

BONUS MATERIAL: Figures and over 40 recipes in printable PDF format included.

THE COCONUT OIL MIRACLE

5TH EDITION

Use Nature's Elixir to:

- Lose Weight
- Beautify Skin and Hair
- Prevent Heart Disease, Cancer, and Diabetes
- Strengthen the Immune System



BRUCE FIFE, CN, ND



READ BY PETER BERKROT

Bruce Fife CN ND and
The Coconut Oil Miracle: 5th Edition



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For a long time, The Coconut Oil Miracle has been a dependable guide for women and men alike. Coconut oil is much more than just a fad. Now in its fifth edition, this revised and updated version has even more information on the advantages of coconut oil and displays listeners how to utilize it for maximum effect. This is a uniquely curative elixir that is shown to have countless health benefits. Bruce Fife is more popular as one of the leading authorities on the health benefits of coconut essential oil. Dr. This newest edition of The Coconut Oil Miracle is up to date with crucial information, including the latest research on links between coconut essential oil and benefits relating to heart function, Alzheimer's avoidance, bodily detoxification, weight loss, and many other hot topics.



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..."This review is not actually about the content. Five Stars So much great details! I believe in the coconut oil miracle.. I purchased the 5th hoping there will be new research, new evidence, new conclusions. Cold pressed virgin Coconut essential oil helped dog suffering from serious Atopic Dermatitis!! came across no new ahead or introduction. One website added to the Resources section. The 5th edition has more web pages (more readable with more white space) and a good fresh cover. In References (chapter bibliographies) I found only a few new entries in one chapter (Coconut Oil as Food and as Medicine) which did not seem significant. I bought this book. The Product section was dropped. The more People in america demand the reality, facts, and actual honest to good meals, the sooner our country will be healthful. Strangely both editions can be found from the same publisher at this time. Even more media hype exposed! It's True, Coconut Oil IS A Miracle I became a coconut essential oil fanatic after reading this book and assessment it out and viewing all the benefits of coconut oil. I in some way came across the reality that it was a healthy unwanted fat such as for example avocados. That was more than enough for me. I've been cooking food with it sauteeing vegetables, frying eggs, rice, etc. An excellent read. Oz is talking about the benefits of coconut oil and prescribing 2tblspns a day time. I'm beginning to see it to get where it was previously MIA. The book contained the same 50 quality recipes. for more information and I was amazed by what I did learn. I was able to help a suffering pet dog with ATOPIC DERMATITIS, he was on medication nonetheless it did not seem to do much as the poor puppy had bald patches, dandruff around his body, intense itching attacks with severe scratching, dull brittle fur - he was totally miserable and depressed. It's as perverted because the FDA trying to shut down Dr. Burzinski in Houston for saving the lives of cancer individuals. I'm a healthnut and always seek the truth in my food. I recommend this reserve to anyone who wants to be healthy. I did discover that my bad cholesterol was reduced with coconut essential oil usage. We thought it was fungal and a few days with coconut essential oil on the sore and it dried correct up. In general I suggest the 4th edition is a better buy. Fight the power! I've been consuming coconut essential oil for the past couple years. I also bought this book for a number of family members and they are right now big coconut oil supporters as well. The book switches into why coconut oil got a bad rap in the first place. It was a advertising ploy by the GMO soybean businesses that wanted to take over the movie popcorn marketplace and it worked. The sad fact is, coconut oil is far healthier for you than many other oils and specifically healthier than GMO soybean oil that's now used in movie theatre popcorn.. It is anti-bacterial, anti-viral, and anti-fungal. I have used it in food and it tastes delicious. I love it on popcorn with ocean salt, freshly baked breads, in smoothies, mix fries and I make raw chocolates that are to die for with it. As far as health benefits, I've used it to prevent colds that I felt coming in, healed dry epidermis, sunburn, softened dry out hair, whitened my teeth via oil pulling with it and my sister actually healed an infected sore on her cat's head with it. Very thorough book outlining the usage of coconut oil in additional cultures and also how to utilize it in all aspects of life, cooking, as part of a daily health/beauty regime and for your pets! I've had raised chlesterol since a child, if you will find out upon reading, it isn't necessarily a bad thing. This book goes into so many more benefits than these mentioned including things like constipation (that I can verify) and weight reduction. It is an excellent thing to have before a workout. Some individuals even claim it has gotten gone their hypothyroidism and today studies are developing that it's slowing Alzheimer's. If you want to learn about all of the amazing benefits and uses for coconut oil, this is the best reserve for that. Thoroughly researched. Five Stars I LOVE THIS BOOK I have more energy and am pain free for the very first time in years after including coconut essential oil in my diet plan and beauty regime. The cat experienced a sore that just did seem to wish to heal. I was disappointed... Not just a new edition "A completely revised and updated guidebook.. It's unfortunate and pathetic that press is permitted

to manipulate society with factless accusations pushing an invaluable product off shelves and rubbish in the form of hydrogenated oils into American lives. Everybody should have this book on hand.. I purchased virgin frosty pressed coconut essential oil and another product from Zesty Paws: Allergy Immune System bites - and provided both to the dog owner in Dec.. 2017 - in February 2018, the owner updated me on the health of his dog and explained that "he has seen an amazing change - his dog is hardly scratching himself at all, the dandruff is gone, the bald patches are completing with new shiny healthful fur, he is not so depressed any more and enjoys playing again" - I highly recommend this book and virgin cool pressed coconut essential oil to anybody also to pet owners who are looking for help for a wide range of medical conditions. Five Stars big help Lots of info! A lot of information. An excellent reserve with detailed information concerning the benefits and background of coconut oil Just bought additional copies for family and friends. It's been 24 months. Suddenly, Dr. .. And coconut essential oil is a more stable oil that may last a long time in your pantry. grateful because of this understanding it is with debt I like that I've not gain any fat works wonders . Yet, when comparing the 5th edition (2013) to the 4th edition (2004) I see basically no adjustments.. I am very grateful for this knowledge it is in debt I like that I've not gain any weight works wonders for my epidermis and hair Five Stars A+ Five Stars Exceptional product and came quickly and as described. I think the content is great. I like the book That is my second Coconut Oil book. I avoid any other oil. Just about everything you ever needed to find out about coconut oil. I really like the book, and have recommended to friends. This books offers helped me get better wellness, lower my cholesterol rate allowing me to log off my medications, alleviate my pre-diabetes and eliminate weight naturally.



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