

***“Life’s most persistent and urgent question is: What are you doing for others?”***  
- ***Dr. Martin Luther King***

I love this quote because there are people in each of our lives who are takers. They always want to know what’s in it for them rather than what they can do for you. Think about those in your circle. Do they give or do they take? Not everyone likes to do things for others and some do it better than others do. I like to think that I do for others. That is why I spend countless hours researching and sharing information in these newsletters. It’s also why I became a health coach. By now, you all must know that I’m passionate about helping others get and stay well naturally. If I can just help one person, my dad wouldn’t have died for nothing. The great news is: I HAVE helped people and I hope the list of those I’ve touched continues to grow. So if you’re not already a giver, do me a favor. Think about one thing you can do for someone else today and then do it. I bet you’ll feel great. If you need suggestions, contact me and I’ll give you a couple.

Yours in health,



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### **Why I Love Coconut Oil**



I discovered coconut oil a couple of years ago and it’s become my go-to oil of choice. Not only do I use it to cook, but I also use it on my skin and often add a bit to my morning protein shake. Why? Because it’s one of the richest sources of what I think is the best fat out there, medium-chain fatty acids (MCFAs) that digest easily and are stored in your body as energy. MCFAs have been shown to increase brain function, reduce cholesterol, and help skin and hair health. They also kill bacteria and help us burn fat. Unlike longer-chain fatty acids, the ones in coconut oil are tiny enough to enter your cells’ mitochondria directly. That means your cells use them for energy instantly, instead of storing them for later use. Fifty percent of the saturated fat in coconut oil is lauric acid, which boosts your immune system, helping you fight off viruses, fungus and bacteria. Lauric acid is found in large amounts in human breast milk and converts to a substance called monolaurin in the body. Monolaurin has been shown to be useful in increasing immunity and fighting viruses and disease. High levels of lauric acid can help lower cholesterol and blood pressure.

From where does this wonderful product come? It’s extracted from the dried flesh of the coconut. I use it now instead of olive oil. It’s a much smarter choice than vegetable oils, which can become rancid when heated or mixed with oxygen. This doesn’t happen with coconut oil because it’s a complete saturated fat, making it very stable against heat damage. This makes it perfect for cooking. Coconut and avocado oil seem to be the only safe oils for cooking at any kind of temperature. Use it for sautéing, frying (though hopefully you’re not frying much of your food) and baking. I use it in place of butter if I make cookies. It gives the finished product a lighter texture and a really nice smell. Don’t get me wrong, olive oil is good

for you, but it's best when used cold, not hot. Since coconut oil is very stable, it has a long shelf life.... two years or more, which is the longest of any cooking oil. Coconut oil doesn't increase LDL and it helps keep arteries flexible and helps prevent atherosclerosis. It can help boost metabolism and since it travels directly to the liver, it's used for energy, it isn't stored as fat.

But coconut oil is also terrific outside the kitchen.

- **Makeup remover** – put a little bit on a damp cotton ball and wipe all over your face.
- **Facial scrub** – make your own using baking soda, oatmeal and a dash of cinnamon.
- **Lip balm** – use a small amount of on your lips to help soften them.
- **Shaving cream** – Apply a thin layer on the area to be shaved, and then shave as usual.
- **Body scrub** – Mix equal parts organic cane sugar and coconut oil in a glass jar, and then scrub on your dry skin before bathing.
- **Season cast-iron skillets**
- **Soften and condition leather**

Be sure to choose organic, unrefined, unbleached virgin coconut oil produced from **organic and GMO-free coconuts, and made without chemicals, harsh solvents, and heat processing**. Look for unrefined virgin coconut oil. It will be solid at room temperature. Take care if you buy it from a grocery store. I've heard stories of large bottles of cheap supermarket coconut oils going rancid quickly. That typically means either it was blended with vegetable oils that spoil easily or that it wasn't filtered properly. It should be white in its solid form, and colorless as a liquid. Coconut oil stays liquid in temperatures above 25° Celsius (75° Fahrenheit), and will solidify like butter in lower temperatures or if refrigerated. It should smell and taste like coconut, but should not be overpowering or strong. If it tastes neutral and is odorless, then it's been refined. If it smells roasted or smoky, it may have been heat-pressed.

Many in mainstream medicine still think coconut oil is unhealthy because it's a saturated fat. But numerous studies reveal that coconut oil improves your levels of heart-healthy HDL cholesterol, brain function and energy metabolism. It's also an immune system booster, and a healthy and safe weight-loss aid.

I like to add a tablespoon or two of coconut oil to my protein smoothie in the morning. Or I will sometimes add it to a cup of coffee or tea. Taking three to four tablespoons a day can help boost your immune system, help burn fat, give you more energy, and support your heart and brain.

Here's some news that hopefully won't surprise you: nothing concocted in a laboratory can ever replace what's found in nature! Mother Nature creates amazing things, foods rich in vitamins, minerals and nutrients that nourish us so we can live a healthy life. The coconut has so many healing properties that it's often referred to as "the tree of life." It's considered a "functional food" rich in vitamins, minerals and fiber, which are the essential nutritional building blocks for perfect health.

Finally, modern medicine and science are starting to realize this one fundamental truth, which has been a long time coming. Coconut oil, is full of health-promoting properties and is in no way responsible for high cholesterol, obesity, heart disease and the bad effects you've been led to believe.

Give it a try. You'll be glad you did.