

Natural Healing Express Weekly

Column 192 Coconut Oil, Part 1

This week, let's take a well-deserved trip to the South Pacific. Sound wonderful? Well, if we could all get on a plane and embark on a journey to these islands we would be amazed at the difference in lifestyles. Firstly, most people there operate their schedules on "island time". This means that an agreed upon meeting time is merely a "suggestion." Expect tardiness. And then some. But hey, have a cocktail while you are waiting for some relaxation and enjoy the view.

Second on the list of obvious differences, you will notice such beautiful scents. "Nature" on these islands simply smells great. Is it the jasmine? Or the plumeria? Or the tuberose? Whatever fragrance(s) grace the island, it is sure to leave a lasting impression. And, naturally, these scents illicit one of the most powerful forms of healing – aromatherapy. You might not even be aware this is happening to you, until you stop to think about it.

Third, with that gorgeous ocean surrounding the island, how can one not want to take a stroll along those crashing waves? It begets fitness simply because of its lure.

So, it is no surprise that our fourth cultural difference would be the natives themselves. Yes, they may look a little different than us. But how so? In my world, a soul is a soul and not relevant to skin color. However, when we chat about overall skin *condition* we are definitely on another page. Most island natives are completely free of disharmonies such as allergies, psoriasis, eczema and acne. And, they have a beautiful glow.

However, for the purposes of this article, what I am more generally alluding to is the fact that most of these island natives enjoy a REMARKABLE degree of great health.

Yes, they may have some issues, but statistically they are relatively free of the aches and pains of degenerative disease that plague the rest of the world. They are robust. Many of our leading American disharmonies wouldn't even make the top ten in their world. They are mostly free of arthritis. They have very few cases of cancer. And among those who stay primarily on their traditional native diet, less than 3 percent, ya, THREE percent rate of heart disease. And diabetes – here's a crazy statistic. – Less than 2 percent are considered diabetic. Can you believe that? (Of those on the traditional native diet to their island). WOWZER..

So what does that tell us? Well, what happens when these folks lose their traditional diet and begin to choose Western foods? Yep, you guessed it – their health spirals downward. Doesn't take a rocket scientist to chart this one out. But, let's talk about the inverse. What can WE do?

What are their miracle foods that help protect these natives from disharmonies? Some of their miracle foods include: bananas, mangoes, papayas, kiwi, taro and coconuts.

However, when we look at what food is universally available on most South Pacific islands, it only comes down to one - and that is the coconut. Coconuts have been the staple of almost all Polynesian, Melanesian and Asian countries for CENTURIES. That's a long time people. Think

this through, coconuts versus fast food...uh, and we wonder why we are the leading country in the world for carcinogens? They have coconuts, we have, wellllll, stuff that is Super-Sized.

I could go on and on about the differences between Eastern and Western cultures, medicines and diets. But suffice it to say, in America, it would benefit us to learn a little bit about why they are so much healthier than us.

For now, let's focus on one of the healthiest decisions you can make regarding your own kitchen. Begin cooking with coconut oil and you will soon see why many of our South Pacific friends consider the coconut palm as the "Tree of Life."

Here are some of the fantastic and varied uses of Coconut oil:

- *Mix in with coffee, tea, smoothies and pressed juices for a natural energy boost
- *Eat straight off the spoon for long-lasting brain clarity
- *Use as a heart health replacement for butter and PLEASE eliminate margarine
- *Include in smoothies and pressed juices to boost metabolism and rehydrate cells
- *Work into skin as a great lotion, locks in moisture and keeps skin hydrated and energized
- *Use as a calming balm; soothing itchiness, dryness and small cuts or scratches
- *Help to eliminate dead skin cells, reduces flaky skin and lessens the appearance of wrinkles, leading to a younger look
- *Use on hair to create more body, shine and volume as a leave in conditioner
- *Help speed growth and strengthens hair from the root, leading to a healthy head of hair

And, here's an even more interesting idea which we will further discuss next week:

*Oil Pulling – Every morning place 1 tbsp. of oil in your mouth and swish for 5-20 minutes. This will lead to fresher breath, whiter teeth and a brighter smile

Now, before you take off and purchase just any old coconut oil on the shelf, let me tell you that there are HUGE differences in the quality available for purchase in the US. We will cover this part and more next week. If you just can't wait, feel free to contact us as listed below. In the meantime, spend another week in paradise. Let your boss know you are on "island time".

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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