

Back to Eden

Coconut Oil
Who killed Zack
Hazardous Chemicals
Recipe
Health Programs

PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

This issue: **Spring 2007** No 32

Information contained in this newsletter is for advice only. If you choose to use any remedies or follow the advice in these newsletters, you do so at your own risk.

e mail: backtoeden@aapt.net.au

Hello again to all our readers. Before we know it a new year will be on us. Next year we hope to run a few more health programs. These will include programs such as:

Vegetarian Cooking Classes
Healthy Lifestyle Principles
Natural Home Remedies
Sourdough Breadmaking
Gluten-free Classes
Simple Water Treatments

Our plan is to run these programs throughout the year. If anyone wants to attend any of these classes, please contact Kaye and leave your name and phone number so you can be contacted when they are to commence.

We are willing to take some of these programs into your own home if you have a group of people who are interested. We are also willing to take these programs into Neighbourhood Centres or Church Halls. You supply the venue, we will bring our knowledge. Please contact Kaye if you are interested.

I am interested in finding a supplier of organic grains, particularly spelt, wheat and rye. If any reader knows of a good supplier, I would appreciate letting me know.

Many readers of this Back to Eden newsletter # 32 have not read some of their earlier issues, so next year I will reprint some of the more popular articles, along with updated information. Please consider helping us with a donation towards the costs involved to send these newsletters out. If you have email, let me know your address so your name can be taken off the postal mailing list. Remember to keep your address up to date as I always have a few newsletters returned to sender. If this happens, the name is deleted from my files.

From Kaye and the Back to Eden team.

Coconut Oil... a healthy alternative

Coconut oil has been used as cooking oil for thousands of years. Popular cookbooks advertised it at the end of the 19th century. But in modern times, the anti-saturated fat campaign and the promotion of polyunsaturated fats, such as canola, soybean, safflower, corn, and other seed and nut oils plus their partially hydrogenated counterparts (eg margarine) have recommended these oils for cooking. Saturated fats have been supposedly causally linked to high cholesterol and heart disease, multiple sclerosis and other bad health conditions. Yet very little is written on the health risks of using polyunsaturated fats or partially hydrogenated fats found in nearly all commercial foods, including bread, crackers, chips, dips, mayonnaise, salad dressings, many pastries and ice creams, most dietetic (for weight loss or diabetes) "foods", many cereals, and nearly all crunchy snacks. These foods are often advertised as healthy "all vegetarian," "no-cholesterol" foods. Yet there are people who live on saturated fats who are healthy. Those who live in tropical climates and who have a diet high in coconut oil are healthier, have less problems than unsaturated fat eaters.

A very important fact to consider when comparing different fats is to look at the molecular structure of each different fat. The molecules in solid fats, liquid oils and cholesterol have an important effect on our health. Health is very precisely defined and built on the level of molecules, and all diseases are rooted in the behaviour of molecules. Fats that heal our body have a different molecular structure to fats that kill and destroy. These damaged or changed molecules behave differently in our bodies and cause degeneracy and eventually death.

Fatty acids are members of several different families. They come in many different shapes and sizes. They are the key building blocks of all fats and oils, both in our bodies as well as in our foods. They are the main components of the fats that are stored in our fat cells which serve as important sources of energy. They are the main components of membranes that surround all cells, organelles, blood fats and cholesterol. These membranes play vital roles in our health. Fats also play key roles in the construction and maintenance of healthy cells.

A fatty acid molecule of any solid fat or liquid oil is shaped like a caterpillar. Each infinitesimally small molecule is composed of two parts, a fatty chain at one end, and an acid group at the other end. The size of the fatty acid is extremely important. Why? Because our bodies respond to and metabolize each fatty acid differently depending on its size.

Different fats

The words Saturated fat and saturated fatty acids may be used interchangeably. Often saturated fat is used when generalizing common characteristics of saturated fatty acids. The saturated fatty acids commonly found in a typical Western diet are lauric acid, myristic acid, palmitic acid, and stearic acid. As a rule of thumb, the greater the saturated fat in a food item, the more solid it will be at room temperature. The reverse is also true, the greater the unsaturated fat in a food item, the more liquid it will be at room temperature. Saturated fat is found mostly in foods from animals and some plants. Foods from animals include meat, butter, cream, milk, cheeses and other dairy products made from whole and 2 percent milk. All of these foods also contain dietary cholesterol. Foods from plants that contain saturated fat include coconut, coconut oil, palm oil and palm

kernel oil (often called tropical oils), and cocoa butter.

