
From: [REDACTED]
Sent: Tuesday, August 21, 2018 3:27 PM
To: jeffrey E.
Subject: Re: always something new

The writer (and possibly the Harvard professor) neglected to clarify, and maybe doesn't know, whether the coconut oil in question is refined or unrefined. Refined coconut oil is indeed very dangerous. Just like raw nuts are good for you whereas roasted nuts are not.

On Aug 21, 2018, at 7:15 AM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> &g=; wrote:

<https://www.inc.com/hris-matyszczyk/you-love-coconut-oil-this-harvard-professor-says-its-pure-poison.html>
<<https://www.inc.com/chris-matyszczyk/you-love-coconut-oil-this-harvard-professor-says-its-pure-poison.html>>

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&nb=p; please note

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