

dr bruce fife coconut oil

****Dr. Bruce Fife Coconut Oil: Unlocking the Power of Nature's Superfood****

dr bruce fife coconut oil is a phrase that has gained significant attention in the world of natural health and wellness. Dr. Bruce Fife, a renowned expert in nutrition and natural healing, has been a strong advocate for the health benefits of coconut oil. His extensive research and writings have helped millions understand how this tropical oil can be a powerful addition to their diet and lifestyle. If you're curious about what makes Dr. Bruce Fife coconut oil so special and why it has become a staple in many health-conscious homes, let's dive deep into the subject.

Who is Dr. Bruce Fife?

Before exploring the benefits of Dr. Bruce Fife coconut oil, it's helpful to know a little about the man behind the name. Dr. Bruce Fife is a certified nutritionist, naturopathic doctor, and author specializing in natural remedies and nutrition. He has written numerous books focused on the therapeutic properties of coconut oil and other natural fats. His work centers on educating people about how certain natural foods can support optimal health, prevent disease, and promote healing without relying heavily on pharmaceuticals.

What Makes Dr. Bruce Fife Coconut Oil Different?

Coconut oil is widely available, but not all coconut oils are created equal. Dr. Bruce Fife emphasizes the importance of using high-quality, virgin coconut oil that is unrefined and cold-pressed to retain its beneficial properties. The oils he recommends are typically organic and minimally processed to preserve the natural antioxidants, medium-chain triglycerides (MCTs), and lauric acid content.

Virgin vs. Refined Coconut Oil

- ****Virgin Coconut Oil:**** Extracted from fresh coconut meat without chemicals or high heat, preserving nutrients.
- ****Refined Coconut Oil:**** Made from dried coconut meat (copra) and often bleached or deodorized, losing some health benefits.

Dr. Fife strongly advocates using virgin coconut oil, as it delivers the maximum benefits for energy, metabolism, and immune support.

The Health Benefits of Dr. Bruce Fife Coconut Oil

One of the reasons Dr. Bruce Fife coconut oil has garnered such a loyal following is because of its wide range of health benefits. Here are some of the key advantages backed by research and Fife's

own insights.

1. Boosts Metabolism and Supports Weight Loss

Coconut oil is rich in medium-chain triglycerides (MCTs), which are metabolized differently than long-chain fats found in many other oils. MCTs provide quick energy and can increase the number of calories your body burns. Dr. Fife explains that incorporating coconut oil into your diet can help boost metabolism and support weight management efforts naturally.

2. Enhances Brain Function

Lauric acid and MCTs in coconut oil are converted into ketones, which can serve as an alternative energy source for the brain. This is especially beneficial for people with cognitive decline or neurological conditions. Dr. Fife highlights studies suggesting that coconut oil may improve memory and mental clarity by providing a readily available fuel for brain cells.

3. Strengthens the Immune System

Lauric acid has antimicrobial properties that can help fight bacteria, viruses, and fungi. This makes Dr. Bruce Fife coconut oil an excellent natural defense against infections. Regular consumption or topical application may enhance your body's ability to combat harmful pathogens.

4. Supports Heart Health

Contrary to outdated beliefs about saturated fats, Dr. Fife argues that the specific fats in coconut oil can support heart health by improving cholesterol levels. It may raise HDL (good cholesterol) while helping balance LDL (bad cholesterol), contributing to better cardiovascular function.

How to Use Dr. Bruce Fife Coconut Oil Daily

Integrating coconut oil into your routine doesn't have to be complicated. Here are some practical and enjoyable ways to harness its benefits:

- **Cooking and Baking:** Use virgin coconut oil as a substitute for butter or vegetable oils when frying, sautéing, or baking. Its high smoke point makes it suitable for many cooking methods.
- **Smoothies and Coffee:** Adding a tablespoon of coconut oil to your morning smoothie or coffee can provide a sustained energy boost.
- **Skin and Hair Care:** Dr. Fife recommends applying coconut oil topically as a natural

moisturizer or hair conditioner to nourish and protect skin and hair from damage.

