



Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth

Jean Armstrong

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Which of these popular Coconut Oil Cures have you read about or believed?

- Coconut Oil Helps You Lose Weight
- Naturally Lowers Cholesterol
- Detoxes Liver and Blood
- Fixes Skin Complaints (namely acne, rosacea and age spots)
- Oil Pulling Prevents Cavities and Oral Cancer
- Repairs Sluggish or Damaged Metabolism
- Boosts Overall Immunity
- Cures Alzheimer's, Cancer, HIV, Diabetes

Which are true? Documented? Researched?

You'll find these answers and more within "**Coconut Oil Miracle or Myth?**"

A Few Reviews From Around the World:

1. UNITED KINGDOM: "This book is written with love and concern for your health and wellness..." -- Ntathu Allen
2. CANADA: "As a thyroid cancer patient...purchase of this book was my step in the right direction and should be for anyone who has health issues, or wanting to become healthier." -- Natasha
3. USA: "This book taught me to question every claim, examine the motives of government, media, blogs and authors, before entrusting the health of my family. I hope this author writes more books like this!" -- Linda Kamel

"Coconut Oil Miracle or Myth?" is the first book of its kind. A book without hype or huge promises of miracle cures for some of the toughest trials and diseases we may encounter.

Inside the book you'll learn why coconut oil *might* heal some illnesses, how coconut oil helps us lower cholesterol and lose excess pounds, a recommended daily dosage based on your weight, and more.

You'll first be introduced to the underlying science of this humble but mighty oil. With that knowledge you'll be able to discern if coconut oil has the potential to cure any illness, malady or disease (90 are already listed in the book).

Next you'll discover why coconut oil has left our shelves for so many years, why North Americans are suffering an obesity epidemic, and who might be to blame. You'll also read about the research study and understand the simple solution of how coconut oil can help you lose weight.

"Coconut Oil Miracle or Myth?" explores ninety common illnesses and diseases and considers how coconut oil could help to diminish symptoms and discomfort, or completely rid the ailment.

Finally you'll learn a handful of easy ways to get more coconut oil into your family's diet. With 9 of my

favorite tried and tested, easy and delicious, recipes using coconut oil and some standard pantry staples. Get coconut oil in your kitchen and get started cooking right away!

The recipes don't stop there. Another 14 simple methods to use coconut oil for personal care are listed, and the reasons why you'll want to use them. You *can* get the chemicals of factory-made products off your family's skin and hair, and out of their mouths.


This book has over 60 direct citations and footnotes; most from well-respected experts in nutrition and legitimate research studies.

Coconut oil has been the first line of defense, the first item we reach for, and one of the few consistent staples in our cupboards, for the past 20 years. You'll discover why, and how, our family uses it while getting the straight story on cures instead of media hype.

So go ahead and "Look Inside The Book". You will discover a book that was written in a friendly voice; that contains just enough science to empower you without overwhelming you.

Amazon has now included this carefully researched book in the Kindle Lending Library - for less than a dollar extra you can also get the Kindle version of this book. Buy it, lend it to your friends, get the word out, and let the truth be known.

To Your Good Health!

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Gayle Meek:

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Robert Delaney:

Reading a reserve tends to be new life style in this era globalization. With reading through you can get a lot of information that will give you benefit in your life. Using book everyone in this world can certainly share their idea. Publications can also inspire a lot of people. A great deal of author can inspire their own reader with their story or perhaps their experience. Not only the story that share in the guides. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors on earth always try to improve their expertise in writing, they also doing some exploration before they write for their book. One of them is this Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth.

Irma Tijerina:

Precisely why? Because this Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth is an unordinary book that the inside of the guide waiting for you to snap it but latter it will shock you with the secret the idea inside. Reading this book adjacent to it was fantastic author who write the book in such remarkable way makes the content inside of easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of benefits than the other book possess such as help improving your proficiency and your critical thinking method. So , still want to hold off having that book? If I were being you I will go to the reserve store hurriedly.

Kathy Ahmed:

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