



# The Coconut Oil Miracle

By Bruce Fife

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## The Coconut Oil Miracle By Bruce Fife

### The complete, accessible guide to reaping all the health and beauty benefits of coconut oil

Natural coconut oil is nature's perfect food. Unlike the hydrogenated versions found in processed food, this uniquely curative elixir 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, and many other degenerative diseases
- Strengthen the immune system
- Improve digestion
- Prevent premature aging of the skin
- Beautify skin and hair

*The Coconut Oil Miracle* explains the benefits of coconut oil, and shows readers how to use it for maximum effect. This revised edition of the original, groundbreaking guide also includes a nutrition plan with 50 delicious recipes that will allow anyone to experience the healing miracles of coconut oil.

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## **Editorial Review**

### **Review**

The author has brought together a great amount of research and documentation and puts it into proper perspective. -- *Health and Healing Wisdom, April 2002*

This information has certainly opened my eyes to the wonders of this natural product. -- *NEXUS, March 2002*

Well-written eye-opener, filled with exciting facts, data, research, a hefty bibliography, resource guide, and websites offering more information. -- *So Young!, Jan/Feb 2002*

### **About the Author**

Dr. Bruce Fife, C.N., N.D., a certified nutritionist and naturopathic doctor, is the director of the southern Colorado chapter of the Weston A. Price Foundation, a nonprofit organization dedicated to nutritional education. As president of the Coconut Research Center, he educates the public about the health and nutritional aspects of coconut. He has written numerous health and nutrition books including *Eat Fat Look Thin*.

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