- **Oil Pulling:** Swishing coconut oil in the mouth (oil pulling) is said to improve oral health by reducing harmful bacteria and promoting fresh breath.

Scientific Backing and Popularity

Dr. Bruce Fife's promotion of coconut oil is not just anecdotal; it aligns with growing scientific evidence highlighting the oil's unique composition and health effects. Numerous studies support the metabolic, antimicrobial, and neuroprotective roles of coconut oil's components, particularly MCTs and lauric acid.

Moreover, his books, such as **The Coconut Oil Miracle**, have helped popularize coconut oil beyond tropical regions, making it accessible to people worldwide who seek natural health solutions.

Potential Precautions

While coconut oil has many benefits, it's important to use it sensibly. Dr. Fife advises:

- Start with small amounts to allow your body to adjust.
- Balance coconut oil intake with a varied diet rich in vegetables, fruits, and other healthy fats.
- Consult a healthcare provider if you have specific health conditions, especially related to cholesterol or heart disease.

Dr. Bruce Fife Coconut Oil Recipes to Try

If you're inspired to try Dr. Bruce Fife coconut oil, here are a couple of simple recipes to get you started:

Coconut Oil Energy Balls

- 1 cup rolled oats
- 1/2 cup natural peanut butter

- 2 tablespoons Dr. Bruce Fife coconut oil
- 2 tablespoons honey
- 1/4 cup dark chocolate chips (optional)

Mix all ingredients in a bowl, roll into bite-sized balls, refrigerate for an hour, and enjoy a quick, healthy snack packed with energy.

Healthy Coconut Oil Stir-Fry

- 2 tablespoons Dr. Bruce Fife coconut oil
- 1 cup chopped vegetables (bell peppers, broccoli, carrots)
- 1/2 cup cubed tofu or chicken
- 2 cloves garlic, minced
- 2 tablespoons soy sauce or tamari

Heat the coconut oil in a pan, sauté garlic, add protein and vegetables, stir-fry until cooked, and finish with soy sauce. This dish is rich in flavor and nourishing fats.

Why Choose Dr. Bruce Fife Coconut Oil?

With so many coconut oils on the market, why select one associated with Dr. Bruce Fife? His commitment to quality and education makes a difference. He helps consumers understand what to look for—pure, unrefined, organic oils—and how to use them effectively for health benefits. This informed approach ensures you're not just buying a product but investing in your well-being.

In a world crowded with health trends and fads, Dr. Bruce Fife coconut oil stands out as a reliable, natural, and science-backed option that has helped countless individuals harness the power of a humble tropical fruit for better health. Whether you're looking to boost energy, improve brain function, or simply enjoy a versatile cooking oil, this coconut oil is a trusted choice that continues to inspire and heal.

Frequently Asked Questions

Who is Dr. Bruce Fife?

Dr. Bruce Fife is a certified nutritionist and naturopathic doctor known for his research and writings on the health benefits of coconut oil and natural remedies.

What is Dr. Bruce Fife's stance on coconut oil?

Dr. Bruce Fife advocates for the use of coconut oil as a healthy fat that supports weight loss, improves heart health, boosts immunity, and provides other health benefits.

Has Dr. Bruce Fife written any books about coconut oil?

Yes, Dr. Bruce Fife has authored several books on coconut oil, including "The Coconut Oil Miracle" and "Coconut Cures," which discuss the science and health benefits of coconut oil.

What health benefits of coconut oil does Dr. Bruce Fife highlight?

Dr. Bruce Fife highlights coconut oil's benefits such as improving metabolism, supporting brain health, fighting infections, enhancing skin health, and providing a quick source of energy.

Does Dr. Bruce Fife recommend coconut oil for cooking?

Yes, Dr. Bruce Fife recommends using coconut oil for cooking due to its high smoke point and stability, making it a healthy alternative to many other cooking oils.

