

“As you start to walk on the way the way appears. Clarity doesn’t come before action, it comes FROM action.”

– Rumi

I really love this quote because it’s a great reminder that as we begin to take steps toward a goal, the path becomes clearer through the process of moving forward. We often find ourselves in situations in which the opportunity for which we’re waiting is right at our doorstep. But for some reason, we tend not to act upon it because we assume we’re unprepared or unsure about what to do next. In such cases, we think of these opportunities as if they’re a stranger knocking on our door. It can be the dream job to which we always aspired or the venture we’ve always wanted to start. I think Rumi’s quote was quite ahead of its time in exploring the aspect of being willing to back off from things we really want, simply because we’re afraid of failure. But the subtle point we’re missing is that unless we stick out our necks and introduce ourselves to those opportunities, they’ll remain strangers. The uncertainties we’ll encounter on the journey will disappear when we tap into the opportunities that are available and we just grab them. Whether we fail or succeed is up to us. It’s important to remember that we can’t be afraid start before we’re ready. If we wait, we may never go. Action generates momentum, insight and success. Embrace the uncertainty and doubt because they’ll give us the strength and courage to take that first step. The path doesn’t have to be fully visible to begin. Remember that many successful careers or creative projects take shape only AFTER we take the first step, not BEFORE we take it.

Yours in health,

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Why You Need to be Using Coconut Oil



Coconut oil is one of those items that have been vilified by the mainstream media, medical establishment and many nutritional “experts.” Their claim is that it has a high fat content (as do avocados and salmon, which are also healthy) and is therefore bad for you. But they fail to tell you the whole truth and you can’t take their oversimplified claims as fact. With coconut oil, there’s so much more to it than what meets the eye. Whether you’re using it in the kitchen, for skincare, or even around the house, this tropical treasure has countless benefits. It’s considered the most useful ingredient in the coconut fruit.

What’s interesting is that coconut oil has been a staple for millions of people around the world for literally thousands of years. Keep in mind that it’s very different than many other fats. The reason is because of its chemical structure, which makes it so unique. Coconut oil is extracted from the meat of mature coconuts. It’s rich in **medium-chain triglycerides (MCTs)**—a type of healthy fat that’s rapidly absorbed and converted into energy by your body. Most fats contain 14 or more carbons (which are long-chain fatty acids), while coconut oil contains only 6-12 carbons. This is important because it impacts how the body processes the fat that’s consumed. Here are a few things that make MCTs different than other fats:

- They’re absorbed directly and then transported to the liver.
- They’re converted to energy quickly rather than being stored as fat.
- They’re partially converted into ketones, which help fuel the brain.

Here are some other benefits of coconut oil that have been hidden from us:

- It doesn’t raise bad cholesterol (“LDL”) so it can’t be concluded that it increases the risk of heart disease.
- It raises the good cholesterol (“HDL”). HDL actually removes excess cholesterol from the blood and transports it to the liver for processing.
- It helps reduce levels of triglycerides, which actually decrease the risk of heart disease.
- It improves the HDL-to-triglyceride ratio, which is a better predictor of cardiovascular risk than just levels of LDL. The lower this ratio is, the better it is for your health.
- It helps improve fat burning. I came across a recent study from 2023 that found supplementing with MCT oil, when used in conjunction with a low-calorie keto diet, significantly decreased body weight and BMI. Keep in mind that it’s high in calories, so don’t overdo it or it will have the opposite effect.

- It helps provide a quick source of energy. Because MCTs are absorbed from the small intestine to the blood, they can be used for an energy source, similar to what carbohydrates do. MCTs have been used for a very long time by athletes who need a quick source of energy.
- It has antifungal and antimicrobial properties. As I mentioned in my newsletter last month, coconut oil contains lauric acid, which helps keep bacteria from multiplying. This is why it's ideal for oil pulling. It also helps destroy bacteria.
- It helps reduce appetite. Since coconut oil helps produce ketones, which reduce appetite by altering the levels of hormones such as ghrelin, hunger levels are reduced.
- It helps improve skin health. Coconut oil can help increase the moisture content of dry skin. I use coconut oil in a natural body butter I make, along with some essential oils (reach out for my recipe) that does wonders for dry skin. I also use it in a sleep salve I make that I put on my feet before I go to sleep.
- It helps protect against hair damage. Coconut oil penetrates hair, which makes it stronger and more flexible.
- It improves oral health. As I discussed last month, using coconut oil for oil-pulling does wonders for the overall health of your mouth and teeth. The lauric acid reacts with saliva to form a soap-like substance that helps prevent cavities and reduce plaque and inflammation of the gums.

There is some new research that indicates coconut oil may help protect brain health, which is good news for people suffering from conditions like Parkinson's and Alzheimer's. The reason for this is because coconut oil easily converts to ketones, which provide another energy source to brain cells.

Overall, coconut oil seems to provide many benefits. I use it for a plethora of things including cooking, making natural products such as lotion and toothpaste, oil pulling (see my June 2025 newsletter for details) and adding it to my coffee to give my body some additional much needed MCTs. I even use it to make my own healthy dark chocolate.

Keep in mind that coconut oil is high in saturated fats, so moderation in consumption is important. It's infuriating that the mainstream media and even doctors have vilified and demonized its use when its benefits are quite clear. It's a natural and very nutrient-dense fat that should be part of your daily routine since it seems to support both brain and cardiovascular health.

Swap your usual cooking oil for coconut oil when sautéing veggies or baking. It adds a subtle, sweet flavor and stands up well to high heat. I will say however, that for high-heat cooking, I'd recommend avocado oil. But in a nutshell, coconut oil is more than just a kitchen staple, it's a powerhouse for wellness, both inside and out. Try incorporating it into your daily routine and see the benefits for yourself. I'd personally recommend using organic, extra virgin coconut oil. Please reach out with any questions.

Have a wonderful month.