## **Books By Bruce Fife**

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The Coconut Oil Miracle Bruce Fife,2004 When taken as a supplement, used in cooking, or applied directly to the skin, coconut oil has been found to promote weight loss, help protect against many diseases, strengthen the immune system, improve digestion, and prevent premature aging of the skin.

The Palm Oil Miracle Bruce Fife,2007 Palm oil has been used as both a food and a medicine for thousands of years. It was prized by the pharaohs of ancient Egypt as a sacred food. Today palm oil is the most widely used oil in the world. In tropical Africa and Southeast Asia it is an integral part of a healthy diet just as olive oil is in the Mediterranean. Palm oil possesses excellent cooking properties. It is more heat stable than other vegetable oils and imparts in foods and baked goods superior taste, texture, and quality. Palm oil is one of the world's healthiest oils. As a natural vegetable oil, it contains no trans fatty acids or cholesterol. It is currently being used by doctors and government agencies to treat specific illnesses and improve nutritional status. Recent medical studies have shown that palm oil, particularly virgin (red) palm oil, can protect against many common health problems. Some of the health benefits include: Improves blood circulation; Protects against heart disease; Protects against cancer; Boosts immunity; Improves blood sugar control; Improves nutrient absorption and vitamin and mineral status; Aids in the prevention and treatment of malnutrition; Supports healthy lung function; Supports healthy liver function; Helps strengthen bones and teeth; Supports eye health; Highest natural source of health promoting tocotrienols; Helps protect against mental deterioration, including Alzheimer's disease; Richest dietary source of vitamin E and beta-carotene.

The Coconut Oil Miracle Bruce Fife,2013-12-03 A completely revised and updated guide for maximizing the health and beauty benefits of coconut oil For years, The Coconut Oil Miracle has been a reliable guide for men and women alike. Now in its fifth edition, this revised and updated version has even more information on the benefits of coconut oil and shows readers how to use it for maximum effect, including a nutrition plan with 50 delicious recipes. Coconut oil is much more than just a fad. It is a uniquely curative elixir that has been shown to have countless health benefits. When taken as a dietary supplement, used in cooking, or applied directly to the skin, coconut oil has been found to: • Promote weight loss • Help prevent heart disease, cancer, diabetes, arthritis, Alzheimer's, and many other degenerative diseases • Strengthen the immune system • Improve digestion • Prevent premature aging of the skin • Beautify skin and hair Dr. Bruce Fife is widely

recognized as one of the leading authorities on the health benefits of coconut oil. This newest edition of The Coconut Oil Miracle is updated with crucial information, including the latest studies on links between coconut oil and benefits relating to heart function, Alzheimer's prevention, bodily detoxification, weight loss, and many other hot topics.

Ventriloquism Made Easy Paul Stadelman, Bruce Fife, 2003-08 How to talk to your hand without looking stupid.

Creative Clowning Bruce Fife, Tony Blanco, Steve Kissell, 1992 Provides information on comedy magic, stilt walking, unicycling, balloon sculpture, juggling, puppets, clown music, makeup, props, wardrobe, mime, and finding work as a clown

The Coconut Miracle Cookbook Bruce Fife, 2014-10-07 Bruce Fife, bestselling author of The Coconut Oil Miracle, presents a companion cookbook and a complete guide to reaping all the health and beauty benefits of cooking with coconut Healthy, rich, and delicious, coconut is nature's miracle healer. The Coconut Miracle Cookbook explains the benefits of coconut, and shows readers how to incorporate this superfood into meals every day with more than 400 delicious recipes. Coconut has been shown to have countless health benefits, including: Weight loss Preventing heart disease, cancer, diabetes, arthritis, and many other degenerative diseases Strengthening the immune system Improving digestion Preventing premature aging of the skin Beautifying skin and hair Reap the health and beauty benefits of coconut oil, milk, water, and cream. Feel—and see—the amazing results.

Eat Fat, Look Thin Bruce Fife, 2005 Eat delicious, full-flavoured foods and lose weight permanently with this new, all natural, no-hunger, weight-loss program. You can enjoy rich, full-fat foods and lose weight without the hassle of counting calories, weighing portions, or suffering from hunger. This book exposes many common myths and misconceptions about fats. It reveals new, cutting-edge research on the world's only natural, low-calorie fat -- a fat that not only has fewer calories than any other fat, but one which also stimulates metabolism and burns up calories. Yes, you can lose weight by eating fat, if you use the right kind. Combined with a sensible eating plan, you can shed excess weight, enjoy the foods you love, and gain better health. This revolutionary, total-wellness 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, hypoglycaemia, heart and circulatory problems, yeast infections, chronic fatigue, and many other conditions.

