

Good News About the Coconut!



(L-R) Monroe County Sheriff Rick Ramsay, Reserve Officer Robert Smith, Explorer/Cadet Amberlyn Casas, Support Officer Jo Socha, Detention Deputy Victor Arguello, Deputy Sheriff Linda Mixon, Stephanie Scuderi

Vice President and Director of Sales for Centennial Bank South Florida region. "We say we live in Paradise. From the stories we heard today, these officers take great strides, put themselves in risky and dangerous situations to make the Keys a safe paradise for us and for our families. They each have acted selflessly and without giving a second thought to putting our communities in front of their families and themselves. On behalf of everyone at Centennial Bank, we salute these officers – and everyone at the Monroe County Sheriff Department. Thank you for all you do to keep our communities and families safe."

"It is truly an honor to be part of this show of appreciation and recognition for these officers," said Stephanie Scuderi,

Think money does not grow on trees? Think again. Here in the tropics we have an abundance of coconuts. They 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 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.

Bayside Blues Concert Series

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Sat, April 13 Peter Carp & Sue Foley
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Islamorada Bartenders Sailfish Open



Grand Champion Angler Award (L-R),
Mike Benezia, Skyler McGarry, Tournament
Director Dianne Harbaugh, Matt Davis



Dillon's Pub and Grill were Grand Champions of the 32nd Annual Ramorada Bartenders Sailfish Open. (L-R) Tournament Director Dianne Harbaugh, Renee Barile, Ramamda Bannenberg, Captain Nick Stanczyk, Matt Davis, Larz from OV and Mike Benezia

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