

# LIFESTYLES

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# Coconut oil advocates

[This is the second of two columns on coconut oil.]  
Coconut oil is getting internet attention and a lot of buyers in health food stores because it seems especially effective in giving a boost to high-density lipoprotein (HDL), the good cholesterol.

There are several forces creating this phenomenon. The coconut oil industry is working hard to win public favor. There are scientists who are backing off from the damnation of coconut oil. And then there are vegans, who abstain from animal products. Many vegans use coconut oil as a butter substitute. Coconut oil is solid at room temperature. Today's column is devoted to coconut oil advocates.

One of the leading proponents of coconut oil is Joseph Mercola, a doctor of osteopathic medicine. Dr. Mercola advocates natural methods of achieving good health that he promotes on his website, Mercola.com.

Dr. Mercola is a New York Times Best Selling Author who has made many appearances in the nation's top media. He is often described as controversial.

Here are a few of Dr. Mercola's positions:

■ Multiple studies on Pacific Island populations who get 30-60 percent of their total caloric intake from fully saturated coconut oil have all shown nearly non-existent rates of cardiovascular disease.

■ It may be surprising for you to learn that the naturally occurring saturated fat in coconut oil is actually good for you and provides a number of



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profound health benefits, such as: improving your heart health, boosting your thyroid, increasing your metabolism, promoting a lean body and weight loss if needed, and supporting your immune system.

■ Coconut oil even benefits your skin when applied topically and has been found to have anti-aging, regenerative effects.

Another advocate of coconut oil is Mary G. Enig, PhD, author of Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol.

Here are a couple of her views:

■ Although the advantage of regular consumption of coconut oil has been under-appreciated by the consumer and producer alike for the recent two or three decades, its unique benefits should be compelling for the health minded consumer of today.

■ Whole coconut as well as extracted coconut oil has been a mainstay in the food supply in many countries in parts of Asia and the Pacific Rim throughout the centuries. Recently though, there has been some replacement of

coconut oil by other seed oils. This is unfortunate since the benefits gained from consuming an adequate amount of coconut oil are being lost.

■ The coconut-oil industry is promoting its product on the internet through coconut.com. This is from that website:

■ Some of the most recent research has come from people suffering from Alzheimer's disease, with reports of people improving or even reversing the effects of Alzheimer's by using coconut oil. Alzheimer's is now seen as a type 3 form or diabetes, and for years we have seen positive results from people with both type 1 and type 2 diabetes in using coconut oil.

■ We have also seen a lot of reports of coconut oil health benefits from those suffering from hypothyroidism, as coconut oil helps boost metabolism and raise body temperatures to promote thyroid health.

■ Increasing coconut oil in the diet has also led many to report losing weight with coconut oil.

■ Candida (a fungus infection) sufferers also report health benefits with coconut oil as research now confirms, and those suffering from various skin diseases are also seeing tremendous health benefits by applying coconut oil directly on the skin. The benefits of coconut oil for healthy hair are also well known.

If you would like to ask a question, write to fred@healthygeezzer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.



STAFF PHOTOS BY SPENSER BICKETT

Two young bicyclists navigate the course at the Bike Rodeo at Kerry Park Arena Tuesday night.

## Come on and take a safe ride

Budding Borderland bicyclists headed to Kerry Park Arena Tuesday night for a lesson in how to safely ride a bicycle around town.

Local children watched a safety video and were taught the various hand signals for riding a bicycle. Each child also received a free helmet, compliments of Boise Paper, a Packaging Corporation of America company.

Bikers then navigated an obstacle course, where they worked on stopping at stop signs, completing a figure eight, and taking a turn through a slalom section.

Sports Shop owner Milt Layman was on hand to show youngsters how to perform a routine safety check on their bikes to make sure they're safe to ride.



Falls Police Capt. Tom Lynch shows a biker how to properly stop at a stop sign on a bicycle.



Milt Layman of the Sports Shop helps a young bicyclist make sure her bike is ready to ride.



A young biker stops correctly in the green box at the Bike Rodeo.



A youngster navigates the slalom course at the Bike Rodeo.

## MEMORIAMs

Remembering someone very special, "Lad" — May 26, 2012.

Those we love are only a thought away.  
It is not what she took when she left this world -  
It's the memories she left me.  
You will always be and live in my heart, "Kiddo."

Sadly missed – loving you always,  
"Nelson"

### A Letter From Heaven

In memory of Jeff Anderson (May 23, 2013)

To my dearest family, some things I'd like to say.  
But first of all, to let you know, that I arrived okay.  
I'm writing this from heaven.  
Here I dwell with God above.  
Here, there's no more tears of sadness;  
Here is just eternal love.  
Please do not be unhappy just because I'm out of sight.  
Remember that I am with you every morning, noon and night.  
That day I had to leave you when my life on earth was through.  
God picked me up and hugged me and He said, I welcome you.  
It's good to have you back again, you were missed while you were gone.  
As for your dearest family, they'll be here later on.  
I need you here so badly, you are part of my plan.  
There is so much that we can do, to help our mortal man.  
God gave me a list of things, that he wished for me to do.  
And foremost on the list, was to watch and care for you.  
And when you lie in bed at night the days chores put to flight.  
God and I are closest to you ... in the middle of the night.  
When you think of my life on earth, and all those loving years.  
Because you are only human, they are bound to bring you tears.  
But do not be afraid to cry; it does relieve the pain.  
Remember there would be no flowers, unless there was some rain.  
I wish that I could tell you all that God has planned.  
If I were to tell you, you wouldn't understand.  
When you're walking down the street and you've got me on your mind;  
I'm walking in your footsteps only half a step behind.  
And when its time for you to go ... from that body to be free.  
Remember you're not going ... you're coming here to me.



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(new stuff every day)

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(once, you're done!)

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