazon Bestseller" health related books on Amazon. Keep up to date with the latest health information from Shae on her Facebook page: <https://www.facebook.com/DetoxTipsandCleanRecipes>

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