

From [REDACTED]

To: "jeffrey E." <jeevacation@gmail.com>

Subject: Re: always something new

Date: Tue, 21 Aug 2018 21:45:58 +0000

What I want to know is if you remember how great you looked and well you felt when you let me change your diet about 24 years ago? 😊

On Aug 21, 2018, at 8:43 AM, jeffrey E. <jeevacation@gmail.com> wrote:

<https://www.drweil.com/diet-nutrition/nutrition/are-roasted-nuts-unhealthy/> and coconut the same , refining is small change to coconut. where are you getting this info. there is no refined coconut dangerous or roasted nuts ?

On Tue, Aug 21, 2018 at 11:26 AM, [REDACTED] > wrote:

The writer (and possibly the Harvard professor) neglected to clarify, and maybe doesn't know, whether the coconut oil in question is refined or unrefined. Refined coconut oil is indeed very dangerous. Just like raw nuts are good for you where as roasted nuts are not.

On Aug 21, 2018, at 7:15 AM, jeffrey E. <jeevacation@gmail.com> wrote:

<https://www.inc.com/chris-matyszczyk/you-love-coconut-oil-this-harvard-professor-says-its-pure-poison.html>

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