



# To Get Rich in Health Strike Oil! - Coconut Oil that is!



No statements made in these materials have been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. Consult your medical professional first before making any changes to your medical treatments or medication.

Please note I am not a medical doctor and thus cannot prescribe or diagnose. I am not a licensed dietician. However, I do want to assist people who choose to make positive lifestyle and dietary changes by making available to them the very best and most reliable information from my personal research, experience and education.

“Seek the Truth and then be Willing to Follow It wherever it leads!”



# What is Coconut Oil?

Research has finally uncovered the secrets to this amazing fruit; namely healthy fats called medium-chain fatty acids (**MCFAs**). [77 Creative Coconut Oil Uses](#)





# Amazing Coconut Oil Benefits

## Dr. Eric Berg



**Can Your Brain Run on No Carbs?**  
**Yes – And it can actually Run Better!**



# Isn't Saturated Fat Bad for Me?

Ansel Keys told us, and we were led to believe, that Saturated Fats are bad for you and the cause of Heart Disease!

- But 91% of the fat in coconut oil is **Healthy Saturated Fat!**

So, What Should We Believe? We say: "Seek the Truth"

[1. Dr. Mercola: Is Coconut Oil REALLY Healthy?](#)

[2. Coconut Oil: The one saturated fat you should be eating](#)

[3. Saturated Fat: The Forbidden Food You Should Be Eating](#)

- Excess carbohydrates in the form of fructose and grains are the root cause of obesity, diabetes and heart disease!
- Modern studies show saturated fat decreases heart disease risk!

**Put Ansel Keys Theory to Rest! Stop believing the Lies about Fat!**



# 8 Clever Ways to Use Coconut Oil



## [Nine Reasons to Use Coconut Oil Daily](#)



# Comparing Cooking Oils

[Food Wars: Coconut Oil vs Olive Oil vs Canola Oil](#)

[Types of Coconut Oil Explained](#)

[Refined Vs Unrefined, Extra Virgin Or Virgin Coconut Oil](#)

[Vegetable Oils are Bad for You](#)

**Vegetable oils** contain a very high concentration of Omega 6 fatty acids. These fatty acids oxidize easily. Omega-3 fatty acids have been shown to reduce inflammation and protect against cancer. Unbalanced levels of Omega-3 and Omega-6 fats have been linked to many types of cancers and a host of other **problems**. [The ugly truth about vegetable oils](#)



# Cooking With Coconut Oil

1. [Vegan Coconut Oil Recipes](#)



2. [Vegetarian Coconut Oil Recipes](#)



3. [Raw Coconut Macarons](#)



4. [Creamy Vegan Zucchini Soup Recipe](#)



5. [32 Sweet and Savory Ways to Cook With Coconut Oil](#)



# Oil Pulling with Coconut Oil

**Dr. Axe  
Oil Pulling Video**

3:10 / 4:58

Dr. Axe  
FOOD IS MEDICINE





# So What Can I Do?

- **Choose you this day what you shall eat!**
- **Get rid of the kitchen oils that are killing you!**
- **If you love coffee, like I do, put some coconut oil in, you'll love it!**
- **Be careful not to spend your good money buying processed coconut oil.**
- **Try making a recipe with coconut oil this week**
- **Questions: Feel Free to Contact us David or Laurel Leiss [david@leissonlife.com](mailto:david@leissonlife.com) or 703-589-3017**

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