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# Natural Health News

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EVERGREEN SPA & WELLNESS CENTER  
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## THE TRUTH ABOUT COCONUT OIL

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### Retail Store Hours

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Coconut oil is truly the healthiest oil you can consume. Unfortunately, there is a widespread misconception that coconut oil is bad for you because it contains saturated fat. To really understand the benefits of coconut oil, I suggest you read Dr. Mary Enig and Sally Fallon's article, "The truth about saturated fat," at [www.westonaprice.org](http://www.westonaprice.org) to dispel any lingering notion that all saturated fats are dangerous. Fats are categorized as either short-, medium-, or long-chain depending on how many carbon molecules they contain. Coconut oil contains close to two-thirds of the saturated fats in the form of medium-chain fatty acids, which have anti-microbial properties. Of particular interest also is **lauric acid**, found in large quantities only in both coconut oil and mother's milk. Studies have been conducted of adding coconut oil to infant formulas and it was found that there was a significant improvement in the absorption of calcium and other nutrients. Coconut oil with its medium-chain fatty acids does not need to be digested by bile salts like all other longer-chain fatty acids, and therefore it is very beneficial for people with digestive disorders. If you have trouble digesting fats, or are beginning to reintroduce fat to your diet, it is best to begin with coconut oil. It also boosts metabolism and aids in weight loss. At the same time it can help an undernourished person gain weight.

When coconut oil is substituted for oils high in omega-6 fatty acids (poly-unsaturated oils), which includes

canola, safflower, corn, soybean, sunflower, cotton seed and other nut and seed oils, it will have a beneficial impact on the ratio of omega-6/omega-3 fatty acids which in turn will improve your health in many ways, such as a reduction of high blood pressure, LDL levels, gallstones and cancerous tumors, and it would also include better insulin utilization in people with diabetes. Poly-unsaturated oils easily become rancid when exposed to oxygen and therefore produce large amounts of damaging free radicals in the body. What is not commonly known is that these oils can actually cause premature aging, clotting, inflammation, cancer and weight gain. Also, remember — hydrogenated and partially-hydrogenated oils are oils with *trans-fatty acids* which have been altered from their original chemical composition and have been shown to raise cholesterol levels and lead to heart disease and other health problems. **You should never consume hydrogenated oils, whether it is coconut or another vegetable oil.**

Coconut oil can greatly boost the functioning of your immune system. Unlike unsaturated oils high in omega-6 fatty acids that can weaken your immune system by increasing inflammation, coconut oil has been found to be protective against disease-causing microbes, including bacteria, viruses, fungus and yeast. Not only can coconut oil reduce a persons' dependence on antibiotics; it also may help main-

tain a healthful balance of intestinal flora. Recent studies have confirmed that coconut oil is beneficial in the treatment of AIDS, HIV, cancer and other diseases. It is important to know that the coconut oil has to be unrefined and of high quality, without additives or bleaching agents used in the process, in order to have healthful benefits. You will find various brands of high-quality coconut oil at the "Whole Foods Pantry" at the Evergreen Cottage. Coconut oil has a very light flavor and a creamy texture, so it can be easily incorporated in recipes such as soups, smoothies, baked goods, etc.

Coconut milk also makes an excellent substitute for dairy products. If you are lactose-intolerant or have a dairy allergy, you can use coconut milk in your daily cooking in the same way you would dairy milk. Coconut oil can also be used for **skin care** due to it's moisturizing, anti-microbial, anti-fungal and anti-inflammatory properties. It is a great natural remedy for all kinds of skin problems ranging from eczema to acne to diaper rash. It also provides **effective and natural sun protection** without exposing your body to the toxic chemicals and metals in conventional sun block. Coconut oil protects against free radicals, which provides added protection against skin cancer.

It also works as a great **hair conditioner** by applying a thin layer of oil to your scalp and hair. Allow to soak for several minutes or up to an hour and then wash your hair as usual. As you can see there is more to coconut oil than meets the eye—or the frying pan!

I urge you to give this healthy oil a try!

**Try these wonderful, easy and healthy coconut recipes:**

**Coconut Lime Cooler** ~ 1 can whole coconut milk, 4 Tbsp. maple syrup, 1/2 cup fresh lime juice, 1 cup ice: Place all ingredients in a blender and process until ice is broken up. (Makes 4 Cups) Very refreshing and nourishing drink!

