

HEART FRAUDS

**Uncovering the Biggest
Health Scam In History**

Charles T. McGee, M.D.

Heart Frauds Uncovering The Biggest Health Scam In History Paperback

Bruce Fife



Heart Frauds Uncovering The Biggest Health Scam In History Paperback:

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 Laser's Edge* Jeremy Alosa,2013-08-15 This book strips away the misconceptions about medical care for arthritis and reveals a safer and more effective treatment If you are one of the millions of people suffering from Arthritis this could be the most important book you ever own On the surface The Laser s Edge appears to be about a new and advanced arthritis treatment but it goes much deeper than that Arthritis is the leading cause of disability in the United States Two out of three Americans will develop arthritis symptoms and just about all of them will go to their medical doctor first This practice increases health care costs and exposes patients to the hidden dangers of today s health care system unnecessarily Among the very real dangers is death 106 000 patients die every year from non error adverse effects of prescription drugs and there are 12 000 deaths a year as a result of unnecessary surgeries The Laser s Edge will open your eyes to an entirely new way of treating arthritis without the risks of addictive medications steroid shots or surgery It provides hope for anyone who has been suffering from pain and suffering from the experience of going to specialist after specialist without relief The revolutionary treatment outlined in this book has helped countless patients avoid risky surgery and eliminate the need to take dangerous drugs This book has the potential to change maybe even save your life

The Coconut Oil Miracle, 5th Edition 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 [Cholesterol and the French Paradox](#) Frank Cooper - Naturopath,2009-12-07 Cholesterol and The French Paradox shows you how to deal with

your cholesterol and how to avoid heart disease *The pH Miracle for Weight Loss* Robert O. Young,Shelley Redford Young,2024-09-24 A seven step lifestyle program using diet and exercise to balance your body chemistry and achieve your ideal weight Let s start with simple math How many excess pounds do you need to shed to achieve your ideal healthy weight

10 30 100 Whatever your answer multiply it by two You now have the maximum number of days it will take you to reach your goal Despite what you may believe weight loss is not about fat grams carbs or calories It's all about acid Reaching your ideal weight is simply a matter of maintaining the delicate pH balance of the blood In this groundbreaking book renowned microbiologist and nutritionist Dr Robert Young and his wife chef Shelley Redford Young offer a simple 7 step lifestyle program to balance your body chemistry and help you slim down to your ideal body weight naturally and permanently From the science behind the plan to the dietary do's and don'ts along with recipes a detailed exercise plan and dozens of dramatic real life before and after photos this program lays the groundwork for long term success Inside you'll discover How drinking water can help you lose weight Why you should ignore the fat phobes and keep plenty of healthy oils in your diet Which common foods make your body more alkaline and which ones make it more acidic How exercise can actually make you fat unless you do it the right way The benefits of having your blood analyzed at the microscopic level How you can build lean muscle and maintain healthy bones without loading up on proteins and dairy And much more [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 low fat 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 [The Six Keys to Optimal Health](#) Dr. Nicolas Campos, 2008-03-06 The Six Keys to Optimal Health is the definitive guide to achieving and maintaining health and wellness in the 21st century It details the six key areas that are the secret to living a life of sustained strength vigor and vitality or an overall state of well being It uses a youthful no holds barred approach while providing a sound philosophical basis to help motivate the reader to carry out this

campaign The books overall theme is to act as a consciousness changer to help people value their health and see it as something worthy of their care and attention

Forbidden Science J. Douglas Kenyon, 2008-02-11 Reveals the cutting edge of New Science and shows how established science disallows inquiry that challenges the status quo even when it produces verifiable results Contains 43 essays by 19 researchers denoting cutting edge heretical or suppressed scientific research including Immanuel Velikovsky Nikola Tesla Rupert Sheldrake and Masaru Emoto Edited by Atlantis Rising publisher J Douglas Kenyon Following the model of his bestselling Forbidden History and Forbidden Religion J Douglas Kenyon has assembled from his bimonthly journal Atlantis Rising material that explores science and technology that has been suppressed by the orthodox scientific community from the true function of the Great Pyramid and the megaliths at Nabta Playa to Immanuel Velikovsky's astronomical insights free energy from space cold fusion and Rupert Sheldrake's research into telepathy and ESP There is an organized war going on in science between materialistic theory and anything that could be termed spiritual or metaphysical For example Masaru Emoto's research into the energetics of water although supported by photographic evidence has been scoffed at by mainstream science because he has asserted that humans affect their surroundings with their thoughts The materialism or absolute skepticism of the scientific establishment is detrimental to any scientific inquiry that thinks outside the box This mentality is interested in preserving funding for its own projects those that will not rock the establishment From Tesla's discovery of alternating current to Robert Schoch's re dating of the Sphinx this book serves as a compelling introduction to the true history of alternative and New Science research