Polyunsaturated and monounsaturated fats are the two unsaturated fats. They're found mainly in many fish, nuts, seeds and oils from plants. Some examples of foods that contain these fats include salmon, trout, herring, avocados, olives, walnuts and liquid vegetable oils such as soybean, corn, safflower, canola, olive and sunflower.

When a liquid fat is hydrogenated and is made into a solid fat by the addition of hydrogens, "trans" fats are created. (The shape of the molecule is changed) "Trans" fats have the carbons on the opposite side of the double bond. Hydrogenation increases the oxidative stability of oils and to raises their melting points, which allows for a broader range of usage in the food industry. Hydrogenated oils are often used in processed foods due to their stability. Research within the last decade has shown "trans" fat is detrimental effect to our health.

Most people are aware that frying creates trans fats. That is not the only problem. There are FAR more toxic chemicals produced by frying omega-6 oils than trans fats. Frying destroys the antioxidants in oils and as such oxidizes the oils and causes cross-linking, cyclization, double-bond shifts, fragmentation and polymerization of oils that cause far more damage than trans fats.

There is only one oil that is stable enough to resist heat-induced damage, while it also helps you promote heart health, maintain normal cholesterol levels and even helps you lose weight — coconut oil.

Artificially hydrogenated trans-fats — the type found in fast food, processed foods and your favorite pastries — are ultimately responsible for a huge number of fatal heart attacks every year. These dangerous unsaturated fats are the ones you should ban from your diet, not naturally pure coconut oil, which is a better alternative because it contains very few fats with highly perishable double bonds and also has NO TRANS-FATS.

The coconut provides a nutritious source of meat, juice, milk, and oil that has fed and nourished populations around the world for generations. On many islands coconut is a staple in the diet and

provides the majority of the food eaten. Nearly one third of the world's population depends on coconut to some degree for their food and their economy. Among these cultures the coconut has a long and respected history.

Coconut oil

Coconut is highly nutritious and rich in fibre, vitamins, and minerals. It is classified as a "functional food" because it provides many health benefits beyond its nutritional content. Coconut oil is of special interest because it possesses healing properties far beyond that of any other dietary oil and is extensively used in traditional medicine among Asian and Pacific populations. Pacific Islanders consider coconut oil to be the cure for all illness. The coconut palm is so highly valued by them as both a source of food and medicine that it is called "The Tree of Life." Only recently has modern medical science unlocked the secrets to coconut's amazing healing powers.



Unsaturated oils in cooked foods become rancid in just a few hours, even in the refrigerator, one reason for the "stale" taste of leftovers. However, eating fresh unsaturated fats (eg many cooking oils) is even worse, because once inside the body, they will oxidize (turn rancid) very rapidly due to being heated and mixed with oxygen. Not so with coconut oil. Even after one year at room temperature, coconut oil shows no evidence of rancidity even though it contains 9% linoleic (omega - 6) polyunsaturated acid. Coconut oil may have antioxidant properties, since the oil doesn't turn rancid and since it reduces our need for vitamin E, whereas unsaturated oils deplete vitamin E.

The unique health benefits of coconut oil are directly related to its chemical structure, or more precisely, the length of its fatty acid chains. Coconut oil is comprised of medium-chain fatty acids (MCFAs), also called medium-chain triglycerides or MCTs. Coconut oil is nature's richest source of these healthy MCFAs. By contrast, most common vegetable or seed oils are comprised of long chain fatty acids (LCFAs), also known as long-chain triglycerides or LCTs.

There are several reasons to explain why long-chain fatty acids are not as *healthy* for you as the MCFAs in coconut oil: LCFAs are difficult for the body to break down — they must be packaged with lipoproteins or carrier proteins and require special enzymes for digestion. LCFAs put more strain on the pancreas, the liver and the entire digestive system. LCFAs are predominantly stored in the body as fat. (That's why most people buy into the myth that fats are automatically "fattening".) LCFAs can be deposited within arteries in lipid forms such as cholesterol. On the other hand, however, the MCFAs in coconut oil are healthier, because:

- MCFAs are smaller
- They permeate cell membranes easily
- They not require lipoproteins or special enzymes to be utilized effectively by your body
- MCFAs are easily digested, thus putting less strain on your digestive system.

