

Discover the Healing Power of Coconut

Coconut Cures

Preventing and Treating
Common Health Problems
with Coconut

Bruce Fife, N.D.

Foreword by

Conrado S. Dayrit, M.D.

Coconut Cures Bruce Fife

Bruce Fife



Coconut Cures Bruce Fife:

Virgin Coconut Oil Bruce Fife, 2006 Describes many of the health benefits of virgin coconut oil Provided by publisher

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

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

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

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

The Coconut Oil Cure Sonoma Press,2015-07-01 All You Need to Take Advantage of Coconut Oil s Many Health Benefits With The Coconut Oil Cure you hold the key to improved health and beauty using a tropical fruit prized for its healing properties and versatile applications In addition to delicious recipes that help you lose weight and lower inflammation you ll find step by step instructions for creating natural effective remedies like healing massage creams therapeutic skin treatments and sumptuous anti aging potions An easy to understand overview of coconut oil and its many uses in improving overall health and wellness 14 simple recipes for natural cosmetics like Bronzing Cinnamon Body Butter and Coconut Oil Beach Hair Spray 16 effective recipes to soothe and cure common ailments such as dandruff skin rashes and sore throats 100 delicious recipes that make it easy to cook with coconut including many vegan and Paleo friendly dishes A handy shopper s guide to ensure you purchase the right type and quality of coconut oil for your personal needs Plus you ll find ten bonus recipes from the bestselling Paleo for Beginners by Sonoma Press to help you achieve your best health by eating like your ancestors

The New Arthritis Cure Bruce Fife,2017-08-14 This book reveals the true cause of arthritis and fibromyalgia Up till now these conditions have been considered incurable The reason for this is that doctors have not recognized the cause and without knowing the cause it is virtually impossible to develop a cure Recent medical research however has established a clear cause and effect connection The underlying cause for all the major forms of arthritis and for fibromyalgia is now known Drugs aren t the answer However there are natural health promoting therapies that do work and can stop the progression of the disease and encourage regeneration and recovery In this book you will read about new groundbreaking medical research

fascinating case studies and inspiring personal success stories You will learn about a totally unique approach to overcoming arthritis and fibromyalgia called the Arthritis Battle Plan More importantly you will learn what steps you must take in order to stop the disease process and regain your health

Keto Cycling Dr Bruce Fife,2019 Keto cycling is the most powerful most effective and most efficient tool for overcoming chronic disease and restoring health Keto cycling is a method of going in and out of ketosis a metabolic state in which the body runs on fat It is absolutely the easiest and most efficient method of losing excess body fat and achieving your optimal weight Low fat calorie restricted diets are gruelingly difficult because you feel continually hungry and deprived the keto approach is comparatively easy The food is delicious and your hunger is depressed so you can eat to your satisfaction and still lose the weight without the pain All of the common health markers that doctors measure when evaluating a patient s health such as blood pressure blood sugar triglycerides HDL and systemic inflammation are improved when a person goes keto It is like hitting the reset button on your computer all of the garbage is deleted and you are returned to the original properly working starting position before the errors began to creep in Health problems are wiped away and you get a fresh start Hormones are rebalanced proper digestion is restored energy levels improve and blood chemistry improves you sleep better think better and function better It is literally an anti aging diet All of these results have been documented in published medical and nutritional studies Unfortunately information about how to do the ketogenic diet is awash in myths misinformation and misconceptions that are perpetuated on the internet in books and in the news media Many people are confused and consequently do not follow the diet properly leading to unsatisfactory results This book exposes common errors that can sabotage the ketogenic diet and reveals how you can greatly enhance the health promoting effects of the diet through keto cycling

Alzheimer's Disease: What If There Was a Cure? Mary T. Newport,2013-04-15 In this second edition Dr Newport a neonatal practitioner continues the story of Steve s progress and provides the most recent research on such topics as possible causes of Alzheimer s due to the herpes simplex virus and nitrosamine substances and how infection inflammation and genetic makeup may affect an individual s response to fatty acid therapy

