



# The Coconut Oil Miracle

*Bruce Fife*

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**The Coconut Oil Miracle** 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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