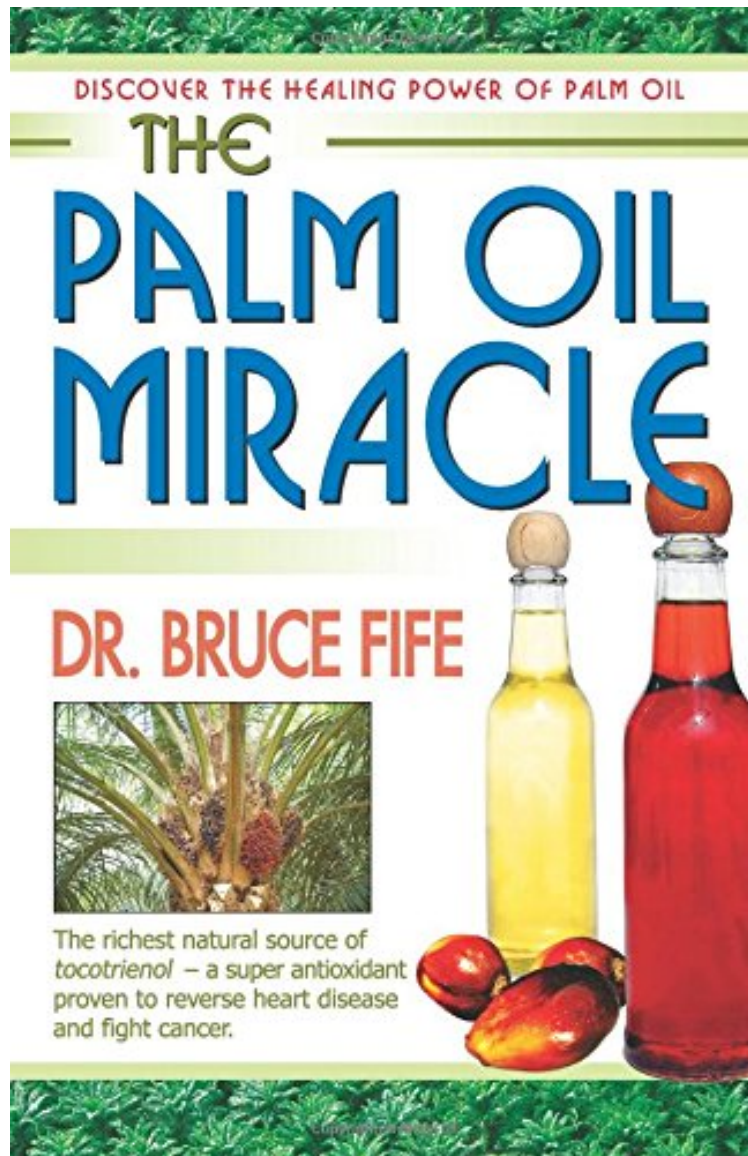


## The Palm Oil Miracle

Fife Bruce

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**Fife Bruce : The Palm Oil Miracle** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Palm Oil Miracle:

19 of 19 people found the following review helpful. A must read if you love health By Dario Gerussi I've been studying nutrition for twelve years now and this is definitely one of the best pieces of literature regarding the topic that I have

come across. The author gives you a perfect and in-depth review of palm oil and most importantly how it reacts with the human body. He also did a great job of covering the biology and chemistry of fats, the politics behind the financial war waged against the tropical oil industry by the vegetable oil and soybean industry, and even dabbled a bit into coconut oil (which in my honest opinion is equally important to consume for optimal health). What I enjoyed most about this book outside learning about palm oil, is how much I learned about fats and how fats interact with the human body (this is coming from someone who's been following a ketogenic diet for 16 months now). I always knew natural saturated fats were healthy for our organism, but the author explains well why we need a combination of all three fatty acids (saturated, monounsaturated, and polyunsaturated), and the proper ratio to consume these fats for optimal health. If you're a health nut or just want to start learning more about the power of natural foods/nutrition, I would highly recommend reading this book and even doing some research or reading a book on coconut oil - among other aspects of nutrition (fruits, veggies, fish oil, etc.). This author did write a book on coconut oil but I have not read it yet; judging from this book though I bet it would be equally as informative.

Cliffs:-Great nutritional book-Covers fats extremely well-Teaches you how vital natural fats are for the entire human body

4 of 4 people found the following review helpful. God's Provision By E. Joy Poling Loved this book. Until now, I did not realize exactly what palm oil was. Obviously, from the Palm tree, but then, the coconut oil I've been successfully using for several years comes from the palm tree. I believe, there are various species of the palm tree, just as there are in other trees. I discovered that the Palm Oil, is also, very beneficial to one's health and well-being - chemically providing many nutrients not found in coconut oil. So, they compliment each other. I'm now incorporating both of these good oils in to my cooking, medicine cabinet, and cosmetic drawer. The Palm Kernel Oil, derived from the seed of the palm fruit is very much chemically as coconut oil. Very interesting to note that an acre grove of palm oil, and palm kernel oil is very environmentally friendly, as all nature surrounding them can remain natural for the natural habitat of wildlife. Each tree at maturity, which is approximately 3 years, will produce a large pod of palm fruit, weighing from 25-50 lbs, each month for 25 years. It's amazing. I'm constantly thinking - God created our bodies from the dust of the ground, and he provides for these bodies from the dust of the ground. Just my opinion - I think herein lies the answer to many of our devastating illnesses, e.g. cancer, heart and Alzheimer, just to name a few. Read this book with an open mind to learn something new.

1 of 1 people found the following review helpful. I like it! By K. Henderson The book is very informational and I bought a bottle of the Red Palm oil online and I use it every day in place of the olive oil I was using. I'll find out one day if it works or not I imagine :) ... but I cook with it and use it on salads with either organic red wine vinegar or any of the low fat salad dressings I have in the fridge. I hate to throw all those away so I'll just use them up and add the oil to them until they are gone then I'll go with oil and vinegar. I bought the oil at [www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com) and I like it better than the kind Sprouts carries. Anyway, I hope the book is right! Oh and I find the oil is actually tasteless not yummy like some reviews say.

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