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November 18th 2013: Coconut

Coconut is being heralded as the newest craze for everything from weight loss, disease prevention, blood sugar regulation, and gluten free options. Yet, truly coconut has been used for thousands of years to promote health. Kellie introduces you to a variety of different ways to use coconut to enhance your health with the help of Dr. Bruce Fife one of the world's leading experts on the nutritional aspects of coconut and dietary fats.

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Featured Guest



Dr. Bruce Fife

Dr. Fife is a Certified Nutritionist and a Naturopathic Physician. He has written over 20 books including some of my favorites The Coconut Oil Miracle, Eat Fat Look Thin, Coconut Cures, and Cooking with Coconut.

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