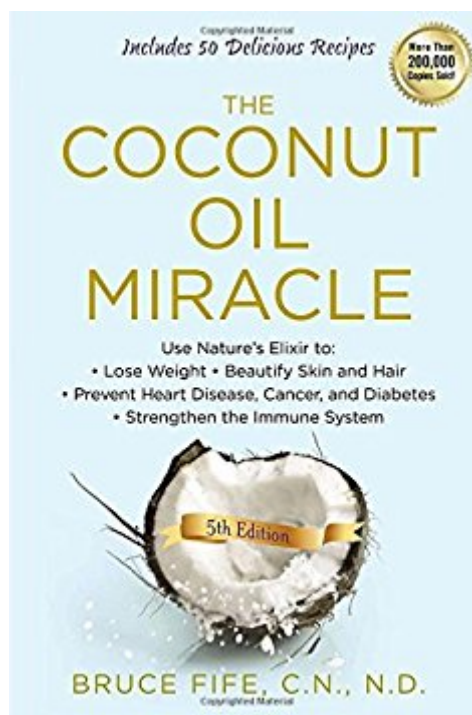


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# The Coconut Oil Miracle: Use Nature's Elixir To Lose Weight, Beautify Skin And Hair, Prevent Heart Disease, Cancer, And Diabetes, Strengthen The Immune System, Fifth Edition



## Customer Reviews

Let me start by saying that I am a firm believer in coconut products, and we use coconut oil, and have been using it for a while, for most of our cooking. We also use it as moisturizer, deodorant, shaving cream, hair and scalp treatment, etc. BUT, had I read this book without any knowledge of the properties of coconut, I would have been pretty disappointed and it would have probably made me think twice about actually using it. Why? Because while the message might seem good, the delivery is a mess, with unconvincing claims and examples, served in a very annoying style, which might in fact detract from the overall message of the book. I have been surrounded by books all my life. My parents encouraged reading, and my mother worked for a mail-order bookstore, so I started loving books early. I also read my share of books when conducting research during my graduate studies. And reading is a daily routine. This book? Oh boy! It actually prompted me to write my first book review on !First of all, the book is extremely repetitive. And when I say repetitive I mean it! Almost every sentence is restated at least 5 times, maybe more... As such, this entire could have been only 40 pages or so. It is so repetitive in fact, that it becomes annoying, too annoying. I understand that he is trying to make a point, but there is absolutely no need to duplicate sentences on the same page! I almost gave up on reading it after the first chapter! More, the author provides some references at the end of the book, but almost none are cited in the text. So if you need to see whether or not his statements are supported by research, you'd need to try and link them to the references listed at the end.

I've been hearing about the benefits of coconut oil from various media sources so I was interested in this book. The author seems credible as a naturopathic doctor and certified nutritionist and he isn't selling coconut oil, doesn't work for the industry, and takes care to cite objective research. The first surprise is that not all saturated fats are bad as we've been led to believe, especially those that are in their natural state and not hydrogenated trans fats. For those who want to know the details, the book outlines the differences between saturated, monounsaturated, and polyunsaturated fats and gives a basic understanding of the processes that make fats good or bad. But if you'd rather skip the "science" in chapters one and two, start with chapter three to learn about the real benefits of coconut oil; benefits such as helping prevent heart disease, dental disease, Alzheimer's, diabetes, and autoimmune diseases. It also contains compounds that are naturally antibacterial which makes it great for topical use as well as a food. Cultures that have diets high in coconut oil and coconut itself have long enjoyed better health than most others, something that has now been documented scientifically. Chapters in the book include A New Weapon Against Heart Disease, Nature's

Marvelous Germ Fighter, Beautiful Skin and Hair, Coconut Oil as Food and Medicine, to name a few. There are also recipes included to incorporate coconut oil into one's diet. This book is the latest fifth edition with updated research and resources. Coming into the New Year with resolutions for better health, I think this would be a great resource to consider. As a result of reading this book, I was convinced to purchase coconut oil.

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The Coconut Oil Miracle: Use Nature's Elixir to Lose Weight, Beautify Skin and Hair, Prevent Heart Disease, Cancer, and Diabetes, Strengthen the Immune System, Fifth Edition Cooking With Coconut Oil Vol. 1 - 50 Coconut Oil Recipes Promoting Health, Wellness, & Beauty - Coconut Oil Cookbook - Coconut Oil Uses - Coconut Oil (Coconut Oil Diet And Recipes) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer, Cancer Prevention, Cancer Cure, Coping With Cancer, Cancer Books, Breast ... Cancer, Leukemia, Colon Cancer, Skin Cancer) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung Cancer, Cancer Diet, Preventing Cancer, Cancer Prevention, Cancer Cure) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Coconut Oil and Apple Cider Vinegar: 28 Mind Blowing Uses for Coconut Oil and Apple Cider Vinegar (The Apple Cider Vinegar and Coconut Oil Bible - Amazing Benefits, Many Uses, and Natural Cures) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer, Coping With Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung ... Cure, Prostate Cancer, Cancer Prevention) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook,

anti-cancer diet recipes, reverse cancer, prevent cancer) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil)

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