

Health Matters



by
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Contrary to popular belief, **coconut oil** is now confirmed by research to be one of the healthiest oils available. In the 1950's, researchers concluded that all fats were bad, but more recent studies show that **coconut oil** not only has many health benefits, but could also prove to be a valuable replacement for unhealthy trans-fats used in many processed foods, like cookies and crackers. An excellent source of more stable medium-chain fatty acids, **coconut oil** is a healthy saturated fat that is metabolized quickly and converted into energy rather than being stored as fat. Due to its support of a healthy thyroid, **coconut oil** can stabilize hypoglycemic cravings, aid in proper weight management, improve HDL and LDL cholesterol ratios and relieve dry skin conditions. At Natural Foods Market, we have an organic, virgin **coconut oil** that's available for cooking or in convenient softgels. As always, we guarantee your satisfaction.

 **NATURAL
FOODS MARKET**

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Johnson City Crossing near Old Navy

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