Coconut Water for Health and Healing Bruce Fife, ND,2017-10-30 Coconut water is a refreshing beverage that comes from coconuts It is a powerhouse of nutrition containing a complex blend of vitamins minerals amino acids antioxidants enzymes health enhancing growth hormones and other phytonutrients Because its electrolyte content is similar to human plasma it has gained international acclaim as a natural sports drink for oral rehydration As such it has proven superior to commercial sports drinks Unlike other beverages it is completely compatible with the human body in so much that it can be infused directly into the bloodstream In fact doctors have used coconut water successfully as an intravenous fluid for over 70 years Coconut water s unique nutritional profile gives it the power to balance body chemistry ward off disease dissolve kidney stones improve digestion reduce the risk of heart disease reduce high blood pressure fight cancer and retard aging History and folklore credit coconut water with remarkable healing powers which medical science is now

confirming Cooking with Coconut Flour Bruce Fife, ND, 2017-08-01 Do you love breads cakes pies cookies and other wheat products but can't eat them because you are allergic to wheat or sensitive to gluten Perhaps you avoid wheat because you are concerned about your weight and need to cut down on carbohydrates If so the solution for you is coconut flour Coconut flour is a delicious healthy alternative to wheat It is high in fiber low in digestible carbohydrate and a good source of protein It contains no gluten so it is ideal for those with celiac disease Coconut flour can be used to make a variety of delicious baked goods snacks desserts and main dishes It is the only flour used in most of the recipes in this book These recipes are so delicious that you won't be able to tell that they aren't made with wheat If you like food such as German chocolate cake apple pie blueberry muffins cheese crackers and chicken pot pie but don't want the wheat you will love the recipes in this book These recipes are designed with your health in mind Every recipe is completely free of wheat gluten soy trans fats and artificial sweeteners Coconut is naturally low in carbohydrate and recipes include both regular and reduced sugar versions Coconut flour provides many health benefits It can improve digestion help regulate blood sugar protect against diabetes help prevent heart disease and cancer and aid in weight loss **Stop Autism Now!** Bruce Fife, 2017-08-11 Over 1 million people have autism Childhood developmental disabilities of all type is rapidly growing including autism attention deficit hyperactivity disorder ADHD epilepsy mental retardation and others Currently in the United States 4 million children have attention deficit hyperactivity disorder the most common learning disability and an incredible one in six children are classified as learning disabled Why the sudden astronomical rise in developmental disabilities Most doctors have no clue what causes autism nor any idea how to prevent or even treat it The only medically recognized form of treatment is an attempt to teach affected children how to manage the disorder and live with it Antidepressants antipsychotics and stimulants are often prescribed to help cope with symptoms No possibility of a cure is offered as the condition is considered permanent in other words hopeless Autism however is not a hopeless condition It can be prevented and successfully treated without the use of drugs This book describes an innovative new dietary and lifestyle approach that has proven very successful in reversing even some of the most severe developmental disorders allowing once disabled children to enter regular school and lead normal happy productive lives There is a solution You can stop autism now Dr Fife has done an outstanding job on Stop Autism Now This book gives the latest stats on the pervasiveness of autism spectrum disorder and more importantly viable solutions With food lists and recipes galore Dr Fife makes the diet doable and manageable and worth your effort to try it Carolyn Dean MD ND Author of The Magnesium Miracle Bruce Fife has produced another masterpiece Autism is a subject that I have spent a good deal of time analyzing researching and writing about and no one does a better job condensing and explaining what is known about this terrible disorder than does Doctor Fife His advice designed to treat this disorder is based on good science and practical experience This book will help millions of children who have become a victim of a health policy gone mad Parents should all have this book on their bookshelves and refer to it often Russell L

Blaylock M D Author of Excitotoxins The Taste That Kills Theoretical Neurosciences Research LLC Visiting Professor of Biology Belhaven University Jackson Ms Clinical Assistant Professor of Neurosurgery University of Mississippi retired

