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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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The *Coconut Oil Miracle* by Dr. Bruce Fife. This book repeats itself a lot but there are some excellent things I never knew about coconut. The references would be good to study further. This book is useful to keep in mind for cancer, HIV, herpes, chlamydia, diabetes, osteoporosis, dandruff, sunscreen and many

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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...

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Jay Notes: The Coconut Oil Miracle by Bruce Fife. Jay Notes: The Coconut Oil Miracle by Bruce Fife.

- I started using coconut oil myself and began recommending it to my clients (I am a certified nutritionist and naturopathic physician). I ' ve seen it get rid of chronic psoriasis, eliminate dandruff, remove pre-cancerous skin lesions, speed recovery from the flu, stop bladder infections, overcome chronic fatigue, and relieve hemorrhoids, among other things.

~~Jay Notes: The Coconut Oil Miracle by Bruce Fife~~

The coconut oil and coconut boom might not have been possible if not for the work of Dr. Bruce Fife, author of the pivotal book ‘ The Coconut Oil Miracle, ‘ which dug deep into the volumes of medical studies showing the crucial benefits of coconut oil, and brought them to the masses, for the first time.

~~‘ The Coconut Oil Miracle: ‘ An Interview with Dr. Bruce ...~~

The coconut oil miracle I am not a vegan by any means, nor to intend to crossover. However, Bruce Fife's book on coconut oil and its healthy advantages are very convincing. Being skeptical on the helpfulness and reality of this book, I originally checked it out of the library.

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About The Coconut Oil Miracle • 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 ...

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Bruce Fife, bestselling author of The Coconut Oil Miracle, presents a companion cookbook and a complete guide to reaping all the health and beauty benefits of cooking with coconut. Healthy, rich, and delicious, coconut is nature ' s miracle healer.

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