Coconut in medicine

While coconut possesses many health benefits due to its fibre and nutritional content, it's the oil that makes it a truly remarkable food and medicine. Once mistakenly believed to be unhealthy because of its high saturated fat content, it is now known that the fat in coconut oil is a unique and different from most all other fats and possesses many health giving properties. It is now gaining long overdue recognition as a nutritious health food. It has been described as "the healthiest oil on earth." That's quite a remarkable statement. What makes coconut oil so good? What makes it different from all other oils, especially other saturated fats?

For thousands of years coconut products have held a respected and valuable place in local folk medicine. In traditional medicine around the world coconut is used to treat a wide variety of health problems including the following:

abscesses, asthma, baldness, bronchitis, bruises, burns, colds, constipation, cough, dropsy, dysentery, earache, fever, flu, gingivitis, gonorrhoea, irregular or painful menstruation, jaundice, kidney stones, lice, malnutrition, nausea, rash, scabies, scurvy, skin infections, sore throat, swelling, syphilis, toothache, tuberculosis, tumors, typhoid, ulcers, upset stomach, weakness, and wounds.

Modern medical science is now confirming the use of coconut in treating many of the above conditions. Published studies in medical journals show that coconut, in one form or another, may provide a wide range of health benefits.

Benefits of coconut oil

Can coconut oil reduce the viral load of HIV-AIDS patients? "Initial trials have confirmed that coconut oil does have an anti-viral effect and can beneficially reduce the viral load of HIV patients", University of the Philippines' Emeritus professor of pharmacology Dr. Conrato S. Dayrit said.

A testimonial of an HIV patient describes how a man was dying in the hospital for 3 years and his body was covered with acne. There was also one dollar size boil on his left hip. When given some Virgin Coconut Oil, in less than 2 weeks, the acne disappeared. The big boil on his hip started to heal. After more than a month on coconut oil, his skin became softer. The helper cells (T-cells) which were at level 60 increased to a level of 608 after about one and a half months of taking the oil consistently. He took the minimum amount of 3.5 tablespoons per day. The viral load went down to 50. That was almost on the 100 level before he used the oil.

Recently the PATA International-Potato and Products Aid Alliance To Africa committed to distribute Virgin Coconut Oil to Africa for distribution among HIV-AIDS sufferers. They state:

"AIDS is the modern day Black Plague. Millions have all ready died from this disease, leaving behind millions of orphans. Millions more will follow in death, unless a low cost way of controlling this illness is found quickly. Several long term world studies sponsored by various health organizations have found that the high content of lauric acid in unrefined coconut oil can prolong the lives of AIDS patients by dissolving the covering of the virus

itself. This same action has been found effective against other infectious, tropical based diseases as well."

If the results from the smaller studies duplicate themselves in the clinics in Africa, PATA intends to extend the distribution of Virgin Coconut oil in Africa.

On July 19, 1995, Dr. Mary Enig, noted biochemist and nutritionist, was quoted in an article published in The HINDU, India's National Newspaper as stating that coconut oil is converted by the body into "Monolaurin" a fatty acid with anti-viral properties that might be useful in the treatment of AIDS.

Monolaurin helped in inactivating other viruses such as measles, herpes, vesicular stomatitis and Cytomegalovirus (CMV) and that research undertaken so far on coconut oil also indicated that it offered a certain measure of protection against cancer-inducing substances." Enig stated in an article published in the Indian Coconut Journal, Sept. 1995 that Monolaurin, of which the precursor is lauric acid, disrupted the lipid membranes of envelope viruses and also inactivated bacteria, yeast and fungi. She wrote: "Of the saturated fatty acids, lauric acid has greater anti-viral activity than either caprylic acid (C-10) or myristic acid (C-14). The action attributed to Monolaurin is that of solubilizing the lipids ..in the envelope of the virus causing the disintegration of the virus envelope."

There is little argument that, when used appropriately, antibiotics save lives. However, there is also little argument that antibiotics are seriously overused. While the appropriate use of antibiotics makes good medical sense, using them for such conditions as acne, recurrent bladder infections, chronic ear infections, chronic sinusitis, chronic bronchitis, and nonbacterial sore throats does not. The antibiotics rarely provide benefit, and these conditions can be effectively treated with natural measures. The widespread use and abuse of antibiotics is becoming increasingly alarming, not only because of the chronic candidiasis epidemic, but also due to the development of "superbugs" that are resistant to currently available antibiotics. According to many experts, such as the World Health Organization, we are coming dangerously close to arriving at a "time in which many infectious diseases will once again become almost impossible to treat."

