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The Coconut Oil Miracle, 5th Edition

Bruce Fife

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The Coconut Oil Miracle, 5th Edition

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The Coconut Oil Miracle, 5th Edition 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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