Alzheimer's Disease: What If There Was a Cure (3rd Edition) Mary T. Newport, 2023-09-19 Third Edition Fully Updated and Expanded There is hope there is relief there is another way to treat Alzheimer's disease More than 6.5 million people in the United States suffer from Alzheimer's and other neurodegenerative diseases Dr Mary T Newport's husband Steve was one of them In Alzheimer's Disease What If There Was a Cure Dr Newport shares Steve's story how he fell into the abyss that is Alzheimer's disease and was able to climb back out to enjoy a nearly four year reprieve from the disease thanks to a dietary intervention with coconut oil and MCT medium chain triglyceride oil Since Steve's remarkable turnaround from early onset Alzheimer's in 2008 Dr Newport has communicated with hundreds of people and their caregivers dealing with neurodegenerative diseases In addition to detailing the most recent research on the links between Alzheimer's and many common medications Dr Newport illustrates how infection inflammation and genetic makeup may affect an individual's response to fatty acid therapy She also covers the recent advances in imaging technologies which have made it possible to detect subtle changes in the brain a decade or more before a person develops obvious symptoms giving at risk individuals the opportunity to take preventive measures While the cause of Alzheimer's disease is not known Dr Newport's research offers a message of hope and shows how adopting certain lifestyle changes could prevent delay or otherwise alter the course of the disease

Coconut Oil Conrado S. Dayrit, Fabian M. Dayrit, 2017-09-22 Today people are returning to natural diets in order to live healthier and happier lives the hallmarks of wellness and science has been validating the benefits One of the natural foods being rediscovered is the coconut Although vilified as a cause of heart disease coconut oil has always shown itself to be a healthy and curative oil Numerous studies using the tools of modern science are finally revealing and validating the beneficial effects of coconut oil From the Prologue

Stop Alzheimer's Now! Bruce Fife, 2016-04-11 Over 35 million people have dementia today Each year 4.6 million new cases occur world wide one new case every 7 seconds Alzheimer's disease is the most common form of dementia Parkinson's disease another progressive brain disorder affects about 4 million people world wide Millions more suffer with other neurodegenerative disorders The number of people affected by these destructive diseases continues to increase every year Dementia and other forms of neurodegeneration are not a part of the normal ageing process The brain is fully capable of functioning normally for a lifetime regardless of how long a person lives While ageing is a risk factor for neurodegeneration it is not the cause Dementia and other neurodegenerative disorders are disease processes that can be prevented and successfully treated This book outlines a program using ketone therapy and diet that is backed by decades of medical and clinical research and has proven successful in restoring mental function and improving both brain and overall health You will learn how to prevent and even reverse symptoms associated with Alzheimer's disease Parkinson's disease amyotrophic lateral sclerosis ALS multiple sclerosis MS Huntington's disease epilepsy diabetes

stroke and various forms of dementia The information in this book is useful not only for those who are suffering from neurodegenerative disease but for anyone who wants to be spared from ever encountering one or more of these devastating afflictions These diseases don't just happen overnight They take years often decades to develop In the case of Alzheimer's disease approximately 70 percent the brain cells responsible for memory are destroyed before symptoms become noticeable You can stop Alzheimer's and other neurodegenerative diseases before they take over your life The best time to start is now

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 **Clearly Keto** Mary T.

Newport, 2022-11-29 A 1 AMAZON HOT NEW RELEASE Finally an in depth look at the things you can do and the things you should avoid to delay slow down or possibly prevent Alzheimer's disease and other disorders of the aging brain Billions of dollars and decades of Alzheimer's research targeting the hallmark plaques and tangles in the brain have failed to produce a meaningful treatment for people with the disease Drawing from the extensive research into ketogenic dietary intervention that dramatically improved her husband's early onset Alzheimer's disease Mary T Newport offers new and practical approaches to taking control of the lifestyle risk factors in our everyday lives that threaten healthy brain aging **Clearly Keto for Healthy Brain Aging and Alzheimer's Prevention** provides the rationale and a detailed plan for adopting a whole food ketogenic Mediterranean style diet to overcome insulin resistance and provide ketones as an alternative fuel to the brain

The Coconut Oil and Low-Carb Solution for Alzheimer's, Parkinson's, and Other Diseases Mary T.

