

Good News About the Coconut!

Think money does not grow on trees? Think again. Here in the tropics we have an abundance of coconuts. The are everywhere and they are mostly free for the picking. The health benefits from the oil of the coconut are amazing and you can make it yourself at home.

The Benefits Of Coconut Oil

1. Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses.
2. Kills bacteria that cause ulcers, throat infections, urinary tract infections, pneumonia, gonorrhea, and other diseases.
3. Helps relieve symptoms associated with gallbladder disease.
4. Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers.
5. Improves digestion and bowel function.
6. Relieves pain and irritation caused by hemorrhoids.
7. Reduces inflammation.
8. Supports tissue healing and repair.
9. Supports and aids immune system function.
10. Helps protect the body from breast, colon, and other cancers.
11. Is heart healthy; improves cholesterol ratio reducing risk of heart disease.
12. Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.
13. Helps protect the body from harmful free radicals that promote premature aging and degenerative disease.
14. Helps relieve symptoms and reduce health risks associated with diabetes.
15. Dissolves kidney stones.
16. Supports thyroid function.
17. Promotes loss of excess weight by increasing metabolic rate.
18. Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats.
19. Helps prevent obesity and overweight problems.
20. Applied topically helps to form a chemical barrier on the skin to ward off infection.
21. Reduces symptoms associated with psoriasis, eczema, and dermatitis.
22. Supports the natural chemical balance of the skin.
23. Softens skin and helps relieve dryness and flaking.
24. Prevents wrinkles, sagging skin, and age spots.
25. Promotes healthy looking hair and complexion.
26. Provides protection from the damaging effects of ultraviolet radiation from the sun.
27. Helps control dandruff.
28. Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do.
29. Helps protect against osteoporosis.
30. Improves magnesium and calcium absorption and supports the development of strong teeth and bones.



How To Prepare Coconut Oil At Home

Making virgin coconut oil is not a difficult task, if you have fresh and mature coconuts. This can save your money and give you the satisfaction of using a product, which is homemade.

Natural Fermentation

It is better to start with small quantities and if you are satisfied with the end product, you can then try large quantities. Take two to three coconuts and remove the husks and shells. Keep the coconut water aside.

Grate the coconut meat and fill it in a net bag. Now you have to hold the bag tightly and press it with your palms, to extract the coconut milk. Dip the net bag in coconut water and press it again to extract more milk.

In order to prepare coconut oil through natural

fermentation (cold processing), you have to mix the remaining coconut water with the milk and fill the mixture in a transparent glass jar. Allow the jar to remain at room temperature (around 68°F) for about 20 hours.

This allows the water to settle at the bottom. You can find oil floating above the water and above the oil, there will be a layer of protein, which is white in color. You can then filter the oil, which will be colorless or pale yellow in color.

It does not need to be refrigerated and has a shelf life of at least 2 years.

Health practitioners suggest you take three tablespoons of coconut oil per day.

In cooking just replace other oils with coconut oil.



Some Interesting Predictions for the Next 10 to 20 Years

Auto repair shops will disappear. a gas/diesel engine has 20,000 individual parts while an electrical motor has 20. Electric cars are sold with lifetime guarantees and are repaired only by dealers. It takes only 10 minutes to remove and replace an electric motor.

Faulty electric motors are NOT repaired in the dealership but are sent to a regional repair shop that repairs them with ROBOTS.

Gas stations will go away. Street corners will have meters that dispense electricity. Companies will install electrical recharging stations. in fact, they've already started in the developed world.

The coal industry will go away. Gasoline/oil companies will go away. Drilling for oil will stop. So say goodbye to OPEC. The Middle East is in trouble.

Homes will produce and store more electrical energy during the day than they use. It will be sold back to the grid. The grid will store and dispenses it, to the industries that are high electricity users.

A baby of today will only see personal cars in museums. In 1998, Kodak had 170,000

employees and sold 85% of all photo paper worldwide. Within just a few years, their business model disappeared and they went bankrupt. Who would have thought of that ever happening??

What happened to Kodak and Polaroid will happen in a lot of industries in the next 5-10 years, and most people don't even see it coming.

Yet digital cameras were invented in 1975. The first ones only had 10,000 pixels but followed Moore's law. As with all exponential technologies, it was a disappointment in the beginning, before it became superior and mainstream in a few short years.

It will now happen again (but much faster) with Artificial Intelligence (AI): health, autonomous and electric cars, education, 3D printing, agriculture and jobs.

Software has disrupted and will continue to disrupt most traditional industries. (in the next 5 to 10 years.

For example, UBER is just a software tool (they don't own any cars), and are now the biggest taxi company in the world.

And AIR-BnB is now the biggest hotel company in the world. (They don't own any properties).

Artificial Intelligence (AI): Computers become exponentially better in understanding the world. This year, a computer beat the best Go player in the world. (10 years earlier than expected).

In the USA, young lawyers already don't get jobs (because of IBM's WATSON). You can get legal advice within a few seconds for the basic stuff with 90% accuracy compared with 70% when done by humans. So, if you're studying law, stop immediately. There will be 90% fewer lawyers in the future.

WATSON already helps nurses diagnosing cancer. It's 4 times more accurate and many times faster than nurses.

Facebook now has a 'face recognition' software that can recognize faces better than humans. In 2030, computers will become more intelligent than humans.

Autonomous cars: In 2018 the first self-driving cars were already here. In the next few years, the entire auto industry will be disrupted. You won't

want to own a car any more, as you will call a car with your phone. It will show up at your location and drive you to your destination.

The very young children of today will never get a driver's licence nor own a car. This will change our cities because we will need 90% fewer cars. We can transform former parking spaces into green city parks.

Insurance companies will have massive trouble too, because, without accidents, the costs of insurance will become cheaper. The car insurance business model will disappear.

Real estate will change, because if you can work while you commute, or you can work from your home, people will abandon cities to move far away to more beautiful and affordable properties.

Cities will have cleaner air. Electricity will become incredibly cheap and clean, eventually free.

Health: There will be a medical device called the "Tricorder" from Star Trek that works with your phone, which takes a retina scan, a sample of your blood, then you breathe into it. It analyzes 54 biomarkers that will identify nearly any disease.

American Legion Post 333 - Key Largo

Open 7 Days a Week, Noon 'til 10pm

Happy Hour 3 to 6 pm

We abide by Monroe County Rules.

Please wear a mask when not seated.

2 Seagate Blvd. • MM 99.6 • Key Largo • 305-451-0307 • www.legionpost333.org

Stop by & see Carla!

Sundays & Tuesdays Noon To 5pm