

coconut oil 33 simple pdf

Hi Nyla, coconut oil helps to reduce inflammation, so it should help your diverticulitis. In your reply to Lesia (below), you said you're taking capsules.

How to take coconut oil for constipation â€¢ FussyBody.com

DIY Reusable Food Wrap. Update: If youâ€™d rather not buy each ingredient individually, there is now a kit available that pre-blends the beeswax, pine rosin and jojoba oil for you in just the right amounts. It also includes coconut oil, which is not in my recipe, but Iâ€™ve heard it works really well.

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