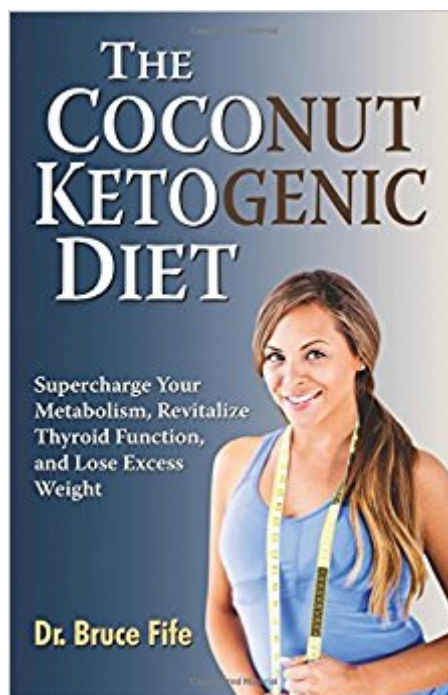




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# The Coconut Ketogenic Diet: Supercharge Your Metabolism, Revitalize Thyroid Function And Lose Excess Weight



## Synopsis

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.

## Book Information

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## Customer Reviews

Known as DR COCONUT by followers of his material, me being one, his book THE COCONUT OIL MIRACLE changed my life forever: FACT. It was the catalyst of a philosophical shift that propelled me to change fields of working focus. I used his book to lose 50#. Not that HE advocated it; he

didn't. I just 'got' what was possible and did it. I bow to him and his work. That said: this book (for me) gets you 90% where you need to go. I say: read it. AND read COCONUT OIL MIRACLE first. Now: about that other 10%: Jimmy Moore is releasing a new book in August called Keto Clarity. It contains the additional 10%. I have read this Dr Fife book and like it VERY much. Read it. THEN: take the next step and pre-order Jimmy's book. You'll be ready for that one with this really good foundation. KETOGENIC living will SHOCK & AMAZE you. It certainly did me!! Don't be fooled though: This puppy takes REAL commitment to tackle, get on, stay on and be willing to take months to be crazy successful!! GEAR UP!! Good news:: The initial stage of becoming a fat-burner can take as little as 3wks - month. Be strict & faithful -AND~ Be strong!! THIS is the biggest secret of our time~Congrats for grabbing the tail of this tiger!!

Awesome book full of invaluable information about how the body works, what it needs, what it doesn't need. Written in understandable language this book will change the way you think about fats, carbohydrates, proteins and how we should be eating for optimum health and longevity. It flows and it will be your go to body book from now on!

One really great book on Ketogenics. It really has a ton of information besides coconuts and is very readable and understandable. You will be a Keto expert after reading this book and know more than probably 98% of the medical field on this subject. I would read this first and then Keto-Clarity.

This weight loss plan actually encourages the consumption of fat on a daily basis. The low fat or low calorie diet that you are on is the reason why your weight loss has been slow, or non-existent. Fat is an essential nutrient; the human body needs a certain amount of it every day. It helps to slow down food in your digestive system so that it can be absorbed. Besides, food producers will add chemicals to make up for the fat or calories that have been removed, chemicals that are even less healthy than fat. Your whole thyroid system may be malfunctioning, not just your thyroid gland, which the usual thyroid blood test may not pick up. The problem may be an iodine deficiency, or chemicals like fluorine, chlorine and bromine that are in your tap water. Take your temperature several times during the day. If it is chronically more than 0.3 degrees low, that may indicate a thyroid or metabolism problem. How can a person stimulate their metabolism? Drink lots of water, get regular exercise and exposure to sunlight, eat a wholesome diet, consume coconut oil and add cayenne pepper to the diet. What about this coconut ketogenic diet? The two most important parts of it are to greatly reduce, or eliminate, your consumption of carbohydrates, and have three tablespoons of

coconut oil with each meal. If your body tells you to start with one tablespoon per meal and work your way up from there, that's fine. The book has a list of the carbohydrate content in fruits, vegetables and breads, along with a chart showing desired body weight. The explains why coconut oil (also known as medium chain triglycerides) are so healthy. This is an excellent book. It is not the usual "diet," where the dieter is limited to certain foods. If all a person can do is greatly reduce their carbohydrate consumption, and do a lot more exercising, without doing anything else, that can only help. This book is recommended for everyone, with and without a weight problem.

Very helpful in keeping me comfortable and satisfied on my ketogenic plan. Contains many good tips on optimizing coconut oil without any unpleasant side effects. Following a ketogenic diet consistently has given me the best blood glucose readings since my diagnosis with diabetes, Type II.

This is an amazing book, my third copy, I keep passing them on to friends who notice my weight loss and improved health, skin, hair and nails, delicious, easy and worth it!

I am now using the ketogenic diet as a lifestyle change. I lost 20 lbs with ease and am trying to lose another 10. I finally got rid of my sugar cravings I have battled with as a child. I'm now having clients use this diet as well as my own family. Thanks Dr Bruce Fife.

Dr. Fife is a brilliant doctor and researcher who speaks in layman terms. Thanks to this book (and of course, coconut oil) my wife lost 60 lbs so fast it scared her. After suffering a heart stroke I learned from Dr Fife about drinking coconut water. It's makes all the difference in the world. Excellent book.

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