

# THE COCONUT OIL DETOX DIET: DETOX YOUR BODY, BURN FAT & LOSE WEIGHT WITH COCONUT OIL (COCONUT OIL FOR WEIGHT LOSS & DETOXIFICATION) BY AV



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THE BREAKTHROUGH METHOD FOR DETOX & WEIGHT LOSS

# The **COCONUT OIL DETOX DIET**

Detox, Burn Fat & Lose  
Weight with Coconut Oil



Avery Scott

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# **THE COCONUT OIL DETOX DIET: DETOX YOUR BODY, BURN FAT & LOSE WEIGHT WITH COCONUT OIL (COCONUT OIL FOR WEIGHT LOSS & DETOXIFICATION) BY AV PDF**

You may have heard about some of the benefits of coconut oil, but did you know that it is actually emerging as one of the best methods for detoxification and weight loss? Because of its great energy supply and healing properties, coconut oil is quickly becoming the most effective detox diet, especially when compared to water fasting or juice fasting.

The coconut oil detox diet is highly effective and more efficient than previous detox methods. Not only will coconut oil aid in the removal of toxins from your body, it will also increase metabolism, helping your body burn fat and aid in weight loss. Not only will you receive a total body detox through the coconut oil detox diet, but coconut oil for weight loss is one of the most effective ways to lose weight naturally.

This guide will show you exactly how to do a highly effective detox diet with coconut oil that can be done in 2-3 days. You will learn about the various benefits that coconut oil detox provides over other forms of detox as well as an added bonus method that will increase the effectiveness of your detox diet. So if you are ready to start feeling better and drop those unwanted pounds, pick up your copy of The Coconut Oil Detox Diet and start reaping all the great benefits that coconut oil has to offer!

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10 of 10 people found the following review helpful.

Interesting book but missing citations to back up the "facts"

By julia lynn

I did enjoy this very VERY brief guide and the info it provided, but felt oddly unsettled after. Once I read it again I realized a couple of things: no references to backup studies, success stories or anyone knowledgeable and misinformation about juicing. I felt I was reading an opinion piece stated as fact.

I don't doubt the author's intentions in getting the word out about the benefits of coconut oil, but the lack of any references left me uncomfortable. I also felt that the author was either uninformed about juicing or just needed to say "it's not as good as my thing" when really it's comparing apples and oranges as they say. Green juice fasting won't cause the blood sugar issues mentioned as the green leafies are actually 20 to 30 percent protein, where a fruit juice fast would likely fit the author's description more. I know everyone gets an opinion, but if they want me to believe it I need some proof it isn't simply their opinion.

5 of 5 people found the following review helpful.

Coconut oil detox diet

By Marie

Seems like a very good idea. I wish it gave more detail and personal case studies of people who have actually done this, like this sort of book typically does. A bit short since it lacks examples and detail.

4 of 4 people found the following review helpful.

Ok

By Sue

It was an ok mini book .I will try the oil pulling and the detox it was really short and to the point

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