The Coconut Oil Miracle Bruce Fife, C.N., N.D.,2008-04 Traditional Chinese edition of The Coconut Oil Miracle. Bruce Fife offers the biggest secret in nature: coconut oil is good for you! Used as a supplement, in cooking, coconut oil can help one lose weight, strengthen immunity, protect you from heart diseases, prevent aging... He includes many great recipes using coconut oil in this book. The book has been a phenomenal bestseller since its English publication in 2004. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

How To Be A Literary Agent Richard Mariotti,1995 This book takes you step-by-step through the fascinating business of literary representation, covering everything from setting up your business, finding and working with writers, locating the

best publishers, working with editor, and making the sale, to negotiating contracts. It reveals the many intriguing inside secrets about getting published. You will learn: • How to identify marketable manuscripts • How to turn good manuscripts into potential bestsellers • How to create persuasive query letters and convincing book proposals • Where to find and how to approach the right publishers • How to develop lasting business relationships with editors • The secrets of avoiding rejection • How to make unpublished authors book like professional writers • How to get the most money from publishers A valuable resource for those considering careers as literary agents, as well as writers who want to be their own agents. Writers don't need agents if they know how to approach publishers, properly prepare and send submissions, and deal with editors—all of which are covered in this book. You will learn how to present yourself as a professional and get the same respect given to successful authors and agents.

Coconut Therapy for Pets Bruce Fife,2017-08-14 What can you do if your cat has worms? Use coconut oil. What can you do about smelly doggy breath? Try coconut oil. What if your cat has an ear infection? Again, coconut oil. Believe it or not, coconut oil is a highly effective treatment for a wide variety of common health problems. For this reason, coconut oil has gained a reputation as a superfood—a food that provides health benefits far beyond it nutritional content. Coconuts and coconut oil have a long history of safe and effective use as food and as medicine for both humans and animals. Most animals love the taste of coconut. Whether you own cats, dogs, ferrets, parrots, canaries, chickens, horses, goats, hamsters, gerbils, guinea pigs, rabbits, or other animals, they can all benefit from the nutritional and medicinal properties of coconut oil. Some of the many benefits include: • Improves the appearance of the skin, hair, and feathers • Reduces or eliminates body odor and bad breath • Improves energy and balances metabolism • Helps reduce excess body fat and maintain proper weight • Prevents and fights bacterial, viral, and yeast infections • Strengthens immune function • Helps relieve kennel cough • Improves oral health and whitens teeth • Helps ease allergy symptoms • Soothes itchy or irritated skin • Improves digestion and nutrient absorption • Protects against digestive disorders such as ulcers and colitis • Expels or kills intestinal parasites • Helps keep blood sugar in balance • Helps build strong bones • Helps prevent and ease joint pain and ligament problems • Speeds healing from cuts, burns, insect bites, and other injuries • Protects against fleas, ticks, mites, and other parasites

**Dr. Dropo's Juggling Buffoonery** Bruce Fife,1988 People who want to develop an act for birthday parties or street corners will find this book a blessing. Easy-to-follow directions on how to juggle, manipulate cigar boxes, do balancing tricks, and become an hilariously funny juggler. Contains 25 complete comic juggling routines. Simple enough for beginners, funny enough for professionals.

**Dr. Fife's Keto Cookery** Bruce Fife,2016 A ketogenic diet is one that is very low in carbohydrate and high in fat, with moderate protein. Such a diet shifts the body into an ultra-efficient metabolic state in which fat is utilized as the primary

source of fuel in place of glucose. This metabolic state, known as nutritional ketosis, has a pronounced therapeutic effect on the body. The diet has proven safe and effective in helping people lose excess weight, improve mental function, balance blood sugar and pressure, improve cholesterol levels, and much more. Described as the ultimate ketogenic cookbook, Dr. Bruce Fife has compiled into one volume his favorite ketogenic recipes, nearly 450 in all! It includes 70 vegetable recipes, 47 salads and 22 dressings, 60 egg recipes, 50 delicious high-fat sauces for meats and vegetables, as well as a variety of mouthwatering wraps, soups, and casseroles, with a creative array of meat, fish, and poultry dishes. With this resource, you will always have plenty of options to choose from for your daily needs. No exotic or hard-to-find ingredients here. This is a practical cookbook that can be used every day for life. All of the recipes are simple, with ingredients that are readily available at your local grocery store. None of the recipes include any artificial sweeteners, sugars, flavor enhancers, gluten, grains, or other questionable ingredients. Recipes use only fresh, wholesome, natural foods to guarantee optimal health. --Amazon.

