
From: jeffrey E. <jeevacation@gmail.com>
Sent: Tuesday, August 21, 2018 3:44 PM
To: [REDACTED]
Subject: Re: always somoething new

<https://www.drweil.com/diet-nutrition/nutrition=are-roasted-nuts-unhealthy/> <<https://www.drweil.com/diet-nutrition/nutrition=are-roasted-nuts-unhealthy/>> and coconut the same , =C2♦ refining is small change to coconut. whre are you gettin= this info. there is no refined coconut dangerous or roa=ted nuts ?

On Tue, Aug 21, 2018 at 11:26 AM, [REDACTED] <= href="mailto:[REDACTED]" target="_blank" [REDACTED] > wrote:

The writer (and possibly the Harvard professor)=C2♦neglected to clarify, and maybe doesn't know, whether the coc=nut oil in question is refined or unrefined. Refined coconut oil is indeed=very dangerous. Just like raw nuts are good for you where as roasted nuts =re not.

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

=br clear="all">><https://www.inc.com/chris-matyszczyk/you-love-coconut-oil-th=s-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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=C2♦ please note

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