



"Empowering & Bringing Hope" since 1994

Your purchase of this premium oil brings direct benefits to our island neighbours in the South Pacific by creating a better livelihood and helping to protect the environment.

One specific story Dan was told on his recent visit to the Solomon Islands concerned a lady who has now worked at one of the first small rural DME 'factories' since it was set up 6 years ago. At the time she and her family of 5 lived in a village hut and just subsisted on the produce they could grow from a small patch of land. Her husband was unemployed. The family never attended church and the children did not go to school. She described her life as "just miserable and hopeless".

James, the owner of the small DME production unit, offered her a job in a team of 6. She enthusiastically accepted the opportunity but asked James to save 80% of her wages over the first 18 months so that she and her husband could build a better house. They kept to this commitment and the family now live happily in their new home.

This dream could not have been achieved but for the opportunity of local employment provided by the DME Unit. As she continued to work, her dream expanded. Now all her children go to school, have uniforms and text books - and have hope for the future.



Children benefit from their parents' employment which enables them to have an education and thus hope for the future

Kokonut Pacific, founded by Dr Dan Etherington AM, developed Direct Micro Expelling (DME) for on-farm production of virgin coconut oil to increase the incomes of rural communities and to supply this superior oil to world markets. To see how it works visit: www.kokonutpacific.com or to read Dan's story visit his blog: www.coconutoilaustralia.blogspot.com

niulife  is special

The best of Australia and the Pacific

1. Gourmet Quality Flavour



Our own **Direct Micro Expelling (DME®)** process takes less than an hour to turn selected mature coconuts into delicious hand-pressed **Extra Virgin Coconut Oil**. This Australian technology is the quickest process in the world and along with our strict quality controls locks in all the flavour and goodness.

2. Certified Organic Confidence

Hexane Free



Our whole operation, from traditional tall palms to final packaging, is inspected and Certified Organic by Australia's leading certifier, NASAA. (Without a Certification Number a product is not Certified Organic, so check all labels carefully.)

3. Fair Dinkum Fair Trade



We are passionate about using **DME®** to build partnerships for Fair Trade. Our operation provides rural people with meaningful employment, a regular income and better living standards. Our certified organic Growers Group in the Solomon Islands has grown from nothing to include 30 community oil producers buying coconuts from over 500 organic farms, creating 1000+ grass-roots jobs and benefitting thousands of village families.

Isn't it time you had an oil change?

Available from

VCO sold in 400ml & 750ml jars
In bulk - 5, 10, 20, 200 & 1000L
Creamed Coconut, Coconut Flour,
Desiccated, Shredded & Flaked Coconut
Coconut Sugar, Syrup, Sauce & Vinegar
Pet & Cosmetic Oil
Books, Soaps, Lip Balms & more

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niulife
EXTRA VIRGIN
COCONUT OIL

Taste the difference

100% CERTIFIED
ORGANIC

Fresh from the Islands



Virgin Coconut Oil is being called...
"the healthiest dietary oil on earth"¹
Use it for your daily cooking & body-care needs and discover for yourself one of nature's most amazing health foods.

www.niulife.com

COCONUT

The Oil of Life

Let food be your medicine

Coconut oil is now gaining long overdue recognition as a nutritious health food. It was once mistakenly believed to be unhealthy because of its high saturated fat content but we now know that the fatty acids in coconut oil are very different from those in other fats and possess many health-giving properties.²

Research and clinical observation have shown that consumption of medium-chain fatty acids, the same as those found in coconut oil, assists the body to:

Combat

- **Viruses** that cause influenza, hepatitis C, measles, herpes, AIDS and other illnesses
- **Bacteria** that cause ulcers, throat infections, urinary tract infections, dental cavities, pneumonia and other diseases
- **Fungi** and yeasts that cause candidiasis, athlete's foot, nappy rash, thrush and other infections

Support

- **Immune system function**
- **Thyroid function**
- **Increased metabolic rate**
- **Healthy heart** by improving cholesterol ratio
- **Absorption of nutrients**, fat-soluble vitamins and minerals like calcium and magnesium for the development of strong bones and teeth thus helping protect against osteoporosis
- **Tissue healing and repair**
- **Insulin secretion** and utilization of blood glucose
- **Arthritic pain** & symptom reduction²

See www.coconutresearchcenter.org

Eat fat to lose fat...

Strange as this might seem, the rare fats found in coconut oil actually support healthy weight management. Coconut oil has fewer calories than other oils and consists mainly of medium-chain fatty acids like Lauric acid (50%), found in mother's milk. It is rapidly digested and quickly produces energy (much like a carbohydrate does). It is the common long-chain fatty acids, dominant in refined vegetable oils, that are slow to metabolise and are readily deposited as body fat. Replacing long-chain with medium-chain fatty acids (or MCTs) increases thyroid function and metabolic rate, burning more calories and promoting weight loss.