:
Many reports of people finding help with

diabetes by using coconut oil are documented, especially when they replace polyunsaturated vegetable oils in their diet with Virgin Coconut Oil. For some, the coconut oil seems to have a direct effect on blood sugar levels. For others, the comment has been a reducing of cravings for foods that tend to raise blood sugar levels.

Consider Dr. Mark's testimony: As a physician of many diabetics, I am constantly telling them how to eat more healthily but was unable to follow my own advice. I knew WHAT to do, but feeling like I had the wherewithal to practice what I preached was a different matter! I knew my patients didn't take my advice seriously enough, since I wasn't treating my own body right and was clinically "morbidly obese". My hunger and cravings have been my downfall for years leading me to donuts, cookies and other unhealthy foods I knew to stay away from. I was constantly hungry. When I heard that adding healthy oils like Virgin Coconut Oil (VCO) could help satisfy my run-away hunger and cravings, I was skeptical. I knew if it could help even ME, then there would be something to the claims! No one was more surprised than me when I felt satisfied for hours after spreading some on my morning toast, or enjoying a tablespoon in my oatmeal. My wife loves to make our family sugar free chocolate balls using this wonderful oil, and I am still amazed that something so delicious is actually good for me! I have more energy, been able to exercise for longer periods of time, and have now lost 36 pounds! Mark -an M.D. in New Mexico

Indeed VCO has a substantial effect on blood sugar levels. One woman and daughter (both have type 2 diabetes) measured their blood sugar levels at least three times a day. When they ate the wrong foods their blood sugar levels rose to 80-100 points above normal. After taking 2-3 tablespoons of the coconut oil directly from the bottle, within a half hour their blood sugar levels dropped back to normal.

Coconut oil's ability to control hunger and cravings is well documented. Coconut oil increases metabolic rates. It helps with cravings for sweets and carbohydrates. People with diabetes often crave high-glycemic foods (that we should stay away from!) due to cravings caused by blood sugar swings. Diabetes can cause low moods & low energy levels, which also can be helped.

Population studies of societies that consume much of their calories from the saturated fats of coconut oil show that diabetes is very rare. A study done in India in 1998 showed that when Indians abandoned traditional fats like ghee and coconut oil, and started using polyunsaturated fats like sunflower or safflower oils, that the rates of diabetes became alarmingly high. Studies carried out in many South Pacific Island countries have revealed the same thing: when the traditional diet high in coconut oil is abandoned in favor of more modern foods that are highly processed, including polyunsaturated vegetable oils, there is a direct increase in the rate of diabetes and other western diseases.

Many researchers have reported that coconut oil lowers cholesterol (Blackburn et al 1988, Ahrens and colleagues, 1957). In 1981, Prior et al. showed that islanders with a diet high in coconut oil showed no harmful health effects. When these groups migrated to New Zealand and lowered their daily coconut oil intake, their total cholesterol and especially their LDL cholesterol - the so-called evil one - increased. The cholesterol-lowering properties of coconut oil are a direct result of its ability to stimulate thyroid function. In the presence of adequate thyroid hormone, cholesterol (specifically LDL-cholesterol) is converted by enzymatic processes to the vitally necessary anti-aging steroids, pregnenolone, progesterone and DHEA. These substances are required to help prevent heart disease, senility, obesity, cancer and other diseases associated with aging and chronic degenerative diseases.

Stimulates metabolism

One of the best benefits of coconut oil lies in its ability to help stimulate your metabolism. Back in the 1940s, farmers found out about this effect by accident when they tried using inexpensive coconut oil to fatten their livestock. It didn't work! Instead, coconut oil made the animals lean, active and hungry. Many animal and human research studies have demonstrated that replacing LCFAs with MCFAs results in both decreased body weight and reduced fat deposition. So, by changing the fats in your diet from the unsaturated long-chain fatty acids found in vegetable or seed oils to the MCFAs in coconut oil, along with following an exercise plan, you may find yourself gradually losing those unnecessary pounds.

The reasons are simple: The long-chain fats nearly always go to fat storage, while the MCFAs are burned for energy. Since coconut oil helps to stimulate your metabolism, you may burn more calories each day, helping to accelerate weight loss (and probably your activity and energy level).

