



# 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:**

#### **Mary Thomas:**

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#### **Deb Valdez:**

People live in this new time of lifestyle always attempt to and must have the spare time or they will get lots of stress from both way of life and work. So , once we ask do people have extra time, we will say absolutely yes. People is human not really a huge robot. Then we question again, what kind of activity do you possess when the spare time coming to anyone of course your answer may unlimited right. Then do you ever try this one, reading books. It can be your alternative in spending your spare time, often the book you have read will be Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth.

#### **Donald Spada:**

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#### **Cynthia Cisneros:**

As a pupil exactly feel bored to reading. If their teacher asked them to go to the library or to make summary for some e-book, they are complained. Just very little students that has reading's heart and soul or real their passion. They just do what the instructor want, like asked to go to the library. They go to right now there but nothing reading significantly. Any students feel that looking at is not important, boring and can't see colorful photos on there. Yeah, it is to be complicated. Book is very important for you personally. As we know that on this time, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore , this Coconut Oil Miracle or Myth?: Understand the Science, Uncover the Truth can

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