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consume coconut oil
and add cayenne
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Conclusion. The
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The books main goals

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are to supercharge your metabolism, rejuvenate your thyroid function, and lose weight all through the power of coconut oil. *

The secret to weight loss lies in your fat consumption, and continuing a high fat ketogenic diet. Dr. Bruce Fife states that our bodies need wholesome fats in order to lose any weight at a healthy rate.

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when you read “you won’t be hungry on this diet”, it is a big, fat lie. I lost 9 pounds in a month, but more importantly, I wasn’t hungry and wasn’t miserable.

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Lose Excess 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.

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