Coconut oil has often been compared to carbohydrates in its ability to be "burned" for energy. However, since insulin is not involved in the process of digesting the MCFAs in coconut oil, you won't get those carb-related spikes in your blood sugar level. This is especially good news for those of you concerned about maintaining normal blood sugar levels.

Several studies have now shown that MCFAs enhance physical or athletic performance. Additionally, research has demonstrated that, due to its metabolic effect, coconut oil increases the activity of the thyroid. And you've probably heard that a sluggish thyroid is one reason why some people are unable to lose weight, no matter what they do.

Besides weight loss, there are other advantages to boosting your metabolic rate:

- The healing process accelerates
- Cell regeneration increases to replace old cells
- Your immune system functions better overall.

In 1987 Lim-Sylianco published a 50-year literature review showing the anti-cancer effects of coconut oil. In chemically induced cancers of the colon and breast, coconut oil was by far more protective than unsaturated oils. For example 32% of corn oil eaters got colon cancer whereas only 3% of coconut oil eaters got the cancer. Animals fed unsaturated oils had more tumors. This shows the thyroid-suppressive and hence, immunosuppressive effect of unsaturated oils.

When Albert Schweitzer operated his clinic in tropical Africa, he said that it was many years before he saw a single case of cancer. He believed that the appearance of cancer was caused by introduction of the European diet to the Africans. Many studies since the 1920's have shown an association between consumption of unsaturated oils and the incidence of cancer.

The antiviral, antibacterial, and antifungal properties of the medium chain fatty

acids/triglycerides (MCTs) found in coconut oil have been known to researchers since the 1960s. Research has shown that microorganisms that are inactivated include bacteria, yeast, fungi, and enveloped viruses. Much of this research is highlighted in the writings of Dr. Mary Enig Ph.D.

Some of the benefits of coconut oil

- Kills viruses that cause influenza, herpes measles, hepatitis C, SARS, AIDS, and other illnesses.
- Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhea, and other diseases.
- Helps relieve symptoms and reduce health risks associated with diabetes.
- Supports thyroid function
- Promotes loss of excess weight by increasing metabolic rate.
- Helps protect the body from breast, colon, and other cancers.
- Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, and other infections.
- Expels or kills tapeworms, lice, giardia, and other parasites.
- Provides a nutritional source of quick energy.
- Boosts energy and endurance, enhancing physical and athletic performance.
- Improves digestion and absorption of other nutrients including vitamins, minerals, and amino acids.
- Improves insulin secretion and utilization of blood glucose.
- Relieves stress on pancreas and enzyme systems of the body.
- Reduces symptoms associated with pancreatitis.
- Reduces problems associated with malabsorption syndrome and cystic fibrosis.
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth.
- Helps protect against osteoporosis.
- Helps relieve symptoms associated with gallbladder disease.
- Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers.
- Improves digestion and bowel function.
- Relieves pain and irritation caused by hemorrhoids.
- Reduces inflammation.
- Supports tissue healing and repair.
- Supports and aids immune system function.
- Helps protect the body from breast,

colon, and other cancers.

- Is heart healthy; improves cholesterol ratio reducing risk of heart disease.
- Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.
- Helps prevent periodontal disease and tooth decay.
- Functions as a protective antioxidant.
- Helps to protect the body from harmful free radicals that promote premature aging and degenerative disease.
- Does not deplete the body's antioxidant reserves like other oils do.
- Improves utilization of essential fatty acids and protects them from oxidation.
- Helps relieve symptoms associated with chronic fatigue syndrome.
- Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement).
- Reduces epileptic seizures.
- Helps protect against kidney disease and bladder infections.
- Dissolves kidney stones.
- Helps prevent liver disease.
- Is lower in calories than all other fats.
- Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats.
- Helps prevent obesity and overweight problems.
- Applied topically helps to form a chemical barrier on the skin to ward off infection.
- Reduces symptoms associated with psoriasis, eczema, and dermatitis.
- Supports the natural chemical balance of the skin.
- Softens skin and helps relieve dryness and flaking.
- Prevents wrinkles, sagging skin, and age spots.
- Promotes healthy looking hair and complexion.
- Provides protection from damaging effects of ultraviolet radiation from the sun.
- Helps control dandruff.
- Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do.
- Has no harmful or discomforting side effects.
- Is completely non-toxic to humans.

