



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

By Bruce Fife

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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, Fifth Edition By Bruce Fife

A completely revised and updated guide for maximizing the health and beauty benefits of coconut oil

For years, *The Coconut Oil Miracle* has been a reliable guide for men and women alike. Now in its fifth edition, this revised and updated version has even more information on the benefits of coconut oil and shows readers how to use it for maximum effect, including a nutrition plan with 50 delicious recipes. Coconut oil is much more than just a fad. It is a uniquely curative elixir that has been shown to have countless health benefits.

When taken as a dietary supplement, used in cooking, or applied directly to the skin, coconut oil has been found to:

- Promote weight loss
- Help prevent heart disease, cancer, diabetes, arthritis, Alzheimer's, and many other degenerative diseases
- Strengthen the immune system
- Improve digestion
- Prevent premature aging of the skin
- Beautify skin and hair

Dr. Bruce Fife is widely recognized as one of the leading authorities on the health benefits of coconut oil. This newest edition of *The Coconut Oil Miracle* is updated with crucial information, including the latest studies on links between coconut oil and benefits relating to heart function, Alzheimer's prevention,

bodily detoxification, weight loss, and many other hot topics.

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Editorial Review

About the Author

Bruce Fife, C.N., N.D., is an author, speaker, certified nutritionist, and naturopath. He has written over 20 books, including *Coconut Cures* and *Coconut Lover's Cookbook*. He is the publisher and editor of the Healthy Ways Newsletter. He serves as the president of the Coconut Research Center, an organization whose purpose is to educate health care professionals and the public about the health and nutritional aspects of coconut.

Fife was the first to gather together the medical research on the health benefits of coconut oil and present it in an understandable and readable format for the general public. He is widely recognized as one of the leading authorities on the health benefits of coconut oil.

Users Review

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Carl Yeates:

The publication with title *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* possesses a lot of information that you can find out it. You can get a lot of benefit after read this book. This book exist new understanding the information that exist in this book represented the condition of the world today. That is important to yo7u to find out how the improvement of the world. This particular book will bring you in new era of the glowbal growth. You can read the e-book on your own smart phone, so you can read the item anywhere you want.

Carla Arbogast:

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