

Taking deficient minerals and correct supplements can improve health unbelievably, and certainly has done to my wife Auriel and me. New Zealand is very low in many minerals, especially selenium, magnesium, zinc and boron. When people move to NZ, after a month or two some from higher mineral countries, feel unwell. Taking the deficient mineral supplements helps it.

The best coconut oil is from the Philippines where selenium and boron are higher in soils than in most countries. The Philippines Organic Virgin Coconut Oil has 90 ppm of selenium and 90 ppm boron, both of which are very low in New Zealand, and parts of USA and some other countries. Eating our 14 better than organic, correctly fertilised vegetables and two desert spoons twice a day of coconut oil with other deficient minerals, increased my selenium and boron levels. 'Better than organic vegetables' are achieved by analysing their mineral levels and fertilising accordingly.

Coconut oil is very stable with a shelf life of at least two years when stored at room temperature. It does not need to be refrigerated, which makes it extremely hard, and soft like water when not cold.

Back in the 1930's, a dentist named Dr. Weston Price travelled throughout the South Pacific, examining traditional diets and their effect on dental and overall health. He found that those eating diets high in coconut products were healthier and trim, despite the high fat concentration in their diet.

Similarly, in 1981, researchers studied populations of two Polynesian atolls. Coconut was the chief source of caloric energy in both groups. There was no evidence that the high saturated fat intake had any harmful effects.

Coconut oil is finally beginning to get the respect it deserves as a good alternative to other oils. Its many benefits are finally reaching the mainstream establishment some of whom now -

1. Promotes heart health.
2. Promotes weight loss when and if needed.
3. Supports a healthy metabolism.
4. Provides an immediate energy source.
5. Helps to keep skins healthy and young looking.
6. Supports the proper functioning of thyroid glands.
7. Reduces blood pressure.

So, whenever you need an oil to cook with, use coconut oil instead of butter, olive oil, vegetable oil, margarine, or any other type of oil called for in recipes. I don't recommend frying foods, but if you fry, use coconut oil.

Curiously, coconut oil contains the most saturated fat of all edible oils. We continue to be inundated by media portrayals of saturated fats as dangerous, but now we know better. And now you should have more peace of mind, knowing that you're making the right choice by using great-tasting coconut oil. It improves everything from diabetes to Crohn's disease, ringworm to gonorrhoea, tapeworm to athlete's foot. Amazingly, it has been found to reverse Alzheimers disease.

Testimonial: I am a male who has always been under weight. I have tried for years to bulk up, eating everything in sight and more than most. Friends have told me that I'm lucky to be able to eat like a pig, and not be fat, but almost everyone will know that eating everything is not smart and can lead to toxins and health problems later in life. So, as I began to learn about a healthy diet, and live smarter, my weight fell off even more. My being small in farming had its problems. I just didn't have the power of larger people. I also found my self always COLD, and difficult to get warm. Coconut oil solved both problems. Coconut has been a wonderful addition to my diet.

Coconut oil is ideal for skin care. It helps protect skin from the ageing effects of free radicals, and can help improve the appearance of skin, with its anti-ageing benefits.

When coconut oil is absorbed into the skin and connective tissues, it helps to reduce the appearance of fine lines and wrinkles by helping to keep connective tissues strong and supple.

Coconut oil will aid in exfoliating the outer layer of dead skin cells, making the skin smoother. It also penetrates into the deeper layers of the skin to strengthen the underlying tissues, promoting skin elasticity. Coconut oil is also good for the heart (a muscle), and small muscles in the bladder to lengthen my period between urinating and to be able 'hold on' for much longer.