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Jay Notes: The Coconut Oil Miracle by Bruce Fife I started using coconut oil myself and began recommending it to my clients (I am a certified nutritionist and naturopathic physician).

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Miracle? What could be so miraculous about coconut oil? According to Bruce Fife, author of The Coconut Oil

PDF File: Coconut Oil Miracle Book

Miracle, When taken as a supplement, used in cooking, or applied directly to the skin, coconut oil has been found to promote weight loss; help protect against heart disease, cancer, diabetes, arthritis, and many other degenerative

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About The Coconut Oil Miracle. 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. http://ebookslibrary.club/The-Coconut-Oil-Miracle-Penguin-Random-House.pdf

Coconut Oil Miracle Amazon co uk Bruce Fife

I ordered this book after reading about coconut oil on the Internet. You can probably find most of the information from sources on the Internet if you have the time and patience to do the research but if you want it neatly packaged in an easy readable format then this book is well worth buying.

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This is a thorough review of the effects of coconut oil. Although there are lengths at times, it is very thoughtfully written. If you want to know about the antibacterial, antifungal, antiviral and anti-parasitic effects of coconut oil tis is the book for you.

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