What type of coconut oil does Dr. Bruce Fife suggest using?

Dr. Bruce Fife suggests using virgin or extra virgin coconut oil, which is less processed and retains more of the oil's natural nutrients and antioxidants.

Are there any scientific studies cited by Dr. Bruce Fife about coconut oil?

Dr. Bruce Fife often references scientific studies supporting the antimicrobial, anti-inflammatory, and metabolic benefits of medium-chain triglycerides (MCTs) found in coconut oil.

Can Dr. Bruce Fife's recommendations on coconut oil be applied for weight loss?

Yes, Dr. Bruce Fife promotes coconut oil as a supplement to help with weight loss by increasing energy expenditure and fat burning through its medium-chain fatty acids.

Additional Resources

Dr. Bruce Fife Coconut Oil: A Comprehensive Review of Its Benefits and Applications

dr bruce fife coconut oil has gained considerable attention in the health and wellness community, largely due to Dr. Bruce Fife's extensive research and advocacy surrounding the therapeutic properties of coconut oil. As a certified nutritionist and naturopathic physician, Dr. Fife has authored numerous books and articles that delve into the potential health benefits of coconut oil, positioning it as a functional food with wide-ranging applications. This article offers an analytical exploration of Dr. Bruce Fife's approach to coconut oil, examining its nutritional profile, health claims, and practical uses, while maintaining a neutral and investigative perspective.

Understanding Dr. Bruce Fife's Perspective on Coconut Oil

Dr. Bruce Fife is widely recognized for his work in promoting coconut oil as a natural remedy and a dietary supplement. His stance is rooted in the unique composition of coconut oil, particularly its high saturated fat content in the form of medium-chain triglycerides (MCTs). Unlike long-chain fatty acids found in many other fats, MCTs are metabolized differently by the body, often cited for their potential to support energy metabolism and cognitive function.

Fife's publications, including well-known titles like "The Coconut Oil Miracle," emphasize the health advantages of incorporating virgin coconut oil into daily routines. He asserts that coconut oil can aid in weight management, improve heart health, and support the immune system. However, it is important to analyze these claims within the broader scientific context and consider the existing body of research.

Nutritional Composition and Unique Qualities

Coconut oil primarily consists of saturated fats, with approximately 62-65% being MCTs such as lauric acid, caprylic acid, and capric acid. Dr. Bruce Fife highlights lauric acid as a key component responsible for many of coconut oil's purported antimicrobial and antiviral effects. Unlike many other saturated fats, the MCTs in coconut oil are absorbed directly into the liver, where they can be converted into energy more rapidly.

This distinctive metabolic pathway has made coconut oil popular among individuals following ketogenic or low-carb diets. Furthermore, Fife's research indicates that virgin coconut oil, extracted without chemical processing, retains more antioxidants and polyphenols compared to refined varieties, enhancing its health-promoting properties.

Health Benefits Backed by Dr. Bruce Fife Coconut Oil Advocacy

Dr. Fife's work often points to several specific health benefits associated with regular coconut oil consumption. While these benefits are widely discussed, they warrant careful examination against scientific evidence.

Weight Management and Metabolism

One of the most frequently cited benefits of coconut oil is its potential to aid in weight loss and fat metabolism. According to Dr. Bruce Fife, the MCTs in coconut oil can increase energy expenditure and promote satiety. Some clinical studies support this claim, showing that MCT consumption may slightly boost metabolic rate compared to long-chain fats.

However, the extent of weight loss attributed solely to coconut oil remains modest, and integrating it into a balanced diet is essential. Overconsumption of any fat, including coconut oil, can contribute to caloric surplus and weight gain, underscoring the importance of moderation.

Cardiovascular Health Considerations

The relationship between saturated fats and heart health is complex and often debated. Dr. Bruce Fife advocates that coconut oil may improve lipid profiles by increasing high-density lipoprotein (HDL) cholesterol, sometimes referred to as "good cholesterol." Some studies corroborate that virgin coconut oil can elevate HDL levels, which may be beneficial for cardiovascular health.