Types of Coconut oil

The most commonly available oil and the oil you are most likely to find is Refined, Bleached & Deodorized (RBD). This oil is produced from copra (dried coconut meat). Due to the drying process (often air or sun drying) the resulting oil must

be refined, bleached and deodorized in order to make it suitable for use. The final product is yellowish-white in colour with a thick texture and no taste or odour.

Although it has been exposed to bleach, solvents, high temperatures, etc. this oil is referred to as "natural" in the Western World, in essence meaning only that it has not been hydrogenated and melts at around 76° F.

Cold Pressed coconut oil. This category can be further subdivided to reflect differences in the starting materials used to produce the oil and the methods of production. Although the term "cold pressed" is commonly used to describe "virgin" coconut oils, it really doesn't mean much in the overall scheme of things. One aspect of the production of "virgin" oil which is constant regardless of the method used is the need to reduce the final moisture content of the oil to 0.1% or less. This is necessary to prevent the oil from becoming rancid. The manner in which this requirement is met depends on the extraction method used as described below.

Traditional Hand Pressed/Home Made. In this process, fresh coconut meat is grated and pressed to produce a coconut milk which is a mixture of oil, water, proteins, etc. This mixture is allowed to ferment for approximately 48 hours which causes the solids and water content to separate from the oil. The oil is then heated to remove the remaining moisture. The oil must be heated at a high enough temperature and for a long enough time to reduce the moisture content to a point which will prevent rancidity. The fact that this oil is produced in small batches by many different individuals may result in considerable variation from one batch to another. The texture of this oil is medium to thick.

DME (Direct Micro Expeller). Like the oil described above, this is a village process, but rather than extracting the oil from coconut milk, the fresh coconut meat is dried and then pressed.

Premium Virgin Oil. This process produces oil with the least amount of processing so that the natural vitamin E, antioxidants and fresh coconut "essence" are retained. Fresh coconut meat is grated and expeller pressed to produce coconut milk (like the process above). The coconut milk is then centrifuged using a proprietary process to separate the oil from the other

components. This oil has a very light texture and since no heat at all is applied it retains all the flavor and scent of fresh coconut.

Assuming that you decide to incorporate coconut oil in your diet, which oil is right for you? I think it depends on the purpose. If you simply want to replace fats which you know are bad for your health (i.e. hydrogenated oils) with the least expensive more healthful alternative then it is my personal opinion that even RBD oil may be suitable for this purpose. Even though it has been processed with heat, chemicals, etc. the final product is still going to be a lot better for you than many of the alternatives. If, on the other hand, you are looking to add coconut oil to your diet specifically for all of the benefits which it offers, for skin care or for the delicious flavor which it can add to your food, I don't think you can go wrong by choosing the best oil available. When I am cooking or baking, I like to use the best quality ingredients I can find and I think the difference is apparent in the finished product. I also find myself in agreement with the statement that if you think it is expensive to maintain good health, take a look at the cost of sickness.

The benefits of Extra Virgin Coconut Oil don't stop in your kitchen. Professional massage therapists have used pure coconut oil to knead away tight stressed muscles for many years. However, you don't have to be a professional massage therapist to gain the skin and tissue support benefits of coconut oil. Feel free to use this high-quality coconut oil as you would any lotion. Coconut oil is ideal for skin care. It helps protect your skin from the aging effects of free radicals, and can help improve the appearance of skin with its anti-aging benefits.

Recommended dosage is to consume from one to two tablespoons per day. Use stirred into food, you can saute with it, or you can substitute it in any recipe which calls for oil, butter or margarine. Coconut cream and desiccated coconut can also be used in your diet, but if you want all the health benefits that have been described in this article, buy virgin coconut oil.

www.coconutresearchcenter.org/index.htm

www.coconutdiet.com

www.efn.org/~raypeat/

Fats that Heal Fats that Kill by Udo Erasmus

Who killed Zack?

Before awakening on the morning of his sixteenth birthday, Zack Jones had a disturbing dream. He saw fiery letters blazing across the sky: "SOME-BODY IS TRYING TO KILL YOU, ZACHARY JONES!" A few moments later he awoke to a peal of thunder.

Zack swung his legs over the side of his bed. For a moment he sat trembling. He was sure this dream was no accident. someone was about to get him. with shaking hands, he reached under his bed and pulled out a long thin box. Opening it, he began stuffing chocolates in his mouth. Somehow food always made him feel better.

