



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

*Jean Armstrong*

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## **Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth Jean Armstrong 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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### **From reader reviews:**

#### **Elisa Hall:**

Information is provisions for individuals to get better life, information presently can get by anyone at everywhere. The information can be a knowledge or any news even a concern. What people must be consider while those information which is inside former life are challenging be find than now's taking seriously which one works to believe or which one the actual resource are convinced. If you get the unstable resource then you buy it as your main information it will have huge disadvantage for you. All those possibilities will not happen throughout you if you take Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth as the daily resource information.

#### **Billie Luster:**

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#### **Miguel Sherman:**

This Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth is fresh way for you who has curiosity to look for some information given it relief your hunger details. Getting deeper you in it getting knowledge more you know or else you who still having little bit of digest in reading this Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth can be the light food for yourself because the information inside this kind of book is easy to get through anyone. These books develop itself in the form which can be reachable by anyone, yes I mean in the e-book type. People who think that in book form make them feel drowsy even dizzy this book is the answer. So there is no in reading a guide especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss the item! Just read this e-book style for your better life as well as knowledge.

#### **Mamie Contreras:**

Many people said that they feel weary when they reading a publication. They are directly felt the idea when they get a half portions of the book. You can choose the particular book Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth to make your own reading is interesting. Your own personal skill of reading expertise is developing when you similar to reading. Try to choose straightforward book to make you enjoy to study it and mingle the sensation about book and reading through especially. It is to be initial

opinion for you to like to open up a book and learn it. Beside that the reserve Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth can to be your brand-new friend when you're feel alone and confuse in doing what must you're doing of these time.

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