**Coconut Crusted Salmon** ~ 4 Tbsp. melted butter, 1 tsp. sea salt, 1/8 tsp. paprika, 1/2 cup desiccated coconut, 1 1/3 pounds wild salmon fillet: Preheat oven to 350 F. Mix melted butter with salt, paprika, and coconut in a small bowl. Spread over salmon. Place salmon in buttered Pyrex pan and bake for about 10 minutes, or until salmon is cooked through and crust is lightly browned. Serve with cooked brown rice or quinoa and steamed veggies for a delicious meal.

**Coconut Smoothie** ~ 1 ripe banana, 1/2 cup whole coconut milk, 2 Tbsp. maple syrup, 2 egg yolks, 1 tsp. pure vanilla extract: Place banana in food processor and process to a puree. Add remaining ingredients and enough water to obtain desired consistency. Other fruits of your choice and/or fiber can be added as well. Be creative!

**Coconut Pineapple Waffles** ~ 1 1/2 cups whole wheat flour, 3/4 cup cornmeal, 1 Tbsp. sugar (optional), 1/4 cup coconut oil, 1/2 cup grated coconut, 4 tsp. baking powder, 1/8 tsp. salt, 1 1/2 cups pineapple juice: Combine all the ingredients except the pineapple juice in a medium bowl, stirring or whisking well to make sure they are well combined. Add the pineapple juice and set the mixture aside for about 10 minutes, to allow the cornmeal to soften. Ladle into a preheated, lightly oiled waffle iron and bake until firm and lightly browned. Serve with your favorite fruit, fruit sauce or syrup! (Yield: 4 Waffles)

**MARCH SPECIALS IN THE WHOLE FOODS PANTRY**

**GROCERIES**

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ORGANIC COCONUT MILK YOGURT — 16 OZ. PLAIN OR VANILLA	20% OFF
BARE FRUIT— ORGANIC DRIED FRUIT VARIETIES	25% OFF
DENNIS FARM—MAPLE COATED NUT VARIETIES	20% OFF
FARMER’S MARKET—CANNED BUTTERNUT SQUASH, SWEET POTATOES OR PUMPKIN	30% OFF
FUNGUS AMONG US—DRIED MUSHROOM MEDLEY—1 OZ.	30% OFF
GOOD HEALTH POPCORN—HALF-NAKED 3.5 OZ.	40% OFF
ORGANIC INDIA TULSI—TEA VARIETIES	25% OFF
SANTA CRUZ—SPARKLING SODA VARIETIES—6 PACKS	30% OFF
TRU ROOTS—SPROUTED QUINOA 12 OZ.	20% OFF
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We make a very special effort to carry only products that contain health-promoting and high-quality ingredients and reserve the right to scrutinize labels to further protect your health.

Also make sure to come in to check out our weekly non- advertised specials.



“Avoid food products containing ingredients that a third-grader cannot pronounce.”

From the book “FOOD RULES” by Michael Pollan

**BOOK RECOMMENDATIONS:**

I highly recommend the following books to learn more about the healthful benefits of Coconut oil. Both titles are available for purchase at the “Evergreen Cottage”:

“EAT FAT—LOSE FAT” by Dr. Mary Enig and Sally Fallon. This book contains valuable information and many delicious recipes. It gives you great suggestions on how to lose weight while improving your overall health plus contains menu plans.

“COCONUT OIL FOR HEALTH & BEAUTY” by Cynthia and Laura Holzapfel. This book will help you discover the amazing benefits of coconut oil both for cooking and health and beauty. Has many great suggestions of uses and recipes.

**HOT STONE MASSAGE SPECIAL**

If you have never experienced the warming and healing effects of hot stones before—this is your chance! Total relaxation is only a stone’s throw away! Hot sea-tumbled smooth stones deep-heat your muscles. The thermal effect induces a deeper state of relaxation. During the month of March we are offering our

**90 minute JAPANESE HOT STONE MASSAGE**  
for a special price of \$ 75.00 (Reg. \$ 95.00)

This rhythmic, deep tissue massage with heated stones includes a combination of rotation-based movements and long strokes to help release chronic pain patterns.

