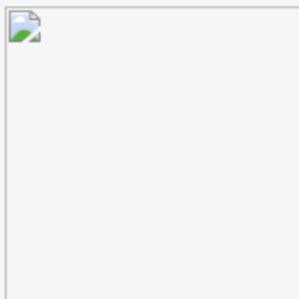


From: [REDACTED] <[REDACTED]>
To: Jeffrey Epstein <jeevacation@gmail.com>
Subject: Fwd: Harvard professor: Coconut oil is “pure poison”
Date: Wed, 29 Aug 2018 21:47:43 +0000

I JUST opened my email and got this!

Begin forwarded message:

From: Diet Doctor <newsletter@dietdoctor.com>
Date: August 29, 2018 at 2:15:29 PM PDT
To: <[REDACTED]>
Subject: Harvard professor: Coconut oil is “pure poison”
Reply-To: Diet Doctor <newsletter@dietdoctor.com>



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[TOP POST OF THE WEEK](#)

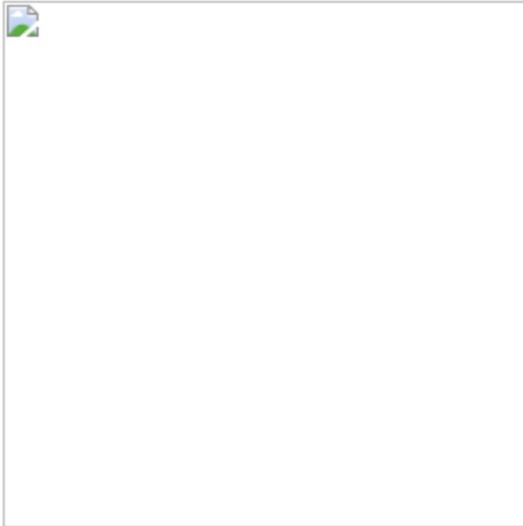


Harvard professor: Coconut oil is pure poison

Is coconut oil one of the worst foods you can eat? Is it even a “pure poison”?

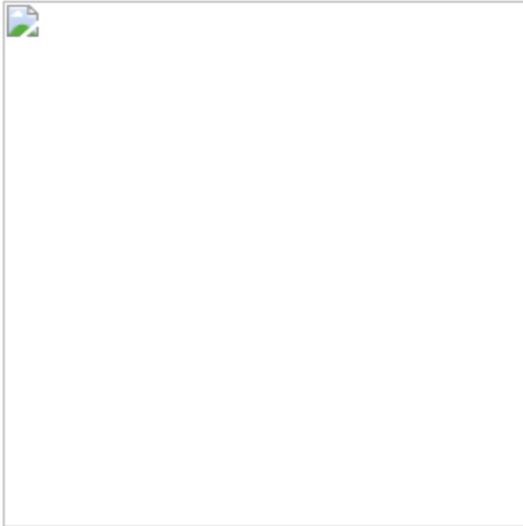
That’s what Harvard professor Karin Michels claims in her July talk “Coconut oil and other nutritional errors”. It’s available in German on YouTube, and it has now passed 1 million views. It even ended up in the media this week.

[Keep reading](#)



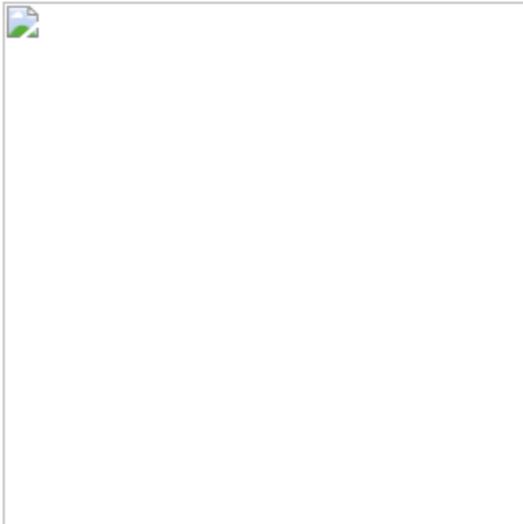
Top 3 keto mistakes at the grocery store

You know that bewildered feeling you get when you step into a grocery store?