The Coconut Ketogenic Diet Bruce Fife, 2017-08-11 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 lowfat 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. You will learn: Why you need to eat fat to lose fat Why you should not eat lean protein without a source of fat How to lose weight without feeling hungry or miserable How to stop food cravings dead cold Which fats promote health and which ones don't (the answers may surprise you) How to jumpstart your metabolism How to restore thyroid function How to use your diet to overcome common health problems How to reach your ideal weight and stay there Why eating rich, delicious foods can help you lose weight Which foods are the real troublemakers and how to avoid them

Stop Autism Now! Bruce Fife,2017-08-11 Over 1 million people have autism. Childhood developmental disabilities of all type is rapidly growing including autism, attention deficit hyperactivity disorder (ADHD), epilepsy, mental retardation, and others. Currently in the United States, 4 million children have attention deficit hyperactivity disorder, the most common learning disability, and an incredible one in six children are classified as learning disabled. Why the sudden astronomical rise

in developmental disabilities? Most doctors have no clue what causes autism, nor any idea how to prevent or even treat it. The only medically recognized form of treatment is an attempt to teach affected children how to manage the disorder and live with it. Antidepressants, antipsychotics, and stimulants are often prescribed to help cope with symptoms. No possibility of a cure is offered, as the condition is considered permanent—in other words "hopeless." Autism, however, is not a hopeless condition. It can be prevented and successfully treated without the use of drugs. This book describes an innovative new dietary and lifestyle approach that has proven very successful in reversing even some of the most severe developmental disorders, allowing once disabled children to enter regular school and lead normal, happy, productive lives. There is a solution. You can stop autism now! "Dr. Fife has done an outstanding job on Stop Autism Now! This book gives the latest stats on the pervasiveness of autism spectrum disorder and more importantly, viable solutions. With food lists and recipes galore, Dr. Fife makes the diet doable and manageable and worth your effort to try it." -- Carolyn Dean, MD, ND, Author of The Magnesium Miracle "Bruce Fife has produced another masterpiece. Autism is a subject that I have spent a good deal of time analyzing, researching, and writing about and no one does a better job condensing and explaining what is known about this terrible disorder than does Doctor Fife. His advice, designed to treat this disorder, is based on good science and practical experience. This book will help millions of children who have become a victim of a health policy gone mad. Parents should all have this book on their bookshelves and refer to it often." -- Russell L. Blaylock, M.D., Author of Excitotoxins: The Taste That Kills Theoretical Neurosciences Research, LLC Visiting Professor of Biology, Belhaven University, Jackson, Ms Clinical Assistant Professor of Neurosurgery, University of Mississippi (retired)

Body detox made easy,

Cooking with Coconut Flour Bruce Fife, ND,2017-08-01 Do you love breads, cakes, pies, cookies, and other wheat products but can't eat them because you are allergic to wheat or sensitive to gluten? Perhaps you avoid wheat because you are concerned about your weight and need to cut down on carbohydrates. If so, the solution for you is coconut flour. Coconut flour is a delicious, healthy alternative to wheat. It is high in fiber, low in digestible carbohydrate, and a good source of protein. It contains no gluten so it is ideal for those with celiac disease. Coconut flour can be used to make a variety of delicious baked goods, snacks, desserts, and main dishes. It is the only flour used in most of the recipes in this book. These recipes are so delicious that you won't be able to tell that they aren't made with wheat. If you like food such as German chocolate cake, apple pie, blueberry muffins, cheese crackers, and chicken pot pie, but don't want the wheat; you will love the recipes in this book! These recipes are designed with your health in mind. Every recipe is completely free of wheat, gluten, soy, trans fats, and artificial sweeteners. Coconut is naturally low in carbohydrate and recipes include both regular and reduced sugar versions. Coconut flour provides many health benefits. It can improve digestion, help regulate blood sugar, protect against diabetes, help prevent heart disease and cancer, and aid in weight loss.

