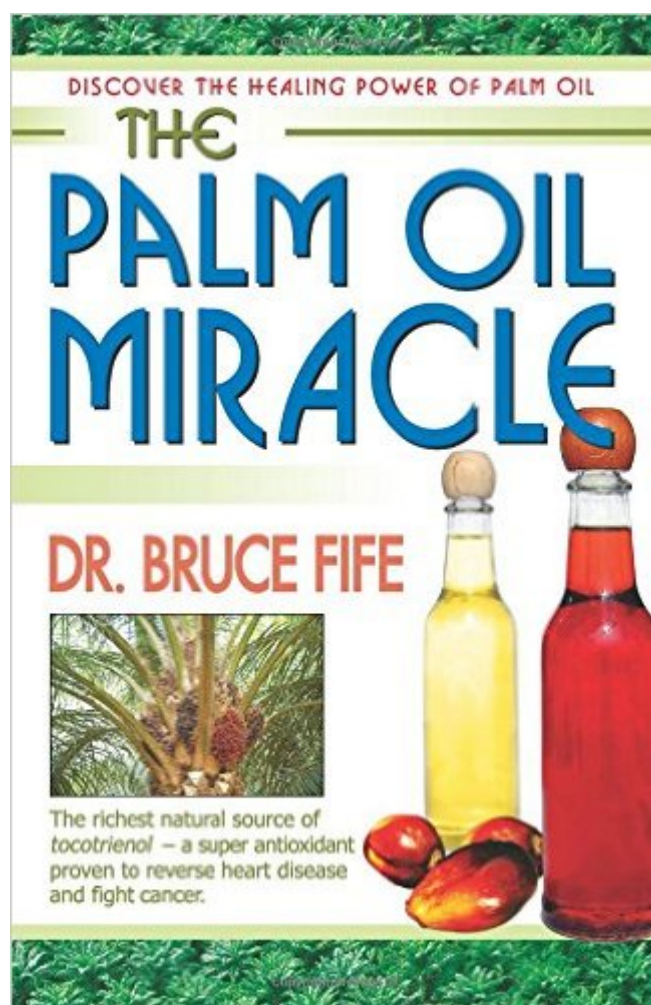


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# The Palm Oil Miracle



## Synopsis

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 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 D and beta-carotene Boosts immunity

## Book Information

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## Customer Reviews

Bruce Fife has done it again!"Mr. Coconut Miracle", and the author of the instant classic "Saturated Fat May Save Your Life" has hit another "grand slam" with The Palm Oil Miracle.Few people in the US of A know anything about Palm Oil - and how GREAT it is for our health.Instantly dispelling the

lies we've been "fed" by the Vegetable Oil industry, Consumer "Advocate" Groups and the medical establishment about how saturated fat (there's more than one) clogs our arteries & raises cholesterol, we learn that Palm Oil is full of heart FRIENDLY nutrients, such as Carotenoids and "Super vitamin E" (Tocotrienols) as well as CoQ10 and other wonderful substances. These nutrients go far beyond just being heart-friendly, too (brain, eyes, immune system, bones, joints, skin, etc.) We also learn how Palm Oil contains the same exact ratios of fats (saturated, monounsaturated, polyunsaturated) found inside the trillions of cells in HEALTHY humans, and why it is the perfect substitute for hydrogenated / trans-fat-laden vegetable oils for cooking, baking and frying virtually any foods (you can even make HEALTHY donuts with it - no kidding!). Once you learn the scientific FACTS about Palm Oil, you will run to your local health food store / "natural" supermarket and start using it every day for the rest of your life. Thank you, Dr. Fife, for another "jewel" of a health book. Can't wait to see what you've got in store for us with your next book! P.S. - Nutritional supplements made with "Super vitamin E" (Tocotrienols) from un-refined palm oil are available from companies such as Jarrow Formulas and Life Extension Foundation.

As with all of Bruce Fife's books, his writing style is always easy to understand. This is a great book to read now that manufacturers are looking to replace all the trans fats in our food supply and one of the options they are turning to is palm oil. For people who are still afraid of saturated fats, this book will relieve all your fears. It's amazing what all palm oil (and coconut oil) can do for us health wise. This is a must read, along with Bruce's, "the coconut oil cure". And as always, there are recipes at the end of the book. I have always loved the recipes! I wish more people were aware of the health benefits of these 2 oils. I will be adding palm oil to my kitchen from here on out. Thank you Bruce for yet another well written and informative book!

The Palm Oil Miracle: Discover the Healing Power of Palm Oil is a fascinating guide to the healthful and nutritional properties of palm oil, especially virgin (red) palm oil. Palm oil is a natural source of tocotrienol, an antioxidant proven to help reverse heart disease and fight cancer. As a natural vegetable oil, palm oil contains no trans fatty acids or cholesterol, and has proven useful to doctors and government agencies as an inexpensive means to treat vitamin-deficiency related illnesses. Palm oil's many benefits include improving blood circulation, supporting healthy lung and liver function, strengthening bones and teeth, protecting against mental deterioration including Alzheimer's disease, providing a dietary source of vitamin E and beta-carotene, boosting one's immune system, and much more. A number of recipes and guidelines for cooking with palm oil

round out this user-friendly tribute to a healthful food.

I was excited to have the honor of reviewing Dr. Fife's work, "The Palm Oil Miracle," considering I had learned so much from his previous book on Coconut Oil, and I was also intrigued to learn about oil made from palms. As I have come to appreciate with our author's writings, he carefully explains to the reader the information he wishes to portray. In this book we find, the history of palm oil, studies that have been done concerning its benefits, and how it will help you live a healthier life by using it. I have to tell you I was amazed as I read the benefits of this oil for our bodies. To quote our author from page 111, "Palm oil can affect your health in so many positive ways it can be regarded as a health tonic." Now that is a potent statement worth taking notice of, and the information and facts he gives definitely back it up. Believe me by the time you get to the final chapter of this book you are ready to try Palm oil and you will be glad that our author has included page upon page of recipes using this miraculous oil for you to try. If you care about your body and your quality of life, you will want to consider using Palm Oil. Since it is probably a mystery to you, as it was to me, this book is a must have to understand how Palm oil use can benefit your body. It is amazing! "Palm Oil Miracles," leaves no stone unturned in answering any question you may have and will definitely lead you on a path towards more healthy eating and living. I greatly recommend this book; it is chock full of facts as to 'why' you should consider switching to Palm oil and is written in an easy to 'digest' way. Great book for all those who want to learn more about what their body needs to enjoy a healthier life. Palm oil definitely would be on the list of 'to have.' Highly recommended read!

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