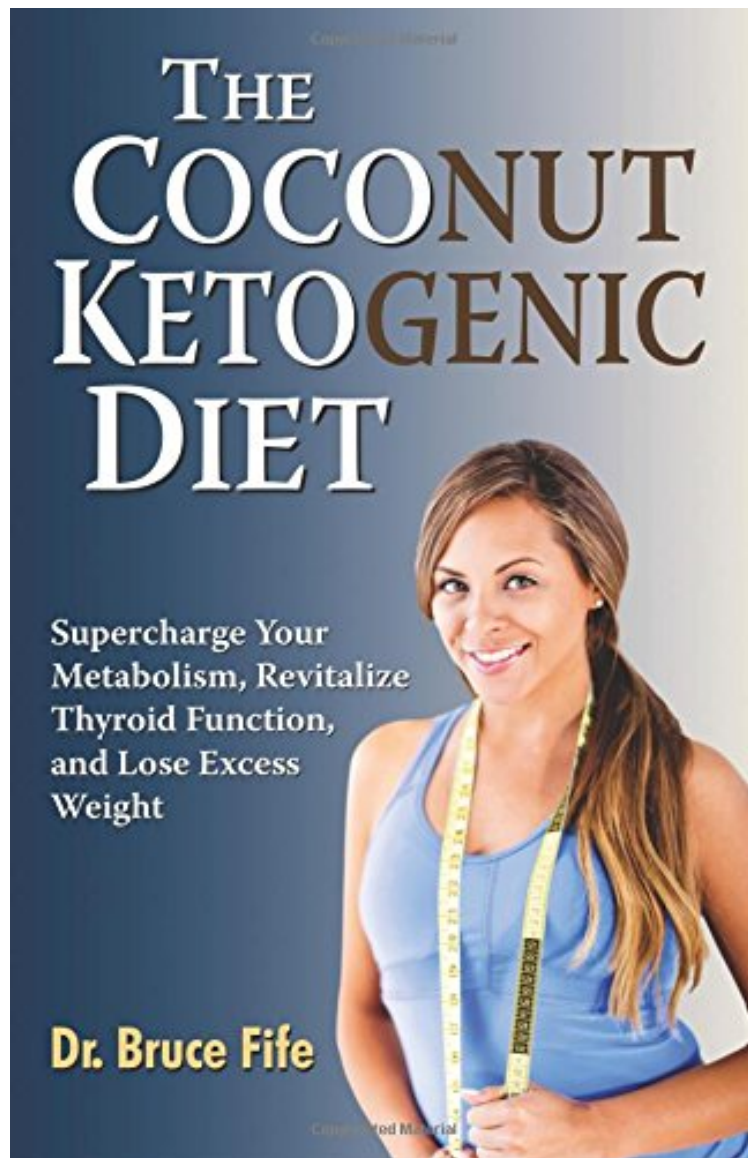


(Library ebook) The Coconut Ketogenic Diet: Supercharge Your Metabolism, Revitalize Thyroid Function and Lose Excess Weight

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

Bruce Fife ND

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Bruce Fife ND : The Coconut Ketogenic Diet: Supercharge Your Metabolism, Revitalize Thyroid Function and Lose Excess Weight before purchasing it in order to gage whether or not it would be worth my time, and all praised The Coconut Ketogenic Diet: Supercharge Your Metabolism, Revitalize Thyroid Function and Lose Excess Weight:

158 of 166 people found the following review helpful. I LOVE Dr Fife's books and material. By Z'OmaKnown 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!! 103 of 109 people found the following review helpful. Recommended for everyone, with or without a weight problem. By Paul Lappen 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. 51 of 52 people found the following review helpful. Life-Changer. By Gwen This book is a life-changer. I'm a part-time holistic health coach, and I have 15 or more books and numerous references about eating low carb and living in nutritional ketosis. This book is, by far, the best I've ever read, chock-full of explanations, references, and guidelines that are easy to understand and implement. Post-menopause, I've been carrying around an extra 15 pounds for about a year. I've been following this plan and I have lost 5 pounds in the first 2 weeks. This is a miracle. Honestly, the weight loss is secondary to how amazing I feel. I've been eating low carb most of the time since 2009 (which healed disabling gut problems) but I now realize I wasn't eating enough fat and I was eating too much protein. This book has given me the information I need to be 100%. I'm hypothyroid and take Armour daily. I have high hopes of further reducing my medication. I've already reduced it from 2 grains to 1.5 grains. I'm warm for the first time in years, which is a good thing, and my usually dry and flaky skin is soft and smooth from consuming coconut oil. Thank you, Dr. Fife, for sharing your research.

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.