At breakfast, while salting his fried eggs and bacon, Zack looked at his mother. "Someone is trying to kill me" he stated.

"Who?" mother was horrified.

Zack walked to the refrigerator and took out a coke. "I don't know" he replied, "But I was warned this morning." He pulled the pop top and drank deeply.

While riding his bicycle to school, Zack tried to think of how he could avoid being killed. He glanced at his watch. Oh no! If he didn't hurry he'd be late for the third time this week and be put on probation.

Zack sped up, weaving in and out of the traffic and rode across the footpath now and then. He seemed to make the people angry - but hey, it was almost fun seeing how much he could get away with. Zack slid into his seat just as the last bell rang.

Zack was in the "gifted and talented" track team at school. It was an honour and somehow Zack wondered if he was really as "talented" as everyone believed. at any rate, Zack had no time to think more about his mysterious dream. He had a maths test coming up, he had to

practice for the debating team as well as thinking of a project for the science fair. His father promised him a motor bike if he took first place.

It wasn't until he finished his second hamburger at lunch tht Zack remembered his dream. He tried not to panic. "It was just a dream" he told himself slowly, wolfing down a Mars bar. "I'll live my life as usual, and not worry."



So he had a milkshake and hot chips on his way home from school, as usual. He spent several hours playing Nintendo, as usual. He ate a big dinner, as usual. He drank three cokes while watching TV, as usual. He got to bed at 11.30, as usual.

The days passed into months and years. The years went by. In the rush of life as a busy attorney, Zack forgot his dream. Often he smoked several packets of cigarettes a day - he was sure they calmed his nerves. He usually worked until eight or nine at night, then rushed home in his red Porsche to eat a big supper. It was a treat to sit down for a few hours of TV afterwards, nursing a couple of drinks.

On a particular busy day, Zachary Jones slumped over at his desk. He was dead on arrival at the Emergency Room. His

widow suspected foul play. After all he was only 42! She demanded a full autopsy. But it showed emphysema, arteriosclerosis, duodenal ulcers, cirrhosis of the liver, cardiac failure, a cerebrovascular aneurysm, pulmonary edema, obesity, circulatory insufficiency, and a bit of cancer.

"Well" his wife said, smiling bravely through her tears, "it's a relief to know that Zack died of natural causes."

*Adapted from
Natural Lifestyle and Your health.
Aithor unknown.*

Zack lived his live as usual. What did that mean?

1. He overate, especially fats, sugars, spices, and meats. He used lots of dairy products such as milk, cheese, cream, and butter and at least four eggs a week - especially the yolks.
2. He seldom exercised. If it was more than half a block away, he drove. He spent lots of time sitting in front of the TV, getting up only to walk to the refrigerator for snacks.
3. He pushed himself. Even as a child, he tried to always be the best in his class. If someone got in his way, he pushed and fought. After all, he was Number One!
4. He stayed inside, getting very little fresh air and sunshine.
5. He never drank water. When he was thirsty, he drank cola drinks, coffee, or alcohol.
6. He went to bed late and got up early. getting less than six hours sleep a night.
7. He depended on drugs, especially cigarettes, alcohol and caffeine. When he felt sick, he asked his doctor to give him a pill to keep going.
8. He didn't spend time with God. Zack didn't feel his need for God in his life. He felt he could do it on his own.

You decide: Who killed Zack?

Products for Sale

Licorice Root Powder 200g.....\$12

Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ teaspoons.

Maca Root Powder 200g.....\$14

A GREAT PRICE for this superfood. Great for a diverse range of conditions. Especially good HRT alternative, menopause, PMS, Anemia, Thyroid deficiency, osteoporosis, fertility and increased energy. Organically grown.

Blood Cleansing Herbal Tea 200g.....\$12

Contains Buckthorn, Licorice Root, Burdock, Chaparral, Red Clover, Cascara Sagrada, Dandelion, Cat's Claw.

Use it long term to help cleanse bowel, liver and blood.

Barley Leaf Powder 200g.....\$12

Loose powder, organic 450g.....\$27

A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll.

Comfrey Root Powder 200g.....\$10

Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.

Activated Charcoal Powder 200g.....\$10

Adsorbs and binds toxins from the stomach when taken internally, and when used as a poultice externally draws the poisons out through the skin. This is a must to have on hand for sickness and emergencies

Order by phoning Kaye on 02 6025 5018. Products are in bags.