Conversely, concerns remain regarding the elevation of low-density lipoprotein (LDL) cholesterol, a risk factor for heart disease. Mainstream medical guidelines typically recommend limiting saturated fat intake, including coconut oil, due to potential increases in LDL cholesterol. Therefore, consumers should weigh these factors carefully and consult healthcare professionals when incorporating coconut oil as a heart-healthy fat source.

Antimicrobial and Immune System Support

Dr. Bruce Fife emphasizes lauric acid's antimicrobial properties, suggesting that coconut oil may help combat bacteria, viruses, and fungi. Lauric acid is converted in the body to monolaurin, a compound studied for its antiviral and antibacterial activities. Research has demonstrated some in vitro effectiveness of monolaurin against pathogens such as herpes simplex virus and *Staphylococcus aureus*.

While promising, these findings do not yet translate into definitive clinical recommendations for coconut oil as an antimicrobial treatment. It is best regarded as a complementary approach within a broader health regimen rather than a standalone cure.

Practical Uses and Consumer Considerations

Beyond ingestion, Dr. Bruce Fife coconut oil is also promoted for topical and cosmetic applications. Its moisturizing properties make it a popular natural ingredient in skincare and haircare routines. Some users report benefits such as improved skin hydration, reduced inflammation, and protection against environmental damage.

Cooking and Culinary Uses

Virgin coconut oil's relatively high smoke point (approximately 350°F or 177°C) makes it suitable for medium-heat cooking, baking, and sautéing. Its mildly sweet, nutty flavor can enhance various dishes, especially in tropical and Asian cuisines. Dr. Fife recommends using unrefined coconut oil to maximize nutritional benefits, although refined versions may be preferable for neutral taste and higher heat tolerance.

Skin and Hair Care Applications

The emollient qualities of coconut oil have made it a favored natural moisturizer. Dr. Bruce Fife suggests that regular topical application may help alleviate dry skin conditions, minor irritations, and even dandruff. The oil's fatty acids can penetrate the skin barrier, providing hydration and potentially antimicrobial protection.

However, individuals with sensitive or acne-prone skin should exercise caution, as coconut oil's comedogenic nature may exacerbate certain skin issues.

Comparative Analysis with Other Oils

When evaluating Dr. Bruce Fife coconut oil, it is useful to compare its properties with other common oils such as olive oil, avocado oil, and MCT oil supplements.

- **Olive Oil:** Rich in monounsaturated fats and antioxidants, olive oil is widely endorsed by cardiologists for heart health. Unlike coconut oil, it contains minimal saturated fat.
- **Avocado Oil:** Similar to olive oil, avocado oil offers high monounsaturated fat content and a neutral flavor, making it versatile for cooking and skin application.
- **MCT Oil:** Extracted mostly from coconut or palm kernel oil, MCT oil contains concentrated medium-chain triglycerides without the saturated fat matrix. It is often used as a supplement for quick energy but lacks the additional nutrients found in unrefined coconut oil.

Dr. Bruce Fife's preference for whole, virgin coconut oil rather than isolated supplements stems from the synergistic effects of the oil's diverse components.

Potential Drawbacks and Criticisms

While Dr. Bruce Fife coconut oil is lauded for numerous benefits, it is important to acknowledge its limitations and potential risks.

- **High Saturated Fat Content:** The saturated fat content remains a contentious issue among nutrition experts, particularly concerning heart disease risk.
- **Caloric Density:** Coconut oil is calorie-dense, and excessive intake can contribute to weight gain if not balanced within total energy needs.
- **Scientific Debate:** Many health claims still require more robust clinical trials for validation, and

some experts caution against overstating benefits.

- **Allergic Reactions:** Although rare, some individuals may experience allergic responses or skin irritation.

