

From: [REDACTED] >

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

Subject: Re: always something new

Date: Tue, 21 Aug 2018 21:51:50 +0000

And as far as the question of where am I getting my info from, maybe it's old and outdated, and I can't remember the sources now, but it was several reports and studies about how when oils in nuts, seeds, coconut, dairy products, vegetable oils are heated to a high temperature in order to roast, pasteurize or refined them, it changes the chemical nature of the oil and makes it more acidic to the body which then causes inflammation. Inflammation, over time, causes a host of health issues and aging.

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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