What do population studies show?

The traditional Pacific Islander diet includes large quantities of coconut, and those who still eat like this have a low incidence of heart disease, cancer, diabetes & obesity. When Western-style processed foods, including refined vegetable oils, replace their traditional diet, the fat-related and degenerative diseases common in the West begin to appear.³

A healing oil

For centuries traditional healers in India (Ayurveda) and the South Pacific have used raw virgin Coconut Oil as a medicine and as a **massage oil** to soothe and cool the body.

Applied to the skin it is used to alleviate symptoms of psoriasis, eczema and dermatitis. It softens the skin and helps relieve dryness and flaking. It helps prevent wrinkles, sagging skin and age spots. Because it is absorbed quickly by the skin, it does not leave you feeling greasy.

An oil for all purposes

- Natural health food and dietary supplement
- The healthiest cooking oil - free of trans fats and not damaged by heat as other oils are
- Raw and natural bread spread
- Skin moisturiser and massage oil
- Baby oil — for skin, nappy rash & cradle cap
- Hair conditioner, head lice and dandruff treatment
- Good for your pet's health too (see article on our website)

Coconut oil has no cholesterol, no trans fats and is lower in calories than all other fats and oils

It is the premium high-heat cooking oil, enhancing the flavour of many foods. It is a "better than butter" spread for bread, and is an ideal substitute for shortening in baking.

Most coconut oil is made from copra, the crudely dried flesh of the coconut, and must be extensively Refined, Bleached and Deodorised. Virgin coconut oil is unrefined, pure and natural.

Did you know?

'Niu' (pronounced "new") means 'coconut' in Polynesia.

Twelve fresh coconuts make one litre of Niulife coconut oil.

This is a clear liquid above 26°C. As it cools, 'pearl' crystals form and below 23°C it is a pure white solid. To melt oil stand jar in warm water. Do not microwave.

A golden brown sediment of 'coconut fines' is natural in this raw and unrefined oil.

There is no need to refrigerate. Store out of direct sunlight.

Because of its stability, coconut oil has a very long shelf life.



Enjoying it...

Here are some of the many ways people enjoy using Virgin Coconut Oil (VCO)

"I think breakfast is a great time for VCO. If I'm rushing and don't have time to eat, I just take a spoonful to keep the stomach amused, and several hours later I am still okay. I make a snack by mixing melted VCO, dried fruit, nuts, desiccated coconut, and sometimes chocolate, then refrigerate it. That really keeps me going. If I have toast, VCO is my spread. Scrambled eggs? With VCO. I love my Niulife." **R.E. (WA)**

My toddlers just love coconut oil sandwiches. Their Dad's favourite is frittata made with garden vegies fried in VCO and our own chook eggs. Stir fries, roast vegies, home-made muesli, muffins and some in the porridge. I've basically replaced less healthy cooking oils with VCO. It's just a winner." **Jacqui (ACT)**

Coconut Chicken Salad

Fry 500g of diced chicken thigh or breast in 2 tablespoons of Niulife extra virgin coconut oil.



Add Coconut Sauce, fish, soy or chilli sauce to taste (all optional)

Serve warm on a bed of mixed salad greens and sprinkle with a seed mix, a few crushed nuts (cashews or almonds - which can be roasted beside the chicken) and some desiccated coconut.

Wholesome Muesli Bar

½ cup Niulife extra virgin coconut oil
½ cup Niulife coconut sugar (or brown sugar)
2 cups rolled oats or quinoa flakes
2 cups fruit, nut & seed mix (your choice)
Other great options include desiccated, shredded and/or flaked coconut, chia and sesame seeds.

¼ cup peanut butter
½ cup honey

1. **Grease** and line a slice tin
2. **Melt** coconut oil, coconut sugar, peanut butter and honey in a saucepan over low heat.
3. **Add** the dried fruit, oats and half the seeds into the mix above and combine thoroughly.
4. **Spread** this mixture into the baking tin and smooth the top.
5. **Spread** sesame or other seeds over the surface and add some more honey over the top. (Optional)
6. **Bake** at 160°C for about 30 minutes until golden brown.
7. **Cool** completely in the tin, turn out and cut into rectangles.

For more recipes & FAQs visit www.niulife.com

Researchers⁴ recommend consuming about 50mls (2-3 tablespoons) of coconut oil a day - substitute for other oils in your cooking or eat straight off the spoon. (Build up gradually)

REFERENCES

1. Dr Jon J. Kabara, PhD Professor Emeritus, Department of Chemistry and Pharmacology, Michigan State University, USA.
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3. Weston A. Price, author of "Nutrition and Physical Degeneration"
4. Mary G. Enig, Ph.D., an expert in lipid chemistry and Fellow of the American College of Nutrition, www.westonaprice.org/know-your-fats