



## The Coconut Oil Miracle, 5th Edition

*Bruce Fife*

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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.

## **The Coconut Oil Miracle, 5th Edition Details**

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Author : Bruce Fife

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## **From Reader Review The Coconut Oil Miracle, 5th Edition for online ebook**

### **Rebecca McNeish says**

Interesting how there was not one negative review here. Come on think people don't be like sheep. The book is skeptical. Yes I'm using coconut oil. With every claim he makes I check the reference. Mind you he failed completely to use not one footnote. Proving his lack of scientific writing skills. Editor is? Not found! Furthermore when studies are done only in mice that does not by any means say same results will occur in humans.

Specifically on p. 104 his, "Skin elasticity test " is so very bogus. That test is a hydration test used in medical practice. A child's skin will not retract well when dehydrated. Yes it slows down with age but due to natural thinning of the skin.

All in all I failed to purchase a scientific book and that has me kicking myself.  
R.N., B.S.N.,R.N.C.

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### **Jodi says**

I'm so annoyed I didn't come to the idea of using coconut cream and coconut oil as replacements for dairy products sooner!

I wish so much I had. The coconut ice creams and hot chocolates and other dishes I have been making since reading this book, and others like it, are just delicious and so good for you as well. I've been going a bit coconut crazy I have to admit!

This book is just excellent. If you aren't convinced that eating coconut oil, with its high level of HEALTHY saturated fat is good for you and wont make you gain weight, then I highly recommend either this book or 'Eat Fat, Lose Fat.'

(The other coconut books I have read also had far better recipe sections than this one - the recipes in this book were its low point.)

Don't believe the hype, extra virgin coconut oil is one of the healthiest foods you could ever eat, and it also has an anti-viral effect which is beneficial for those of us battling chronic illnesses and makes a great moisturiser as well.

Jodi Bassett, The Hummingbirds' Foundation for Myalgic Encephalomyelitis (M.E.)

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### **Margaret says**

This is a very unconventional book from what is taught in nutrition courses. It is very necessary for students to read this as medium chain fats are hardly ever discussed. It took me a hard time to digest the material simply because I had been so brainwashed in school but after I got over it, I practiced it on myself and have seen a vast improvement in my health and my children's'. Anyone interested in nutrition and health should have a copy of this book. As a nutritionist, I will vouch for it....and after reading other sources about the bureaucracy of how Americans were driven to fear of natural tropical oils...then I got it! Scientists will tell you it is hoky...it is not. It's just not the popular thought du jour. There is research out there to back it up...it's hard to find because it is certainly hidden..but it is there. Think this...how could civilization have survived thousands of years on huge consumptions of tropical oils and never have suffered the demise that some would like you to believe it will cause you from simply eating a little bit?

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### **Marti says**

My sister gave this book to me for my birthday, along with a jar of 100% virgin coconut oil, which I am about to try. It is very interesting, though somewhat repetitive. It is also a little hard to believe that coconut oil and other forms of coconut can be as good for a person as Bruce Fife claims. I will know better just what it can do after I try some of the recipes, and perhaps use it on my skin and hair as suggested. There are little stories of how other persons benefitted from the use of it, and there is the Coconut Research Center in Colorado as well.

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### **Jonna says**

Everyone should read this book. Tons of good information that is so important for your family's nutrition. A little bit repetitive at times (only reason I didn't give it 5 stars), but very good otherwise.

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### **Steven says**

Interesting concept, very sciency. Would probably understand it more if I was a science major. Going to try using coconut oil in my food and on my skin for a couple of months, see if there are any changes. Will change my review stars based on the results.

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### **Cheryl Boyd says**

After reading this book and doing other research I added coconut oil to our diet and cut out other fats except raw butter and some olive oil (but not for cooking since heat destroys a lot of what is good in olive oil) and Richard and I both have already noticed that we feel better and have more energy. That's after only a few weeks.

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### **Merry says**

Oils... saturated, monounsaturated, polyunsaturated.....these and so much more are discussed in this very informative book....the nutritional and health benefits of coconut. Also includes recipes to experience the "healing miracles of the perfect food". Well written, easy to understand, even the chapter that discusses the chemical make up of oils to support the scientific foundation. I found this book informative and I had a better understanding of why some oils are good and others are bad.