Consumers should approach coconut oil, including products endorsed by Dr. Bruce Fife, as part of a comprehensive lifestyle and dietary strategy rather than a miracle solution.

Dr. Bruce Fife coconut oil continues to be a subject of interest for those seeking natural health alternatives. Its unique composition and versatile applications present both opportunities and challenges. By critically examining the evidence and understanding its place within a balanced approach to nutrition and wellness, individuals can make informed decisions about incorporating coconut oil into their lives.

Dr Bruce Fife Coconut Oil

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dr bruce fife coconut oil: *The Coconut Oil Miracle* Bruce Fife, 2004 When taken as a supplement, used in cooking, or applied directly to the skin, coconut oil has been found to promote weight loss, help protect against many diseases, strengthen the immune system, improve digestion, and prevent premature aging of the skin.

dr bruce fife coconut oil: The Coconut Oil Miracle Bruce Fife, 2013-12-03 A completely revised and updated guide for maximizing the health and beauty benefits of coconut oil For years, *The Coconut Oil Miracle* has been a reliable guide for men and women alike. Now in its fifth edition, this revised and updated version has even more information on the benefits of coconut oil and shows readers how to use it for maximum effect, including a nutrition plan with 50 delicious recipes. Coconut oil is much more than just a fad. It is a uniquely curative elixir that has been shown to have countless health benefits. When taken as a dietary supplement, used in cooking, or applied directly to the skin, coconut oil has been found to:

- Promote weight loss
- Help prevent heart disease, cancer, diabetes, arthritis, Alzheimer's, and many other degenerative diseases
- Strengthen the immune system
- Improve digestion
- Prevent premature aging of the skin
- Beautify skin and hair

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 crucial information, including the latest studies on links between coconut oil and benefits relating to heart function, Alzheimer's prevention, bodily detoxification, weight loss, and many other hot topics.

dr bruce fife coconut oil: *Coconut Therapy for Pets* Bruce Fife, 2017-08-14 What can you do if your cat has worms? Use coconut oil. What can you do about smelly doggy breath? Try coconut oil. What if your cat has an ear infection? Again, coconut oil. Believe it or not, coconut oil is a highly effective treatment for a wide variety of common health problems. For this reason, coconut oil has gained a reputation as a superfood—a food that provides health benefits far beyond its nutritional content. Coconuts and coconut oil have a long history of safe and effective use as food and as medicine for both humans and animals. Most animals love the taste of coconut. Whether you own cats, dogs, ferrets, parrots, canaries, chickens, horses, goats, hamsters, gerbils, guinea pigs, rabbits, or other animals, they can all benefit from the nutritional and medicinal properties of coconut oil. Some of the many benefits include: ● Improves the appearance of the skin, hair, and feathers ●

Reduces or eliminates body odor and bad breath ● Improves energy and balances metabolism ● Helps reduce excess body fat and maintain proper weight ● Prevents and fights bacterial, viral, and yeast infections ● Strengthens immune function ● Helps relieve kennel cough ● Improves oral health and whitens teeth ● Helps ease allergy symptoms ● Soothes itchy or irritated skin ● Improves digestion and nutrient absorption ● Protects against digestive disorders such as ulcers and colitis ● Expels or kills intestinal parasites ● Helps keep blood sugar in balance ● Helps build strong bones ● Helps prevent and ease joint pain and ligament problems ● Speeds healing from cuts, burns, insect bites, and other injuries ● Protects against fleas, ticks, mites, and other parasites

dr bruce fife coconut oil: The Healing Miracles of Coconut Oil Bruce Fife, 2000 Use nature's elixir to lose weight, prevent heart disease, cancer, and diabetes, and beautify skin and hair. Can saturated fat be good for you? Natural coconut oil-not the hydrogenated version often found in processed foods-is a saturated fat, but not the kind your doctor has warned you about. Studies have shown that this uniquely curative oil actually has innumerable health benefits ranging from disease prevention to anti-aging. Now, in his revised edition of the first book to describe the therapeutic properties of coconut oil, Bruce Fife offers a nutrition plan with dozens of tasty recipes that will allow anyone to experience the healing miracles of what he deems the perfect food. When taken as a supplement, used in cooking, or applied directly to the skin, coconut oil has been found to: - Promote weight loss - Help protect against heart disease, cancer, diabetes, arthritis, and many other degenerative diseases - Strengthen the immune system - Improve digestion - Prevent premature aging of the skin