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 Estrogen Alternative Raquel Martin, Judi Gerstung, 2004-11-22 With almost 100 000 copies sold in earlier editions this revised edition provides the most up to date information on natural alternatives to synthetic hormone replacement therapy A must read for any woman taking synthetic hormones for infertility birthcontrol PMS or menopause Includes the latest research on using natural progesterone to combat osteoporosis endometriosis heart disease PMS fibroids and breast ovarian and uterine cancer More and more women are seeking alternatives to synthetic hormones and their harmful side effects Despite increasing awareness of the dangers of

synthetic hormones over prescription of estrogen is still rampant as is confusion among doctors and patients whether the benefits of conventional hormone replacement therapy HRT outweigh the risks This updated fourth edition offers the latest information on how botanical progesterone therapy also known as natural HRT can provide safe natural relief for many of the problems women face from hormone deficiency including PMS fibromyalgia depression menstrual irregularity miscarriages uterine fibroids and infertility Botanical progesterone supplementation can be also extremely effective in relieving hot flashes insomnia night sweats vaginal dryness and even cancer The authors sift through misinformation and contradictory studies warning against corporate sponsored research in a multi billion dollar menopausal industry and guide readers to natural alternatives This fourth edition also includes new studies regarding the dangers of a diet rich in soy contributing to the onset of premature menopause as well as thyroid disorders The dangers of mammography and the importance of focusing on safer more effective methods of cancer detection are also well documented

Coconut Cures Bruce Fife,2005 In this book you will learn about the amazing health benefits of coconut oil meat milk and water You will find out why coconut oil is considered the healthiest oil on earth and how it can protect you against heart disease diabetes and infectious illnesses such as influenza herpes candida and even HIV You will learn why coconut water is used as an IV solution and how coconut meat can protect you from colon cancer regulate blood sugar and expel intestinal parasites Contains dozens of fascinating case studies and remarkable success stories You will read about one woman s incredible battle with breast cancer and how she cured herself with coconut You will read how a medical doctor cured himself of Crohn s disease in seven days This book includes an extensive A to Z reference with complete details on how to use coconut to prevent and treat dozens of common health problems The foreword is written by Dr Conrado Dayrit the first person to publish studies showing the benefit of coconut oil in treating HIV

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

American Book Publishing Record ,2000-07 椰油——椰油的神奇 椰油?油(Dr. Bruce Fife),2008-04-01 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 *El coco cura* Dr. Bruce Fife, 2015-02-23 Casi un tercio de la poblaci n mundial depende del coco tanto para su alimentaci n como para su econom a Durante miles de a os el coco ha sido utilizado para curar problemas tan diversos como los abscesos el asma la calvicie la bronquitis las quemaduras el estre imiento la tos la disenter a el dolor de o dos la gingivitis la ictericia los c lculos renales el escorbuto las infecciones cut neas la inflamaci n la s filis el dolor de muelas la tuberculosis el tifus las lceras los tumores y todo tipo de heridas Y hoy en d a la medicina moderna est confirmando su efectividad para tratar muchas de las dolencias mencionadas Cientos de estudios muestran que los beneficios para la salud del coco en sus diversas formas son espectaculares Elimina entre otros los virus causantes del herpes la hepatitis C el sarampi n y el sida Mata las bacterias que causan infecciones en el tracto urinario la neumon a y la gonorrea Destruye los hongos y las levaduras causantes de la candidiasis el pie de atleta la ti a y otras infecciones Expulsa la solitaria y otros par sitos reduce la inflamaci n protege de numerosos tipos de c ncer y tambi n a las arterias de los da os causados por la aterosclerosis Adem s es una extraordinaria fuente de energ a que potencia el bienestar de la persona protegiendo al cuerpo de los radicales libres e incrementando la absorci n de otros importantes nutrientes vitaminas minerales y amino cidos Das Keto-Prinzip: Ketogen ernähren mit Kokosöl und Fett Bruce Fife, 2020-07-13 Ketogen essen ges nder leben garantiert abnehmen Die ketogene Ern hrung hat gro e gesundheitliche Vorz ge Aus der Sicht von Bruce Fife einem ihrer Pioniere sollte Kokos l dabei eine zentrale Rolle spielen Der Autor wegen seiner hohen Kompetenz in Sachen Kokosnuss auch als Kokosnuss Papst bezeichnet pr sentiert hier die Summe seiner Erkenntnisse ber dieses faszinierende Mittel zum Abnehmen Kokos l Seine Kurzformel f r ketogenes Kochen Sehr wenig Kohlenhydrate Eiwei in Ma en reichlich Fett am besten das der Kokosnuss Das Geheimnis dieses seit Jahrhunderten weltweit gesch tzten Nahrungsmittels Wenn Sie Kokos l zu sich nehmen wird es im K rper nicht als Fett gespeichert sondern in Energie umgewandelt Kokos l bringt Ihren Stoffwechsel in Schwung und bewirkt dass Sie verst rkt Kalorien verbrennen Die Umstellung auf ketogene Ern hrung erspart Ihnen strenge Di ten und teure Medikamente sie lindert viele Beschwerden Denn ketogene Ern hrung hilft die K rperchemie ins Gleichgewicht zu bringen Sie verbessert die Funktion von Schilddr sen und Immunsystem sie sorgt f r ein Gleichgewicht des Blutzuckers und normalisiert den Blutdruck Sie hat sich auch bestens bew hrt bei Erkrankungen wie Diabetes bei Fettleibigkeit Herz Kreislauf Problemen und vielen anderen Dieses Buch widerlegt viele verbreitete Legenden und Missverst ndnisse in Bezug auf fettarme Di ten und Schlankheitskuren kl rt auf ber Kalorien und Kohlenhydrate ber Zucker und S stoffe er rtert Sinn und Unsinn von Nahrungserg nzungen gibt eine umfassende Anleitung zur Gewichtsreduktion ohne Verzicht auf reichhaltiges leckeres Essen Ein Muss f r alle die die ketogene Ern hrung n her kennenlernen wollen Extras Konkrete Empfehlungen f r die Zusammenstellung des Speiseplans Einkaufstipps f r nat rliche vollwertige Lebensmittel und gesunde Fette sowie 40 Rezepte **La dieta cetogénica del coco**