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### **Sharon says**

This book has good info, but is a bit outdated; this book was first published in the 90's and cites studies from this time. It's such a shame that negative advertising against the tropical oils has driven the public and food manufacturing to the consumption and use of oils that's making so many Americans fat. I'm going to give coconut oil a try, although some of the author's claims seem too good to be true!

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### **Christie Bracciano says**

I thoroughly enjoyed reading "The Coconut Oil Miracle". Having been a proponent of the use of coconut oil myself, I found so many additional ways in which to incorporate it into my daily life...not only in recipes, but also for hair and skin care. There are several recipes in the back of the book that I plan on using, as well; and I had no idea how much the soybean industry and our own government had brainwashed us, for many, many years, into believing that polyunsaturated fats were better for us than the tropical (saturated) fats, like coconut and palm kernel oils. Sadly, much of our physical ills are a direct result of using those highly touted polyunsaturated fats in our diets. Excellent book, in my opinion, and I've been telling everyone I know to read it.

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### **Fiona Endsley says**

Anyone with any health problems, especially digestive issues, or who wants to best preserve the good health they do have, should take advantage of the wealth of great info/research presented in this book. One of my children had had some physical/behavioral symptoms that lead me to use a glutenfree/casein free diet for awhile(and a fish oil supplement), which helped a good deal, but there was still clearly a piece of the puzzle missing. Coconut oil/milk/meat has been that piece. It's potent healing properties are truly an every day miracle. Plus the recipes for coconut cookies(you can make them with agave sweetener instead of sugar) and the curried cauliflower soup are super tasty! Highly recommended.

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### **MH Nolde says**

This book was a wealth of information. I am shocked at how much coconut oil can help many people and how it is processed in the body! Not only does coconut oil help with thyroid disorders but you can use it as a

topical lotion! If you are interested in learning more about your health and wellness, I highly recommend this book.

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### **Correen says**

Part scare tactic, part hype, and heavily testimonial, but hidden within is a reasonable suggestion that coconut oil can be helpful in the prevention and treatment of health concerns. If everyone attempted to follow Fife's advise the coconut fields would be overwhelmed and the price would rise to an impossible level. I wonder if he is funded by the coconut and red palm industry.

I am already a coconut oil user and have used it to treat sinusitis with some success -- he did not mention my method. I may follow some of his advise but will also keep heed his caveats even though he underplays them.

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### **Sally says**

This was a more interesting book than I had first thought it would be. I have used coconut oil a little in the past but I think he's made me a believer and I will be making it a part of our diet in the future. I usually look at stuff like this with a bit of a jaded view but I passed certain facts past my pharmacologist husband and he didn't disagree with the author. Looking at a new style of cooking and eating!

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### **Jeremy says**

Pretty interesting book on a natural food source that has fallen out of vogue. I thought it was odd that the only place I saw coconuts, coconut oil and coconut milk was at health food stores (Whole Foods, Trader Joe's, etc.). Why would that be if it's not healthy to consume? A friend of mine answered that question by providing this book to me. I'm glad he did.

While not the most articulate or eloquent piece of writing you'll run across, Fife takes the time to break down cocunut's history (pushed out of the mainstream when saturated fats all fell under one umbrella and then became taboo as soy products and vegetable oils were being pushed), its differentiation from most fats (MCFA's are becoming a more widely researched nutrient in fight infections, cancer and viruses) and its multiple uses.

Most eye-catching to me: despite the influx of soy products and the promotion of vegetable oils by the FDA, the very people consuming them at the highest rates see their odds for heart disease, cancer and drained immune sytems rise dramatically. Meanwhile, tropical people consume diets of over 50% saturated fats from tropical oils and have an almost non-existent rate of these health issues.

Much like green tea or the acai berry, coconuts have been overlooked by the western world because our medicine has manufactured both money and an inflated ego in creating its own pharmaceuticals. The natives of the lands that consume things like the naturally occurring items listed, however, have reaped their benefits for centuries.

