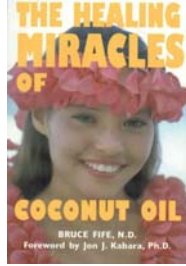


“The Healing Miracles of Coconut Oil”



Author: Bruce Fife, N.D.

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Synopsis:

In North America, our fat-phobic society has long been told that saturated fat leads to elevated cholesterol and heart disease. Then why is it that our North American diet, rich in unsaturated fat, has resulted in heart disease as the #1 killer of Americans? And why are the Pacific Islanders, who have 40% of their fat intake from coconut oil, free of heart disease?

In this fantastic book, Dr. Bruce Fife gives us a detailed history of coconut oil: the medical studies showing coconut oil's wonders that were never publicized, the medium-chain fatty acids that provide the germ-fighting, fat-burning benefits, and the corporate conspiracy to eliminate coconut oil from the market and replace it with the fats that have made us the fattest and perhaps unhealthiest nation on the planet.

Strengths:

- Dr. Fife gives us all the research proving coconut oil's healing properties.
- Coconut oil's natural germ-fighting properties give us another way to fight bacteria and viruses, lessening the need for antibiotics. For the amazing list of bacteria and viruses coconut oil can protect us from, see page 53.
- The fat found in coconut oil is the same found in breast milk, giving breastfeeding mothers another way to nurture their newborn babies and keep them free from infection (p. 94).
- Dr. Fife successfully refutes the belief that cholesterol causes heart disease, which agrees with the ground-breaking book *The Cholesterol Myths*^[1] (please see my book review).

Weaknesses:

- An informative book published to improve the health status of society. How can you find a weakness in that?

Overall Impression:

Another eye-opening book about the nutrition we desperately need. Coconut oil should become a part of your daily nutrition regimen. Whether it's spread on toast or used as your cooking oil, coconut oil can work wonders.

Reference:

1. Ravnskov, U., *The Cholesterol Myths: Exposing The Fallacy That Cholesterol and Saturated Fat Cause Heart Disease*. 2nd ed. 2000: New Trends Publishing. 320.