COCONUT OIL

Coconut oil (and palm kernel oil) are the best source we have of Medium Chain Triglycerides (MCT). This is a great source of collagen which helps the body stay young and healthy. It can be added to your morning coffee or tea, made into a smoothie, used as a salad dressing, added to soups, as an oil to cook with.

It has been shown to help with alzheimer's – you will need to take several tablespoons a day to help the brain that is deteriorating from this disease.

It is great for the skin. Eat lots of it. Good for Candida (as well as raw butter cream) as well as lots of fermented foods - these are rich in medium chain triglycerides (lauric acid and caprylic acid) which heals up the gut, good anti-inflammatory. It is 92% saturated, very resistant to rancidity. Lauric acid and caprylic acid is found in abundance in human breast milk, very anti-pathogenic. 3M company makes a cow teat dip out of lauric acid which is very effective for inflammation. Many rub coconut oil on the skin as a healing agent, even on skin cancer.

When you eat fat you get rid of your sugar cravings and hunger, but make sure you eat the good fats. Read the labels, "natural" can be misleading.

75% of the fat in arterial plaquing is from poly unsaturated vegetable fats. So it's not coming from the saturated fats and if the fat is grown and raised right, it is a different fat from animals and eggs in concentration camps which are all fed grain which makes a different fat. Omega 6 fats to excess are inflammatory. Omega 3 is anti-inflammatory.

"Wild Fermentation" is a book by Sandor Katz which tells how to make all kinds of fermented foods.

Consider this as a smoothie:
12 oz raw milk 4 oz raw cream 3 tbsp coconut oil
1 tbsp flaxseed oil 2 raw eggs 1 tsp cinnamon
1/2 - 1 tsp nutmeg 1 cup blueberries 1/3 tsp allspice
pinch cardamon
Can use 8 oz raw yogurt and 4 oz raw milk instead of 12 oz raw milk.

Cholesterol is caused by the oxidation and excesses, responding to the inflammation by coating and protecting the cells.

The problem with vegan diet is the high carbs they eat to replace the protein in meats. They eat a lot of brownies, cookies and breads. Many vegan people look very unhealthy.