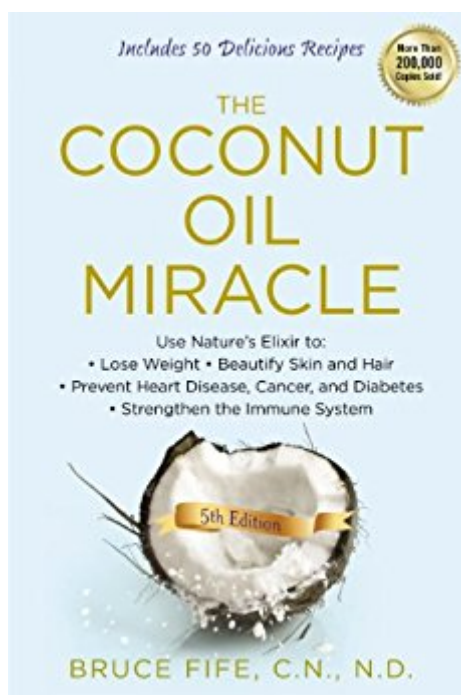


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The Coconut Oil Miracle, 5th Edition



Synopsis

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. From the Trade Paperback edition.

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Customer Reviews

"A completely revised and updated guide..."This review is not really about the content. I think the content is great. I believe in the coconut oil miracle. Yet, when comparing the 5th edition (2013) to the 4th edition (2004) I see basically no changes. I bought the 5th hoping there would be new research, new proof, new conclusions. I was disappointed.I found no new forward or introduction. One website added to the Resources section. The Product section was dropped. In References (chapter bibliographies) I found only a few new entries in one chapter (Coconut Oil as Food and as Medicine) which did not seem significant. The book contained the same 50 recipes. The 5th edition has more pages (more readable with more white space) and a nice new cover.In general I suggest the 4th edition is a better buy.Strangely both editions are available from the same publisher at this time.

There is so much valuable information that the average person would never know or find out from their "general practitioner" (Dr.). Doctors are in the business, yes it is a big business, to give you prescription drugs for anything and everything whether you really can benefit or not. It is far more safe and clearly obvious that we can find most cures for what ails us from "mother nature". It has been provided and all we need to do is read more and not believe what Big Pharma is selling. Trust me, it's all about the \$\$\$\$. It's never about curing a sickness. So on this note, I firmly believe that the information provided in this book is a great foundation and beginning for learning more about what is readily available to us from nature and to continue researching. I have been using the oil for lots of everyday uses and replacing it with anything made with "vegetable/soybean" oils as in hydrogenated =bad. Give it a try and always remember to "walk slowly to the Dr's office" they, just like your car dealer/repairman will ALWAYS find something wrong and prescribe some chemical that will cause something else through a "side effect".

I have recently incorporated coconut oil into my daily diet, starting with breakfast of oatmeal, coconut oil and a little honey. Also good to help the body absorb turmeric, for those who take turmeric in capsule form as a cancer fighter. Coconut oil is also good for the skin, especially face and feet!

i tried coconut oil for a month and noticed that my chest pains, racing heart and random elevations

in temperature stopped i have far fewer migraines, skin problems are lessened when i use it topically, and the best part is that i have more energy right away i noticed i could wake up with less problems and stay out of bed longer/need less naps i still deal with a lot of health issues but there was a noticeable change right away as for the book... lots of interesting data in a way that is easy to understand some is repetitive but not overly annoying and there are areas where he explains details in a way that anyone can learn or understand... i have had way too many doctors get a high from using medical jargon to make me feel small and stupid... but fife helps build you up and teach you whether the data is true or not, i am no scientist and i cannot "prove" any of it but his arguments are logical and since i have no allergy to coconut (a rare thing but some are)...i saw no problem testing on myself and so far so good

GREAT book and I wish I knew about it before now. Good, clear writing. I went straight to the 'Eat Fat, Lose Weight' chapter. I have been using coconut oil for quite a while and now I will increase my use of it for weight loss as well as use it as a moisturizer on my skin and my hair. I live in Colorado and it is very dry here. I highly recommend this book and especially for Baby Boomers.

Just bought additional copies for friends and family. This book has helped me obtain better health, lower my cholesterol level allowing me to get off my medications, alleviate my pre-diabetes and lose weight naturally. I have more energy and am pain free for the first time in years after including coconut oil in my diet and beauty regime. Very thorough book outlining the use of coconut oil in other cultures as well as how to use it in all aspects of life, cooking, as part of a daily health/beauty regime and for your pets!

I have recently started using coconut oil for EVERYTHING. I purchased a jar for my 26yo daughter as well to treat her eczema. She is excited about the results she is getting. However, because she is a petite thing the oil she is eating is causing her to lose weight she took so long to gain after being very ill a while back. After reading within this book about the metabolism that comes along with the coconut oil, I can now understand why the weight loss. So she has to cut back her intake to keep from losing any more weight & maintain. On the other hand, I can stand to lose a pound or two...or three...or four...(you get the picture), so that was definitely motivating for me to eat sensibly & continue my daily maintenance coconut oil intake.

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Coconut Flour Recipes: Your Ultimate Low Carb, Gluten Free & Paleo Friendly Coconut Flour

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