

Coconut Oil Secret: Review Examining Jake Carney & Dr. Joshua Levitt's Book Released

Coconut Oil Secret reviews have been popping up all over the Internet and HealthyandFitZone.com reveals the truth about this book that ensures that coconut oil is used daily for the best health advantages.

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Coconut Oil Secret claims that people are doing themselves a complete disservice by refusing to incorporate coconut oil, a saturated fat into their daily diet. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Coconut Oil Secret review shows that it is advocating the amazing health effects of adding coconut oil to the daily diet. Billed as 'Nature's #1 Best Healing Super Food', this is a whole bunch of literature that explains exactly why we've all been duped into believing that coconut oil and the saturated fat it contains) is responsible for conditions such as high cholesterol and heart disease," reports Stevenson. "Instead, you get real, scientifically proven yet little known information about how coconut oil actually offers you an incredible number of health benefits Coconut oil is a great brain booster and an incredibly powerful detoxifier."

Coconut Oil Secret includes information about Frankenfoods, the truth about a high fat diet, the healing power off the humble coconut and its action as a metabolism booster, energy invigorator and skin beautifier. Coconut oil actually kills the dermatitis causing bacteria. A wonderful exfoliate, it's great for acne and is wizard against nappy rash. Coconut oil is one of the 7 foods one should eat in order to keep cancer at bay. It also prevents the need for using statins.

"In fact you can carry out a 10-minute detox on a daily basis if you so require. The program is not only informative, but it's a fun and easy read. All your questions about saturated fat and coconut oil are fully covered and laid out in easy terms for the layman to understand," says Stevenson. "The program explains the exact amount that should be ingested on a daily basis, depending on age and sex, so there is no way you could eat too much or too little. In addition to this, you learn how that not all coconut oils are created equal."

"What we found Coconut Oil Secret to be is a balanced, rational information book filled with interesting (and more important, scientifically proven) reasons why we should all introduce good quality coconut oil into our diets. It's incredible what you learn about other foodstuffs, in particular about processed foods. We have to say, the book opened our eyes somewhat and we're pretty sure it'll do the same for you. You'll discover the one simple coconut oil that you can purchase off the shelf at your local grocer. Unprocessed, chemical free and either in a solid or liquid, it tells you everything you need to know."

Those wishing to purchase Coconut Oil Secret, or for more information, click here:
<http://healthyandfitzone.com/go/CoconutSecrets/>

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