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### **The Everything Coconut Diet Cookbook The delicious and**

In addition to counseling others on the health benefits of coconut oil, Sandage regularly consumes coconut products, and can attest to the dramatic improvement coconut oil has on weight loss and athletic performance. She lives in West Jordan, UT.

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About the Author. Anji Sandage is a Chapter Leader for the Weston A. Price Foundation, a nonprofit nutrition education foundation dedicated to restoring nutrient-dense foods to the human diet through education, research, and activism.

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