Newport, 2015-08-01 From the author of the best seller Alzheimer's Disease What if There Was a Cure Mary T Newport M D now presents this guide of how to integrate diet in the treatment of neurodegenerative diseases **Palm Oil and Coconut Oil** Rodney R. Allen-Campbell, 2012-09 In the late 1980s I used to suffer from severe stomach pains All medical tests proved inconclusive and the only advice I was given by my doctor was to take antacid whenever I was in pain I was not satisfied with this advice and started looking for alternative treatments to put an end to my suffering After a year of intense pain my search for a cure led me to Reflexology I had ten sessions of reflexology treatments one treatment a week for ten weeks and the pain disappeared I was so impressed with the treatment I enrolled in a reflexology course and trained as a reflexologist After this

experience I became a fan of alternative therapies and started reading magazines in alternative treatments and started attending seminars and workshops in alternative therapies Shortly after qualifying as a reflexologist I enrolled in a course in Stress Management because I realised that the cause of my previous health problem was stress related and medical science alone was inadequate Whilst receiving reflexology treatment I could feel the stress falling off me and the effect was very therapeutic I was aware that there were tens of thousands of people suffering from conditions that medical science could not adequately treat I decided that with relevant training I could help treat these conditions The more I got involved in the alternative therapies it became apparent to me that in order to maintain good health it was imperative that one incorporates good diet Consequently I obtained a diploma in nutritional medicine In 2010 I was directed to move back to my native land Sierra Leone after being away in the UK for thirty one years to help empower my people My intention was to get Sierra Leoneans to appreciate local produce I had heard people from this country living abroad repeating the propaganda of the vegetable oil industry about palm oil When you think that palm oil has been a major part of the diet of these people for centuries you wonder whether our ancestors got it wrong Did the executives of the vegetable oil industry whose drive was to maximise profits know better than our ancestors who diligently invested in finding natural foods that would keep them alive and healthy It is also my intention to get my people to become aware of the virtues of natural unprocessed foods Red palm oil as is used in Sierra Leone is unrefined wholesome food power packed with antioxidants Antioxidants are the substances that quench free radicals the stuff that cause cancer diabetes cardiovascular diseases and other degenerative diseases Although coconut oil is not as popular as palm oil in the diet of Sierra Leoneans it is I am sure the major source of needed fat in the diet in other parts of the tropics Coconut oil is very special in that it is a medium chain fatty acid MCFA MCFA is in mother's breast milk and has a profound effect on the immune system It is my innate desire to get people to improve their health and maintain good health by turning to nature and taking an active part in their wellness This could prove to be very inexpensive and result in longevity

The Detox Book, 3rd Edition Bruce Fife, 2017-08-14 We live in a toxic world Environmental pollution and disease causing germs assault us continually day after day Our food is nutrient deficient and our water supply dangerously contaminated People today are exposed to chemicals in far greater concentrations than were previous generations Thousands of tons of man made chemicals and industrial pollutants are poured into our environment and our food supply daily With such a massive attack on our health we should all be sick from toxic overload And we are In no other time in the history of the world has degenerative disease been as prominent as it is today Diseases that were rare or unheard of a century ago are now raging upon us like a plague Millions are dying from diseases that were virtually unknown in the past Experts tell us that by the time we reach middle age each one of us will have already been affected by either cancer cardiovascular disease or some other serious degenerative condition Conventional medicine has no sure cure Drugs surgery and radiation treatments can be as dangerous and debilitating as the diseases they attempt to cure Nature however has

provided us with the solution Our bodies are amazingly resilient If the disease causing toxins are removed the body will heal itself This book outlines the steps you need to take to thoroughly detoxify and cleanse your body from these disease causing agents You will also learn how to reduce your toxic exposure and how to strengthen your immune system Through detoxification you will free yourself from the chains of pain reverse degenerative conditions gain more energy feel and look younger improve your memory and be happier Virtually all the diseases of modern society including many infectious illnesses can be avoided or even cured by sensible systematic detoxification Although we live in a toxic world we can take control of our health This book will show you how The Detox Book is highly recommended for health reference collections The Midwest Book Review A comprehensive handbook of detoxification therapies Chapters give extensive background information on each subject reports of research and precise detailed instructions for self administration An encyclopedic look at how we can care for and cleanse our amazingly resilient bodies Booklist American Library Association The Detox Book is an excellent primer on cleansing the body It provides everything you need to know about detoxification why you must detoxify and how to get the best results I highly recommend this down to earth and approachable book as the first step along your journey to health Michelle Cook Health N Vitality

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Coconut Cures Bruce Fife Introduction

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