



## Coconut Oil: The Healthiest Oil on Earth

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By Siegfried Gursche

Book Publishing Company, Canada, 2008. Paperback. Book Condition: New. 208 x 160 mm. Language: English . Brand New Book. More than 80 million people who live in a veritable coconut paradise planted with 300 million trees have not fully utilized the healthiest dietary oil on earth - raw, natural, organic, cold-pressed virgin coconut oil says Dr. Conrado S. Dayrit, an emeritus professor of pharmacology, practicing cardiologist and ground-breaking researcher into the health benefits of virgin coconut oil. The author Siegfried Gursche presents in this practical health guide a concise and easy to understand account of all known major health benefits of virgin coconut oil. What you will find here can be applied by any one immediately, as much practical advice and many recipes for the kitchen are provided.

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