

Polly's Story – I Really am a Coconut

It was in Suppers that I realized that I really am a coconut. My first stab at working the program was a dismal failure. I'm sure some of the members remember my being there, but I hardly do. I have been living in and out of serious brain fog and depression for years, a sane person in a crazy body. And while part of me recognized that this program was exactly what I needed, I didn't have the wherewithal to pull it together.

Fortunately, the meeting went on without me, so it was still there when my friend drew me back in. One of the first meals we ate in my second round was a Thai coconut milk soup with salmon. Matching the discussion to the menu, we read some material about the therapeutic value of coconut for some people. Some people in the group are indifferent to coconut, but I had a major response around this very good news that it might actually be healthy for me, instead of bad because it's fat.

I am now practicing nutritional harm reduction and well into the transition to a healthy diet. My body so wants to hold on to feeling well that I've developed an aversion to most junk food. The last time I had a fast food burger, I got sick on it (Thank God!). I'm also feeling repulsed by the sugary foods I used to eat the way an addict consumes his drug of choice. Fast food and sugar were my two big subtractions.

I also made some additions, mostly in the form of fresh fruits and vegetables, as well as some supplements including *lots* of fish oils and magnesium. And, of course, coconut oil; which I take both internally and externally. (I even use it on my face! Love it!) Today, my eczema is practically gone and my friends say I'm glowing.

Some have asked why I am absolutely hooked on Suppers. Well, who wouldn't be excited when their energy is just soaring! The brain fog and intense mood swings are gone; my debilitating PMS symptoms have disappeared; as well as a dramatic decrease in allergies and inflammation. I'm also sleeping much, much better...Joy is and zeal is returning into my life!

The members of my group like the Thai dishes, but nobody else has pegged their recovery on coconuts like I have. It's all about "biological individuality", just as they say. I had to stick with the program long enough and observe *my* experience enough times to really hear what my body was saying to me: I really *am* a coconut.