



The Coconut Miracle Cookbook: Over 400 Recipes to Boost Your Health with Nature's Elixir

Bruce Fife

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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.

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John Tovar:

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Randall Wilmes:

Playing with family within a park, coming to see the sea world or hanging out with friends is thing that usually you will have done when you have spare time, then why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Coconut Miracle Cookbook: Over 400 Recipes to Boost Your Health with Nature's Elixir, it is possible to enjoy both. It is good combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout folks. What? Still don't obtain it, oh come on its identified as reading friends.

Philip Nguyen:

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