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dr bruce fife coconut oil: Coconut Cures Bruce Fife, 2005 In this book you will learn about the amazing health benefits of coconut oil, meat, milk, and water. You will find out why coconut oil is considered the healthiest oil on earth and how it can protect you against heart disease, diabetes, and infectious illnesses such as influenza, herpes, candida, and even HIV. You will learn why coconut water is used as an IV solution and how coconut meat can protect you from colon cancer, regulate blood sugar, and expel intestinal parasites. Contains dozens of fascinating case studies and remarkable success stories. You will read about one woman's incredible battle with breast cancer and how she cured herself with coconut. You will read how a medical doctor cured himself of Crohn's disease in seven days. This book includes an extensive A to Z reference with complete details on how to use coconut to prevent and treat dozens of common health problems. The foreword is written by Dr Conrado Dayrit, the first person to publish studies showing the benefit of coconut oil in treating HIV.

dr bruce fife coconut oil: Eat Fat, Look Thin Bruce Fife, 2005 Eat delicious, full-flavoured foods and lose weight permanently with this new, all natural, no-hunger, weight-loss program. You can enjoy rich, full-fat foods and lose weight without the hassle of counting calories, weighing portions, or suffering from hunger. This book exposes many common myths and misconceptions about fats. It reveals new, cutting-edge research on the world's only natural, low-calorie fat -- a fat that not only has fewer calories than any other fat, but one which also stimulates metabolism and burns up calories. Yes, you can lose weight by eating fat, if you use the right kind. Combined with a sensible eating plan, you can shed excess weight, enjoy the foods you love, and gain better health. This revolutionary, total-wellness program is designed to keep you both slim and healthy using wholesome, natural foods, and the most health-promoting fats. It has proven successful in helping those suffering from obesity, diabetes, hypoglycaemia, heart and circulatory problems, yeast infections, chronic fatigue, and many other conditions.

dr bruce fife coconut oil: The Coconut Miracle Cookbook Bruce Fife, 2014-10-07 Bruce Fife, bestselling author of The Coconut Oil Miracle, presents a companion cookbook and a complete guide to reaping all the health and beauty benefits of cooking with coconut. Healthy, rich, and delicious, coconut is nature's miracle healer. The Coconut Miracle Cookbook explains the benefits of coconut, and shows readers how to incorporate this superfood into meals every day with more than

400 delicious recipes. Coconut has been shown to have countless health benefits, including: Weight loss Preventing heart disease, cancer, diabetes, arthritis, and many other degenerative diseases Strengthening the immune system Improving digestion Preventing premature aging of the skin Beautifying skin and hair Reap the health and beauty benefits of coconut oil, milk, water, and cream. Feel—and see—the amazing results.

dr bruce fife coconut oil: *The Complete Idiot's Guide to the Coconut Oil Diet* Maria Blanco, CFH, Dr. James Pendleton, ND, NMD, 2013-04-02 For many years, coconut oil has been anecdotally credited with relieving and even curing a wide variety of the most deadly diseases and conditions. Recent evidence suggests that, taken in the right doses, it can also cause dramatic improvement in the brain function of Alzheimer's patients. Because conventional medicine so far has failed to find an effective treatment for this devastating disease, people are willing to give coconut oil a shot. But how much should they take, and what are easy ways to work it into the diet? And how and why could it really work? The Complete Idiot's Guide® to the Coconut Oil Diet examines the science behind medicinal coconut oil and helps readers integrate natural coconut oil into their diets easily. It gathers evidence and expert opinions on the use of coconut oil to help with the deadliest diseases and conditions, including: Alzheimer's disease. Diabetes. Heart disease. Hypertension. Compromised immune system. Viruses and bacterial infections. Obesity. Skin conditions.

