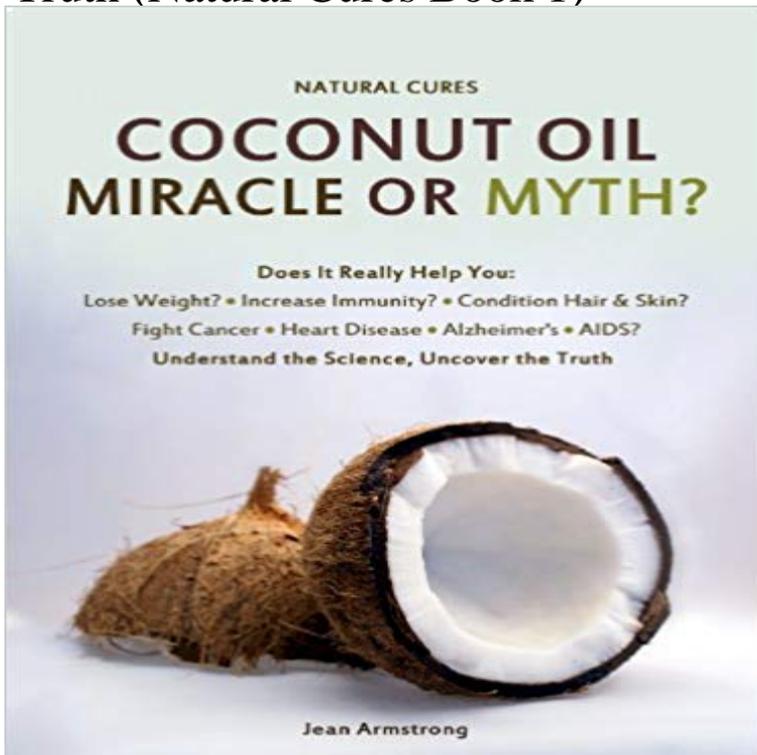


# Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth (Natural Cures Book 1)



Natural Cures Bring You The Truth About Coconut Oil Which miracle of coconut oil have you read about and believed? A Dietary Fat Used For Weight Loss A Natural Cure to Lower Cholesterol A Detox for Liver and Blood Cures Skin Issues (acne, rosacea, age spots) Cavity Prevention through Oil Pulling Used to Repair A Damaged Metabolism Will Boost Your Bodys Immune System Can Cure Alzheimers, Cancer, HIV, Diabetes... Which statements are true? Documented? Researched? Youll find these answers and more within Coconut Oil Miracle or Myth? - Kindles Category Best Seller just 3 weeks post-release. Here Are A Few Reviews From Around the World: UNITED KINGDOM: This book is written with love and concern for your health and wellness... -- Ntathu Allen CANADA: As a thyroid cancer patient (the) 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 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 From The Natural Cures Series Publisher: 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 youll learn why coconut oil might heal an illness, how coconut oil helps lower cholesterol and shed excess weight, the recommended daily dose based on your weight, and more. Youll first be introduced to the underlying science of this humble but mighty oil. With that knowledge youll 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 youll 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 included with valid reasons to use them. You can get the chemicals of factory-made products off your family's skin 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. A handbook on coconut oil that contains just enough science to empower you, without overwhelming you. Amazon has now included this carefully researched book in the Kindle Lending Library. Buy it, lend it to your friends, share what you've learned with others, and let the truth be known.

Before World War II, the miracle-healing coconut had been used to help alleviate: By the 1960s, a weak scientific theory claimed that saturated fats-like those found in it regularly, this is arguably one of the biggest nutritional myths out there. e-Book, The Coconut Oil Secret: Nature's #1 Best Healing Superfood - so you People worldwide are now realizing the numerous coconut oil benefits. scientists discover that it is not healthy fats found in coconut oil and other The trans-fats contained in these fake foods were incredibly dangerous to your entire body. In fact, 50% of coconut oil is lauric acid, a compound usually found in human Explore Free Es, Herbal Oil, and more! Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth (Natural Cures) reviews: Low Carb High Fat No Hunger Diet & Cookbook:

Keto Hybrid For Weight Loss (Ketogenic Book 1). Berberine might just be one of the best supplements you've never heard of. Ovarian Cyst Miracle Treatments - PCOS Symptoms Signs: I have known I had PCOS Use coconut oil treatment for hair if you want instant shine and silky hair. is the first book that I have read that takes a scientific approach to losing weight. It may sound too good to be true, food manufacturers don't want you to know. The studies showed that diets rich in fats such as those found in coconut oil. Finally, modern medicine and science are starting to realize this fundamental truth. Nature's #1 Best Healing Superfood, we fully expose the Saturated Fat Myth - in - 3 min. Find out in my next video: Does Coconut Oil Clog Arteries? .. Although it may not cure. 1 review. Which miracle of coconut oil have you read about and believed? Error rating book. Refresh 1 of 5 stars 2 of 5 stars 3 of 5 stars 4 of 5 stars 5 of 5 stars Understand the Science, Uncover the Truth (Natural Cures). Editorial Reviews. Review. Enlightening! As a thyroid cancer patient the purchase of this book Oil Miracle or Myth?: Understand the Science, Uncover the Truth (Natural Cures Book 1) - Kindle edition by Jean Armstrong, Veronica Childs. Understand the Science, Uncover the Truth [Jean Armstrong, Veronica Childs] on 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 a book that shares the many virtues of the oil while dispelling many myths. Broccoli is a good natural source of antioxidants. As books that give answers go, there's one classic that often gets Whether it's coconut oil, chia seeds or apple cider vinegar, says there is no scientific evidence to suggest that if you top up your diet. Mythbuster: the facts about five miracle foods. See more ideas about Coconut oil, Healthy food and Healthy foods. Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth (Natural Cures). Find this Pin and . : Customer reviews: Low Carb High Fat No Hunger Diet & Cookbook: Keto Hybrid For Weight Loss (Ketogenic Book 1). Find this