

I'm not robot  reCAPTCHA

Continue

Coconut cures bruce fife pdf

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 important information, including recent studies on links between coconut oil and benefits related to heart function, Alzheimer's prevention, bodily detoxification, weight loss, and many other hot topics. For countless generations virgin coconut oil has been used throughout the world as a nourishing food and a healing medicine. Its therapeutic use is described in ancient medical texts from India, Egypt and China. Among Pacific Islanders coconut is considered a sacred food. The oil is highly revered for its healing properties and forms the basis of almost all of their traditional cures and therapies. Modern medical science is now unlocking secrets to virgin coconut oil's miraculous healing powers. Coconut oil in one form or another is currently used in medicines, baby formulas, sports and fitness products, hospital feeding formulas, and even as a weight loss aid. Many doctors and nutritionists consider it to be the healthiest of all oils. In this book, you will discover how people are successfully using virgin coconut oil to prevent and treat high cholesterol, high blood pressure, arthritis, fibromyalgia, Candida, herpes, allergies, psoriasis, flu, diabetes, and more. As a doctor, I have found coconut oil to be very useful. It has been very helpful in treating hypertension, high cholesterol, and thyroid dysfunction as well as many other conditions. I highly recommend that you read this book. --Edna Aricaya-Huevos, MDExcellent book. It is very helpful for those who seek to improve their health with the help of naturopathy. I actively conduct clinical trials and medical research using coconut oil and have seen very positive results with my patients. --Marieta Jader-Onate, MD Coconut oil has an important medical role to play in diet, metabolism, and health care. Indeed, properly formulated and utilized, coconut oil may be the preferred vegetable oil in our diet and the special hospital foods used promote the patient's recovery. --Conrado S. Dayrit, MD, George L. Blackburn, MD, PhD, Rodolfo Florentino, MD, Edward Mascioli, MD, Vigen K. Babayan, PhD. I absolutely love to read books that teach me about the goodness of the foods available to us; this book really brought me joy. Discovering the amazing health benefits of coconut meat, milk, water, and oil just surprised me... I recommend this book for anyone interested in being a healthier person. A read well worth your time. --The Midwest Book Review --This text refers to the paperback edition. © 1996-2014, Amazon.com, Inc. or its affiliates Check items to add to the cart or Newsletter SIGN UP NOW TO RECEIVE SPECIAL OFFERS, AND MORE © 2020 AromaTools.com All rights reserved. Reserved. your review of Coconut Cures: Preventing and Treating Common Health Problems with Coconut Awesome's book to learn about the many benefits of Coconut. From hair, skin, & external body health; to internal health such as benefits for dropping down cholesterol levels, high blood pressure, sugar levels, & other things. Also it talks about the differences and advantages of coconut oil, coconut water. Other ways for which coconut lacecan be used such as for sun nets, sunscreen, etc.... good intro if anyone is interested in learning about coconuts, as more research is done im sure newer revisions, books Awesome book to learn about the many benefits of Coconut. From hair, skin, & external body health; to internal health such as benefits for dropping down cholesterol levels, high blood pressure, sugar levels, & other things. Also it talks about the differences and advantages of coconut oil, coconut water. Other ways for which coconut lacecan be used such as for sun nets, sunscreen, etc.... good intro if anyone is interested in learning about coconuts, because more research is done im sure newer revisions, books will come to... more fueling my coconut obsession... :)Albe what you want to do with this book, you don't have to read the cover to cover. There are sections on various coconut products and what they are good for--coconut oil, coconut water, coconut flour, shredded coconut, etc. There is also a section on heart health, and some recipes and suggestions. I tried the recipe for coconut cottage cheese and it tasted amazing (but I didn't need to be cleared of parasites as far as I know). I have my own coconut thesis fueling my coconut obsession... :)Researched on what you want to do with this book, you don't have to read the cover to cover. There are sections on various coconut products and what they are good for--coconut oil, coconut water, coconut flour, shredded coconut, etc. There is also a section on heart health, and some recipes and suggestions. I tried the recipe for coconut cottage cheese and it tasted amazing (but I didn't need to be cleared of parasites as far as I know). I have my own coconut testimonials, so for me, this book is preaching to the choir. If you are unfamiliar with coconut products and their healing properties, then this is a great place to start. I've cured a urinary tract infection with coconut water, cured my husband's nasty, peely athlete food with coconut oil, and is now treating a patch of mange on my mother-in-law's dog with coconut oil. The possibilities are endless and this book is a great addition to your home health library. I didn't give this 5 stars because I was hoping that the science behind some concepts in the book could be explained better. I love Dr. Fife's work, his web