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Notes: The Coconut Oil Miracle by Bruce Fife. • I started using coconut oil myself and began recommending it to my clients (I am a certified nutritionist and naturopathic physician). I've seen it get rid of chronic psoriasis, eliminate dandruff, remove pre-cancerous skin lesions, speed recovery from the flu, stop bladder infections, overcome chronic fatigue, and relieve hemorrhoids, among other things.

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The coconut oil and coconut boom might not have been



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possible if not for the work of Dr. Bruce Fife, author of the pivotal book 'The Coconut Oil Miracle,' which dug deep into the volumes of medical studies showing the crucial benefits of coconut oil, and brought them to the masses, for the first time.

~~'The Coconut Oil Miracle:'~~  
~~An Interview with Dr. Bruce~~

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The coconut oil miracle I am not a vegan by any means, nor to intend to crossover. However, Bruce Fife's book on coconut oil and its healthy advantages are very convincing. Being skeptical on the helpfulness and reality of this book, I

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