dr bruce fife coconut oil: *The Coconut Ketogenic Diet* Bruce Fife, 2017-08-11 You can enjoy eating rich, full-fat foods and lose weight without counting calories or suffering from hunger. The secret is a high-fat, ketogenic diet. Our bodies need fat. It's necessary for optimal health. It's also necessary in order to lose weight safely and naturally. Low-fat diets have been heavily promoted for the past three decades, and as a result we are fatter now than ever before. Obviously, there is something wrong with the low-fat approach to weight loss. There is a better solution to the obesity epidemic, and that solution is The Coconut Ketogenic Diet. This book exposes many common myths and misconceptions about fats and weight loss and explains why low-fat diets don't work. It also reveals new, cutting-edge research on one of the world's most exciting weight loss aids—coconut oil—and how you can use it to power up your metabolism, boost your energy, improve thyroid function, and lose unwanted weight. This revolutionary weight loss program is designed to keep you both slim and healthy using wholesome, natural foods, and the most health-promoting fats. It has proven successful in helping those suffering from obesity, diabetes, heart and circulatory problems, low thyroid function, chronic fatigue, high blood pressure, high cholesterol, and many other conditions. You will learn: Why you need to eat fat to lose fat Why you should not eat lean protein without a source of fat How to lose weight without feeling hungry or miserable How to stop food cravings dead cold Which fats promote health and which ones don't (the answers may surprise you) How to jumpstart your metabolism How to restore thyroid function How to use your diet to overcome common health problems How to reach your ideal weight and stay there Why eating rich, delicious foods can help you lose weight Which foods are the real troublemakers and how to avoid them

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Novak Bull, 2011-11-15 Coconut oil contains natural saturated fats that are rapidly digested and help accelerate weight loss, kill viruses and bacteria, boost energy, and nourish skin and hair. This easy-to-use guide shows you how to incorporate coconut into your meals with 150 nutritious recipes, including: Crispy Coconut Potato Skins Coconut and Lime Hawaiian Pulled Pork Orange Roughy with Fruit and Coconut Cream Raw Chocolate Coconut Truffles Complete with nutrition stats for each recipe and extensive meal plans, The Everything Coconut Diet Cookbook will kick-start your weight loss. Better yet, you'll achieve optimal health while feasting on the fruit of an island paradise.

dr bruce fife coconut oil: Coconut Oil Handbook: Benefit From Coconut Oil's Healing Powers for Beauty and Health, Weight Loss, Detoxification, and Metabolism John Matonis, This book presents important health info and tips on how you can get the most from coconut oil. Coconut oil is actually a heart-healthy food that can keep your body running smoother in a few different ways.. What are the health benefits of coconut oil? * Coconut oil can help your body mount resistance to both viruses and bacteria. On top of that, it also can help to fight off yeast, fungus and candida. * The super-food can also positively affect hormones for thyroid and blood-sugar control. * Experience improvements in blood sugar control since coconut can help improve insulin use within the body. * Boost thyroid function and increase metabolism * Coconut oil can improve energy and endurance * Increase digestion to absorb fat-soluble vitamins. * Coconut oil can help with aging with a positive antioxidant action. Is it good for my skin and hair? * Coconut oil is a wonderful moisturizer for skin and hair * It has good amounts of the antioxidant vitamin E, * Safe enough for babies skin. One study of 120 babies showed that a coconut oil massage is safe and has health benefits. Recipes and more, plus loads of facts and interesting info. Download your copy TODAY!