**Ketone Therapy** Bruce Fife, 2017-08-31 The ketogenic diet is one that is very low in carbohydrate, high in fat, with moderate protein. This diet shifts the body into a natural, healthy metabolic state known as nutritional ketosis. In ketosis the body uses fat as its primary source of energy instead of glucose. Some of this fat is converted into an alternative form of fuel called ketones. Ketones are high-potency fuel that boost energy and cellular efficiency and activates special enzymes that regulate cell survival, repair, and growth. When a person is in nutritional ketosis, blood levels of ketones are elevated to therapeutic levels. In response, high blood pressure drops, cholesterol levels improve, inflammation is reduced, blood sugar levels normalize, and overall health improves. Low-fat diets have been heavily promoted for the past several decades as the answer to obesity and chronic disease. However, we are fatter and sicker now more than ever before. Obviously, the low-fat approach has not worked. Our bodies actually need fat for optimal health and function more efficiently using fat for fuel. In this book you will discover how people are successfully using the ketogenic diet to prevent and treat chronic and degenerative disease. Ketone therapy is backed by decades of medical and clinical research, and has proven to be both safe and effective for the treatment of variety of health issues, including the following: Alzheimer's disease Parkinson's disease stroke Multiple sclerosis heart disease cancer diabetes obesity metabolic syndrome Crohn's disease ulcerative colitis irritable bowel syndrome glaucoma macular degeneration migraine headaches sleep disorders It doesn't stop there. Research is continually discovering conditions that are responding to the ketogenic diet. Many health problems that medical science has deemed incurable or untreatable are being reversed. Medications that were once relied on daily are no longer necessary and are being tossed away. People are discovering that a simple, but revolutionary diet based on wholesome, natural foods and the most health-promoting fats is dramatically changing their lives. It could be the key to changing yours as well.

The Healing Miracles of Coconut Oil Bruce Fife,2000 Use nature's elixir to lose weight, prevent heart disease, cancer, and diabetes, and beautify skin and hair. Can saturated fat be good for you? Natural coconut oil-not the hydrogenated version often found in processed foods-is a saturated fat, but not the kind your doctor has warned you about. Studies have shown that this uniquely curative oil actually has innumerable health benefits ranging from disease prevention to anti-aging. Now, in his revised edition of the first book to describe the therapeutic properties of coconut oil, Bruce Fife offers a nutrition plan with dozens of tasty recipes that will allow anyone to experience the healing miracles of what he deems the perfect food. When taken as a supplement, used in cooking, or applied to directly to the skin, coconut oil has been found to: - Promote weight loss - Help protect against heart disease, cancer, diabetes, arthritis, and many other degenerative diseases - Strengthen the immune system - Improve digestion - Prevent premature aging of the skin

Body detox easy Wings of Success, Frustrated with yourself for letting all the toxines eating your body out? How to get rid of them? Fret not!

Coconut Diet Cherie Calbom, John Calbom, 2008-12-02 With an exciting 21-day weight loss program, simple meal plans,

and more than 70 delicious, satisfying recipes, The Coconut Diet can help you drop those extra pounds. Thousands of people are discovering what islanders have known for centuries: coconut oil has amazing health and weight loss benefits. Rich in healthy fats that boost your metabolism, curb cravings, and keep hunger at bay, coconut oil makes most weight loss programs-even low-carbohydrate diets-more efficient. Now you can lose weight and boost your health by adding this secret ingredient to the foods you already love. Add a small amount of coconut oil to your diet and watch the pounds melt away. You'll feel better, look better, and be able to maintain your new weight with ease. No other diet delivers as much as... The Coconut Diet.

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# **Table of Contents Books By Bruce Fife**

1. Understanding the eBook Books

#### By Bruce Fife

- The Rise of Digital Reading Books By Bruce Fife
- Advantages of eBooks Over Traditional Books
- 2. Identifying Books By Bruce Fife
  - Exploring Different Genres
  - Considering Fiction vs.
     Non-Fiction
  - $\circ \ \ Determining \ Your \ Reading$

#### Goals

- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Books By Bruce Fife
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Books By Bruce Fife
  - Personalized
     Recommendations
  - Books By Bruce Fife User Reviews and Ratings
  - Books By Bruce Fife and Bestseller Lists
- 5. Accessing Books By Bruce Fife Free and Paid eBooks
  - Books By Bruce Fife Public Domain eBooks
  - Books By Bruce Fife eBook Subscription Services
  - Books By Bruce Fife Budget-Friendly Options
- 6. Navigating Books By Bruce Fife eBook Formats
  - ePub, PDF, MOBI, and More
  - Books By Bruce Fife
     Compatibility with Devices

- Books By Bruce Fife
   Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Books By Bruce Fife
  - Highlighting and Note-Taking Books By Bruce Fife
  - Interactive Elements Books
     By Bruce Fife
- 8. Staying Engaged with Books By Bruce Fife
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Books By Bruce Fife
- 9. Balancing eBooks and Physical Books Books By Bruce Fife
  - ∘ Benefits of a Digital Library
  - Creating a Diverse Reading Collection Books By Bruce Fife
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions

- Managing Screen Time
- 11. Cultivating a Reading Routine Books By Bruce Fife
  - Setting Reading Goals Books By Bruce Fife
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Books By Bruce Fife
  - Fact-Checking eBook
     Content of Books By Bruce
     Fife
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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