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

The writer (and possibly th= Harvard professor) neglected to clarify, and maybe doesn't kn=w, whether the coconut oil in question is refined or unrefined. Refined coc=nut oil is indeed very dangerous. Just like raw nuts are good for you where=as 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/chrismatyszczyk/you-love-coconut-oil-this-harvard-professor-says-its-pure-poison.html>
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&nb=p; please note

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