Bruce Fife, 2018-02-19 Ahora puedes disfrutar de alimentos sabrosos con toda su grasa y al mismo tiempo perder peso sin tener que contar calorías ni pasar hambre El secreto es una dieta cetogénica alta en grasas Nuestro cuerpo necesita grasa La grasa es imprescindible para lograr una salud óptima y también es necesaria para perder peso de forma segura y natural Durante las últimas tres décadas las dietas bajas en grasa han sido muy difundidas y a consecuencia de ello en este momento somos más obesos que nunca Es evidente que algo no funciona en el enfoque bajo en grasa La solución a la actual epidemia de obesidad es la dieta cetogénica del coco Este libro expone muchos mitos y errores frecuentes sobre las grasas y la pérdida de peso y explica por qué las dietas bajas en grasa no funcionan Revela también investigaciones de vanguardia sobre uno de los más emocionantes medios para perder peso el aceite de coco y también explica cómo usarlo para potenciar el metabolismo elevar la energía mejorar la función tiroidea y perder el exceso de peso Este revolucionario programa de pérdida de peso ha sido diseñado para mantenerte delgado y sano con alimentos naturales integrales y grasas saludables y ha logrado ayudar a quienes sufran obesidad diabetes problemas cardiovasculares bajo rendimiento tiroideo fatiga crónica hipertensión colesterol elevado y muchas otras dolencias

CURES DE NOIX DE COCO Bruce Fife, 2017-08-15 Découvrez les nombreux bienfaits pour la santé de la noix de coco de son lait de son eau et de son huile Dans ce livre vous apprendrez comment utiliser la noix de coco pour prévenir les maladies cardiaques Dissoudre les pierres aux reins Equilibrer la glycémie et contrôler le diabète Dynamiser le système immunitaire Protéger contre le cancer Multiplier votre énergie et augmenter votre métabolisme Perdre la graisse superflue du corps Tuer les bactéries les virus et les champignons pathogènes Effacer les symptômes associés au syndrome du colon irritable et la maladie de Crohn Protéger votre peau des dommages que causent les radicaux libres et qui sont responsables du vieillissement prématuré Et beaucoup d'autres choses Comme me décline je trouve l'huile de coco très utile Elle est d'un grand secours pour traiter l'hypertension l'excès de cholestérol et le dysfonctionnement thyroïdien ainsi que beaucoup d'autres situations Je recommande hâtivement la lecture de cet ouvrage

Edna Aricaya Huevos M D Excellent livre très utile pour tous ceux qui veulent améliorer leur santé par la médecine naturelle Je mène actuellement des essais cliniques et des recherches médicales sur l'utilisation de la noix de coco et je constate des résultats très positifs chez mes patients

Marieta Jader Onate M D L'huile de noix de coco a un important rôle à jouer dans la nutrition le métabolisme et les soins de santé En effet produite et utilisée comme il se doit l'huile de coco peut être l'huile végétale de choix pour notre alimentation et pour les formules spéciales de nutrition en hôpital qui ont pour objectif de favoriser le rétablissement des patients

Conrado S Dayrit M D Rodolfo Florentino M D George L Blackburn M D Ph D Edward Macioli M D Vigen K Babayan Ph D Le docteur Bruce Fife est le plus connu internationalement des experts des rapports entre noix de coco et santé Il est directeur du Coconut Research Center une organisation non commerciale dédiée à l'éducation de la communauté scientifique et du public sur les bienfaits de la noix de coco pour la santé Il est l'auteur de nombreux ouvrages dont *The Coconut Oil Miracle* *Le Miracle de l'Huile de Coco*

Forthcoming Books Rose Army, 2001-06 **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker,

Ed,2004

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