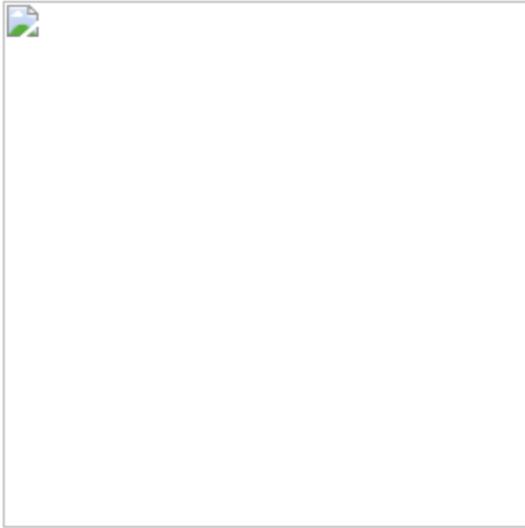
New guide: Healthy fats

When we restrict carbs, fat becomes the body's primary fuel source. But how does the body use fat for fuel? Should you worry about cholesterol?



"Is it safe to stay in ketosis indefinitely?"

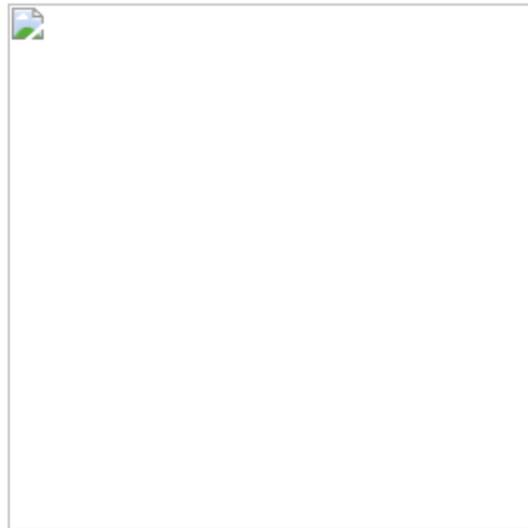
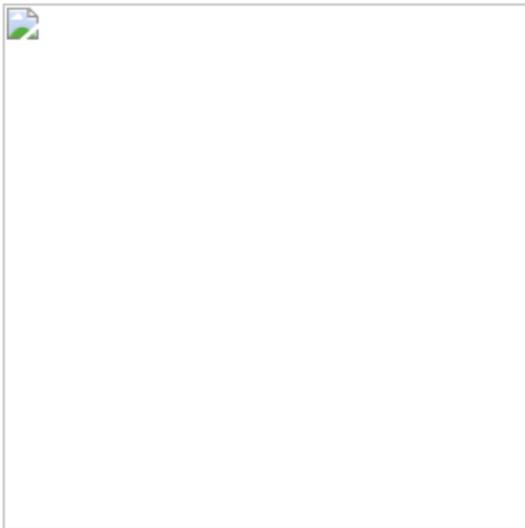
Is it harmful at all to stay in ketosis forever? Why is the scale not moving even though on the meal plan?



The keto diet: "It has given me my health, happiness, love and livelihood"

Megan had tried everything to lose weight her entire life but nothing had worked.

NEW RECIPES



MEAL PLAN OF THE WEEK



Meal plan with hearty weeknight favorites

Back to school, back to work and back to routines! This week's meal plan is varied and will provide both nutritious meals and inspiration while keeping you below 30 grams of carbs per day.

[Full meal plan](#)

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- [Sugar is now UK consumers biggest food worry](#)
- [Low-carb and keto news highlights August 2018 week 3](#)
- [Dr. Malhotra: "Claim that low-carb shortens lifespan is false"](#)
- [The keto diet: "I absolutely LOVE the simplicity of this approach"](#)
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