Prices do not include postage

Hazardous Chemicals

In recent times, many health articles have reported of the harmful effects of the chemicals we are exposed to in our homes. Another product that is very hazardous is air fresheners. According to the U.S. Environmental Protection Agency, there are four main ingredients in air fresheners and they are formaldehyde, petroleum distillates, p-dichlorobenzene, and aerosol propellants. The EPA states that air fresheners are strong irritants to eyes, skin and throat and can cause death if eaten. Do we want to be breathing such toxins? Not to mention the threats to pets and small children.

Indoor air pollution is 2-5 times higher inside our homes than it is outdoors, states the EPA. Is it any wonder that asthma rates have sky rocketed? Not to mention allergies, cancer, chemical sensitivities, childhood diseases and the list goes on and on. It really is time to stop and take a look at the products we

are surrounding ourselves with and the environment that we are creating inside and outside.

Even products like shampoos, deodorants and other products we put on our skin have toxic chemicals, and formaldehyde is found in some of them! Our skin is the largest organ of our body, and it is a big sponge. If you are using products with unhealthy ingredients, your skin is absorbing toxins on a daily basis. Yes, our skin is very absorbent. So, from pesticides on your food, chemicals in your water and then, chemicals from products used throughout the day and on a daily basis, you can see that they all adds up to a toxic buildup.

Dourdough bread culture plus recipes. Express posted to anywhere in Australia. Cost \$20

Recipe

VEGETARIAN LASAGNE

(Gluten free)

Saute until tender in a little water:

- 1 stick celery finely sliced
- 3 zucchinis sliced
- 3 med onions sliced
- 4 carrots sliced
- 2 large red capsicums sliced

Then add:

- 5 fresh tomatoes, or 2 x400g tins pureed tomatoes
- 2 tsp sweet paprika
- 3 Tbs tomato paste
- 2 tsp Italian herbs
- 2T fresh basil finely chopped (or 1 tsp dried)
- 1 tsp garlic powder
- 1 tsp oregano
- 2 tsp Celtic salt
- 1 Tbs olive oil

Stir thoroughly and cook for a few minutes more.

Layer:

- gluten free lasagne (or wholemeal if required)
- 375g packet tofu (approx)

Place a small layer of the mixture in the bottom of a large baking dish. Layer lasagne sheets, followed by a layer of very thinly sliced or crumbled tofu. Continue layering all ingredients until 1 or 2 cm from brim of dish.

Blend:

- 1 cup sunflower seeds
- ½ red capsicum in large chunks
- 1 tsp garlic powder
- ½ - ¾ cup lemon juice
- 1 tsp onion powder
- 2cups water
- 2 tsp Celtic salt
- ¼ cup yeast flakes
- 2 tbs 100% cornstarch

Blend together until smooth and creamy. Pour over lasagne spreading evenly and bake for approximately 1 hour at 190 degrees C. Serves approx 8-10.



Natural Remedies Seminar

An everincreasing interest is being awakened in finding out how to treat physical problems without having to go to a doctor. Learn how to give simple home treatments with many ingredients that are found in your kitchen. Some of the topics include:

- ◆burns
- ◆diarrhoea, gastric upsets
- ◆chest congestion
- ◆insect bites
- ◆muscular aches and pains
- ◆vaginal thrush
- ◆ear ache
- ◆infected sores
- ◆make own ointments
- ◆simple garden herbs

Venue: 496 Hague Street, Lavington
Date: Monday morning, 29th October,
10 am-12noon
Cost: \$12
Bookings: Phone Kaye on 6025 5018
or Beat on 6025 3584

Sourdough Breadmaking Class

The only bread allowed on the anti-fungal diet

Learn how easy it is to make sourdough bread using different grains.... including wheat, rye, spelt, oats, rice, barley

- ◆sourdough breadmaking
- ◆sourdough fruit bread
- ◆sourdough pita breads
- ◆sourdough foccacia
- ◆sourdough tomato bread
- ◆sourdough pizza base
- ◆sourdough in bread machine
- ◆gluten free bread
- ◆tastings
- ◆recipes
- ◆take home sourdough culture

Venue: 496 Hague Street, Lavington
Date: Monday morning, 26th November,
10 am-12noon
Cost: \$12
Bookings: Phone Kaye on 6025 5018
or Beat on 6025 3584