

NUTS for Coconuts!

WHAT IS RAW?

- Vegetables, fruits, nuts, seeds and sprouted grains with their enzymes intact. Enzymes are the living proteins that direct our biochemical and metabolic processes. They help transform and store energy, make active hormones, dissolve fiber and prevent clotting. They have anti-inflammatory effects, and help balance and restore the immune system, heal many diseases and even help repair our DNA and RNA.
- When we cook food above about 118 degrees, we destroy many of the enzymes that help us naturally digest it.

WHY RAW?

- Estimated that 60% of disease is caused by the Standard American Diet. If food is the culprit, food is also the answer.
- Cooked food loses 50% of protein to coagulation, 75% of vitamins and minerals, and 95% of phytonutrients. To compensate, one must more than double caloric intake.
- Without vitamins our cells would not function properly and thus our organs would suffer and eventually we would no longer be able to survive.
- Mineral deficiencies cause disease in humans. Minerals also have a synergistic relationship with vitamins.
- Phytonutrients are what give fruits and vegetables their color. Phytos protect the body and fight disease, and also fight cancer and support your heart. Phytonutrients are at leading edge of research on nutrition. They provide medicine for cell health.

THE PERFECT RAW FOOD: COCONUT

- Includes fresh meat, water, oil and sap. Coconuts are the seed of the coconut palm tree.

Coconut Oil – oil pulling

- Pressed from the meat, removing the fiber.
- Over 90% saturated fat. There are two kinds of saturated fats – long chain (associated with “bad” cholesterol) and medium chain triglycerides (MCT’s), which is the one found in coconut oil. Within moments of being consumed, MCTs are converted by the liver to energy, and are not stored in fat cells. Protects against heart disease, stroke and hardening of the arteries.
- Easily assimilated, provides energy, does not clog arteries, can be used for cooking at high temperatures without becoming toxic like other healthy oils (i.e. olive).
- Excellent as an anti-bacterial skin moisturizer, lubricant and hair conditioner (helps in the re-growth of damaged hair). And highly effective at preventing tooth and gum decay with daily oil pulling.
- Very effective in reducing excess weight through healthy function of the thyroid and enzyme systems, and increasing metabolism by removing stress on the pancreas, thereby burning up more energy (stored fat). People living in tropical coastal areas, who consume coconut oil daily, normally not fat, overweight or obese.

Coconut Water – water sample

- Packed with the same electrolytic balance as our blood, it is the original sports drink. The fluid of life. During the Pacific War it was used on both sides in the conflict to administer emergency plasma transfusions to wounded.
- Best consumed fresh – once exposed to air, rapidly loses organoleptic and nutritional characteristics, and begins to ferment. Most bottled varieties are pasteurized.
- More nutritious than whole milk (less fat and NO cholesterol!), healthier than orange juice (fewer calories from sugar, and effectively stabilizes blood sugar), better than processed baby milk (contains lauric acid, which is present in mother’s milk, which strengthens the immune system and protects against viral, bacterial and fungal infections) and naturally sterile (water permeates through the filtering husk).
- Contains more potassium at about 294mg than most sports and energy drinks at about 117mg. Contains less sodium at about 25mg, where sports drinks have around 41mg and energy drinks 200mg! Contains only 5mg of natural sugars where sports and energy drinks range from 10-25mg of altered sugars. And it’s very high in chloride at 118mg, compared to sports drinks at about 39mg.

Coconut Meat and Butter – milk chocolate mousse demo/sample

- Meat is pulled directly from the inside, and is unprocessed. Butter is coconut oil and solids processed together.
- Young Thai coconut meat has less sugar and more protein than bananas, apples and oranges. High in minerals such as iron, zinc and phosphorus.
- All components of the coconut are excellent replacements for dairy products, oils, household items, and more.
- Too good to be true? Coconuts may be the ONE exception.