

The Coconut Oil Miracle Bruce Fife

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Coconut Oil Miracle – My Interview with Dr. Bruce Fife ...
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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Bruce Fife is the author of The Coconut Oil Miracle (4.01 avg rating, 1435 ratings, 160 reviews, published 2003), Oil Pulling Therapy (4.15 avg rating, 3...

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A Coconut Oil miracle, A message from Dr. Bruce Fife ...
In this interview Dr. Bruce Fife discusses some of the important benefits of coconut oil. Dr. Fife has written numerous books on the benefits of coconut oil and was one of the first to come out against conventional wisdom to declare that coconut oil was a healthy and beneficial oil. 15 years ago the medical profession was strongly against coconut oil. Dr. Fife was well ahead of the curve.

The Coconut Oil Miracle - Bruce Fife - Google Books
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.

Bruce Fife (Author of The Coconut Oil Miracle)
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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The Coconut Oil Miracle: Use Nature's Elixir to Lose ...
The Coconut Miracle Cookbook This book contains nearly 450 coconut recipes using coconut oil, meat, milk, and cream. Recipes include soups, salads, beverages, main dishes, side dishes, and desserts. Cooking with Coconut Flour—A Delicious Low-Carb, Gluten-Free Alternative to Wheat Coconut flour is a delicious, healthy alternative to wheat.

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