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THE COCONUT OIL MIRACLE

Use Nature's Elixir to:

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



BRUCE FIFE, C.N., N.D.

Bruce Fife

The Coconut Oil Miracle: Use Nature's Elixir to Lose Weight, Beautify Skin and Hair, Prevent Heart Disease, Cancer, and Diabetes, Strengthen the Immune System, Fifth Edition



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A totally revised and updated guideline for maximizing the health and beauty great things about coconut oil Now in its 5th edition, this revised and updated version has even more information on the advantages of coconut essential oil and shows visitors how to utilize it for maximum impact, including a nutrition plan with 50 delicious quality recipes. • It is a uniquely curative elixir that is proven to have countless health advantages. When used as a dietary supplement, used in cooking, or applied directly to your skin, coconut essential oil has been found to: For years, The Coconut Oil Miracle is a reliable guide for men and women as well. Bruce Fife is widely recognized as one of the leading authorities on the health great things about coconut oil. • Promote excess weight loss Assist in preventing heart disease, tumor, diabetes, arthritis, Alzheimer's, and many other degenerative diseases Coconut oil is a lot more than only a fad. • Fortify the immune system • Improve digestion • • Prevent premature aging of the epidermis Beautify pores and skin and hair Dr. This newest edition of The Coconut Essential oil Miracle is updated with crucial information, including the latest research on links between coconut essential oil and benefits relating to center function, Alzheimer's prevention, bodily detoxification, weight reduction, and many other hot topics.



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Not just a new edition "A totally revised and updated instruction. I recommend this publication to anyone who wants to be healthy. I really like the book, and have recommended to friends." This review is not actually about this content. That was more than enough for me. Frosty pressed virgin Coconut oil helped dog experiencing severe Atopic Dermatitis! Yet, when you compare the 5th edition (2013) to the 4th edition (2004) I see basically no changes..I came across no new forwards or launch. I was disappointed. One internet site added to the Resources section. The more Us citizens demand the reality, facts, and true honest to good food, the sooner our nation will be healthful. In References (chapter bibliographies) I came across only a few fresh entries in one chapter (Coconut Essential oil as Food and as Medicine) which didn't seem significant. The book contained the same 50 dishes. The 5th edition has more pages (more readable with an increase of white space) and a good fresh cover. I bought virgin cold pressed coconut oil and another product from Zesty Paws: Allergy Immune System bites - and provided both to the owner in Dec. Strangely both editions are available from the same publisher at this time. I've been cooking food with it sauteeing veggies, frying eggs, rice, etc. I've been consuming coconut oil for the past couple years. I somehow came across the truth that it had been a healthy excess fat such as for example avocados. I think this content is great. More media hype exposed! Suddenly, Dr.Oz is talking about the benefits of coconut oil and prescribing 2tblspns a time. I'm beginning to see it in stores where it was previously MIA. I bought this book for more information and I was amazed by what I did learn.. It's as perverted as the FDA attempting to shut down Dr.Burzinski in Houston for keeping the lives of malignancy individuals. I'm a healthnut and usually seek the truth in my food.. I did discover that my poor cholesterol was lowered with coconut essential oil consumption. I've acquired raised chlesterol since a child, if you will find out upon reading, it's not necessarily a bad thing. The Product section was dropped. Combat the power! I avoid any other essential oil. I even bought this book for several family members plus they are now big coconut oil fans as well. I am very grateful because of this knowledge it is with debt I love that I've not gain any excess weight works wonders for my epidermis and hair Five Stars A+ Five Stars Exceptional product and came quickly and as described. It was a marketing ploy by the GMO soybean companies that wanted to dominate the movie popcorn market and it worked. The sad fact is, coconut oil is far healthier for you than many other oils and specifically healthier than GMO soybean essential oil that is now used in cinema popcorn. And coconut essential oil is a much more stable oil that can last a long time in your pantry. It is anti-bacterial, anti-viral, and anti-fungal. I have used it in food and it tastes delicious. Everybody should have this book readily available. As far as health benefits, I have used it to avoid colds that we felt coming in, healed dry skin, sunburn, softened dry out hair, whitened my tooth via oil pulling with it and my sister even healed an contaminated sore on her cat's mind with it.. Five Stars So much great details! I really like the book That is my second Coconut Oil book. This book offers helped me obtain better health, lower my cholesterol level allowing me to log off my medications, alleviate my pre-diabetes and get rid of weight naturally. Some individuals even state it has gotten gone their hypothyroidism and now studies are developing that it is slowing Alzheimer's. In order to learn about all the amazing benefits and uses for coconut oil, this is the best book for that. An excellent reserve with detailed information concerning the benefits and history of coconut oil Just bought additional copies for friends and family. It is an excellent thing to have before a workout. I've even more energy and am pain free for the first time in years after including coconut oil in my diet and beauty regime. Very thorough book outlining the usage of coconut oil in other cultures along with how to use it in all respects of life, cooking, within a daily health/beauty regime and for your pets! I believe in the coconut essential oil miracle. I love it on popcorn with ocean salt, freshly baked loaf of bread, in smoothies, stir frys and I make raw chocolates that are to die for with it... The cat got a sore that just did seem to want to heal. I could help a suffering pet with ATOPIC DERMATITIS, he was on medication nonetheless it did not appear to do much as the poor pet dog had bald patches, dandruff around his body, intense itching episodes with severe scratching, dull brittle fur - he was totally miserable and depressed. I purchased the 5th wishing there will be new research, fresh proof, new conclusions.. In general I suggest the 4th edition is a better buy. 2017 - in February 2018, the owner updated me on the condition of his dog and explained that "he has seen an amazing turn around - his dog is barely scratching himself at all, the dandruff is fully gone, the bald patches are completing with new shiny healthful fur, he is not depressed any longer and enjoys playing once again" - I recommend this book and virgin cold pressed coconut essential oil to anybody and to family pet owners who are looking for help for

a wide range of medical conditions.. A lot of information. Thoroughly researched. Just about everything you ever needed to find out about coconut oil. An excellent read. .. Five Stars big help Lots of info! grateful because of this understanding it is in debt I appreciate that I have not gain any fat works wonders .. It's sad and pathetic that media is permitted to manipulate culture with factless accusations pressing an invaluable item off shelves and rubbish in the form of hydrogenated natural oils into American lives.The book switches into why coconut oil got a bad rap in the first place. We thought it was fungal and a few days with coconut essential oil on the sore and it dried correct up.This book goes into so many more benefits than these mentioned including things such as constipation (that I can attest to) and weight reduction. It's True, Coconut Essential oil IS A Miracle We became a coconut essential oil fanatic after reading this book and screening it out and seeing all the benefits of coconut oil. It's been 2 years.. Five Stars I LIKE THIS BOOK



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