dr bruce fife coconut oil: Aro - Healing Touching Lives - Theories, Techniques and Therapies Lynette Barnard, 2014-07-14 CHAPTER 1: Definition and Outline OVERVIEW The Founding History of Aro-healing MASSAGES, THERAPIES, TREATMENTS Governing Bodies, Mission and Company Profile The Role of Massage, The Aro-healing Technique The Role of Touch, The Aro- Touch Technique, Aro-Reflex Stimulation Therapy What is Aro-healing, Advantages of using Aro-health massages Professional Massages Significance of Aro-healing Contents for Chapter 2: Whole Medical Systems Influencing the Body, Influencing the Mind, History of Massage, Massage Therapy, Massage as a way of relieving stress Different Types of Massage Therapies Different Types of Massage and Touch Therapy Techniques Therapy Discussion: Aromatherapy, Essential Oils (100 percent pure) Reflexology, How does it work, Can Reflexology do any harm Traditional Thai foot massage, Do you do traditional Thai foot massage, Possible reactions, Contraindications Acupressure, Acupressure is part of a Traditional Chinese System of Medicine Whole Medical Systems: In which Category does it Belong? 3 Categories. Conventional Medicine, Complementary and Alternative Medicine and Whole Medical Systems. Whole Medical Systems: Acupuncture, The difference between acupuncture and acupressure, Acupuncture facts Ayurveda, Ayurveda mind and body type, Ayurvedic massage, Ayurvedic Oils and Medicines Traditional Chinese Medicine (TCM), Chinese Materia Medica, The diagnostic tools differ from those of conventional medicine Herbalism Herbology (Phytotherapy), Anthropology of Herbalism Naturopathy, 6 principles form the basis of Naturopathy, Natural treatment approaches; Homeopathy, Regulation of Homeopathic Treatments, Side Effects and Risks; Aro-healing Revised Complimentary Therapy (ARC), Aro-Technique Products and Product Ranges, Oils used by Aro-healing Therapy Discussions for Chapter 2: Aromatherapy is an ancient healing art which uses essential oils Reflexology An alternative medicine method Traditional Thai foot massage Based on Traditional Chinese massage of the feet Acupressure An ancient Chinese technique based on the principles of Acupuncture Acupuncture An ancient Chinese technique that works by releasing the body's vital energy, known as Chi Ayurveda In India, Ayurvedic medicine has complex formulas to balance Vata, Pitta or Kapha Traditional Chinese Medicine (TCM) Uses a number of therapeutic approaches such as acupuncture and moxibustion, herbs and other natural products, and massage Herbalism Herbology (Phytotherapy) The study and use of medicinal properties of plants and plant extracts Naturopathy Ancient and modern therapies from other traditions Homeopathy A complete system of medical theory and practice Aro-healing

Revised Complimentary Therapy (ARC) Aro-healing, Aro-healing Massage Therapy Contents for Chapter 3: Aro-Technique Products Why is an Aro-Technique Product different from other products; What does 'cold pressed' or 'first cold compressed' mean; Benefits of using ARO-TECHNIQUE PRODUCTS The Role of Aro-Technique Products and Product Ranges: Discussions from Newsletters; DEMONSTRATIONS AND DISCUSSIONS AT LAUNCHES AND PROMOTIONS The Role of 100 Percent Pure Aromatic Essential Oils; The Role of Aromachology and Somatology; Aromachology and Aromatherapy both promote the positive effects of fragrance on mood How to use essential oils; MASSAGE AROMATHERAPY, MEDICAL AROMATHERAPY, OLFACTORY AROMATHERAPY and COSMETIC AROMATHERAPY The Aro-Recipe Specimen; (All Aro-Technique Products and Product Ranges are trademarked The Role of the Website Presence; Aro-Technique Products that can be ordered through Aro-healing's website: (<http://www.aro-healing.com>); Website Products Online Shop; Review: Permonlie Anti-wrinkle Cream - Guide on available anti-wrinkle products Massage Oils Other Massage Oils General information on facial massage Nappy rash Customer Reviews Definitions of barrier cream Usage - Key Points How do I tr

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dr bruce fife coconut oil: Coconut Harald Tietze, Arthur Echano, 2006

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