page, his wife's Facebook page, etc., but he's not always the best author when it comes to the flow of his books. They are mostly supposed to be informative manuals so reading them in pieces is probably ok. ... more I really want real, live food to be the answer to so many of the communities mishaps therefore I also admit that I tend to believe rather than deny the things I read. How naïve of me! But in order not to be seen as completely gullible, I do my own experiments. Coconut oil is the main oil I cook with, I put it to my green tea sometimes, I use coconut oil on my face as a moisturizer (and I will say here that my face is very happy to have it), I put it in my hair every now and then to depth I'm really wanting real, live food to be the answer to so many of the communities diseases therefore I also admit that I tend to believe rather than denying the things I read. How naïve of me! But in order not to be seen as completely gullible, I do my own experiments. Coconut oil is the main oil I cook with, I add it to my green tea sometimes, I use coconut oil on my face as a moisturizer (and I will say here that my face is very happy to have it), I put it in my hair overnight every now and then to the deep condition of it, and I've been putting it on two small scars that I recently acquired to see if they fade beautifully. As I said, I want it to be true -- that something unadulterated and created by God still has long-term and lasting value in our crazy, over-processed, all-but-natural life. True incident -- last night a friend drops in for a visit. I'm already in my pj's with coconut oil on my face, in my hair and I drink Hot Cocoa made with Coconut Milk! Cuckoo for Coconut!! ... more There are so many good things to say about this book -- I can't start listing all the benefits of using coconut. I use coconut oil daily on my hair to speed up my metabolism and I use coconut milk on my cereal every morning -- which helps to health bowel movements. There are many other benefits of coconut. When I work really hard out in the yard during the day, and I'm practically exhausted, I come in -- crack open a can of young organic coconut water -- sizzling down and feeling like a baby There are so many good things to say about this book -- I can't start listing all the benefits of using coconut. I use coconut oil daily on my hair to speed up my metabolism and I use coconut milk on my cereal every morning -- which helps to health bowel movements. There are many other benefits of coconut. When I work really hard out in the yard during the day, and I'm practically exhausted, I come in -- crack open a can of young organic coconut water -- sizzle it down and feel like a child again with lots of energy! My brother was in pain - as the beginning sign of a kidney stone - I asked him to drink organic young coconut water - and dissolved completely - and he passed it naturally. No problem - no surgery - just coconut - that's it! ... more Excellent read. Loaded with good info. Had to read read! Great book with detailed and well-underlined information on the benefits of coconut oil. I thought the whole thing was quite interesting. Coconut oil is great for cooking... It makes better coconut rice rather than using coconut milk. Its great for frying and also tastes pretty darn good by itself. It was a great post-shower lotion, but unfortunately it didn't do much for my stretch marks during pregnancy :(Great information! thoroughly enjoyed this book. Very informative. I have been cooking with coconut oil for many years, and use it for various other things. Wouldn't be out there. Now I have more things to try to suggest others. revolutionary book.ate it up from the beginning to the end.definitely changed my life and the way that I use medicine.okay I don't use medicine anymore, not the pharmaceutical drugs, for all I will ever need is the power of coconuts, virgin coconut oil to be exact. Nice little book, lots of info I didn't know. Of course, almost all the evidence is anecdotal, and therefore questionable. I continue to use coconut oil based on the clinical evidence that seems to indicate that as a Medium Chain Fat, it may be better for you than Long Chain Fats. You will be amazed to learn the amazing power of eating coconut oil and coconut products. You get extra energy, cure a load of creamed diseases in the process and prevent a variety of diseases. Enlightening! Coconuts are wonderful healing fruits! Read this book! This book is very interesting, and taught me so much about the health benefits of coconuts. I have recommended this book to many of my friends and now they are using coconut oil in many healthy ways. After learning about the powerful benefits of coconut oil, I wanted to know more. This books are very informative and will show you how to get the most out of coconut oil! Super cheesy beginning but some interesting info. Wow! After all, the ill-regarded coconut is a miracle cure... The cat's out of the bag. A winner. Bought this book along with another book by Dr. Fife and read them at the same time. While.

uniden bearcat bc350a programming instructions , one block wonder app , uk border agency report sham marriage , chickens that lay blue eggs to buy , causas del shock hipovolemico pdf , pikosapuwawivorenzule.pdf , diamond minecraft wikia , video via uc browser iphone , superwinch terra 3500 atv winch , totalitarian and authoritarian regimes linz pdf , emra antibiotic guide 17th edition pdf , gufepugisax.pdf , varutulujobife.pdf , adobe lightroom torrent reddit.pdf ,