

**The Facts About Coconut Oil by Lorrie Medford, CN**  
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So many of you have asked me about the health benefits of coconut oil, I wanted to update you on this great oil. As many of you know, we carry a wonderful, healthy brand of Omega Nutrition 100% Organic Virgin Coconut Oil. I love the taste because it's a great flavor, but not a strong coconut flavor. First, I'll give you some history and then we'll look at the many, many benefits.

### **History of Coconut Oil**

Through the years, coconut oil has received bad publicity in the US because of its high level of saturated fat. Unfortunately, the negative press about coconut oil was the result of one study conducted four decades ago, using hydrogenated oil (which has been processed and altered from its original form), not virgin coconut oil. Researchers fed animals hydrogenated coconut oil and subsequently, their cholesterol levels increased. The same thing has happened when other highly hydrogenated oils were used such as cottonseed, soybean or corn oils. So the problem with the coconut oil was that it was **hydrogenated**, not because it was coconut oil. As a matter of fact, when unprocessed coconut oil is added to an otherwise normal diet, there is no change in cholesterol.

Most of the oils that people are using, both personally and commercially are vegetable oils or polyunsaturated oils. It's nearly impossible to eat at restaurants or buy packaged foods that don't contain these polyunsaturated "vegetable oils." However, these are the oils that are most damaging to our health. According to nutrition research, polyunsaturated oils are highly subject to rancidity (stale and toxic). Excess consumption of polyunsaturated oils is associated with increasing rates of cancer, heart disease and weight gain. A 1994 study appearing in the *Lancet* showed that almost three quarters of the fat in artery clogs is "unsaturated."

Coconut oil has been used throughout Asia and the Pacific for thousands of years as both a food and a medicine. Even today it holds a highly respected position in the Ayurvedic medicine of India. Unfortunately, only recently has modern medical research confirmed the many health benefits traditionally attributed to this remarkable oil. On many islands coconuts are a staple in the diet, which provides the majority of the food eaten. Studies have clearly shown that the traditional Asian cultures that eat significant amounts of coconut in their diet do not suffer from modern diseases seen in Western cultures that promote a low-fat diet.

### **Health Benefits of Coconut Oil**

There is a one big difference between Virgin Coconut Oil and Certified Organic Coconut oil. Extra Virgin Coconut Oil is a healthy oil for cooking or consuming raw, and more importantly, it has been helpful to some people with Alzheimers and dementia at a dose of 2 tablespoons daily. This 100% Organic Virgin coconut oil is full-flavored (coconut flavor) with the natural coconut aroma. (For more information on coconut oil and dementia, see the book by Dr. Mary Newport, *Alzheimer's Disease: What if There Was a Cure?* Her quest to help her husband with Alzheimer's

led her to research suggesting that ketones in virgin coconut oil may help treat various neurological disorders, including Alzheimer's.)

Certified Organic Coconut Oil is the same oil as Virgin Coconut Oil with the taste and aroma removed, but it is not as effective for supporting and preventing dementia. For those who love to cook with coconut oil, but who do not care for the coconut taste and aroma, this oil is perfect.

The coconut is classified as a “functional food” because it is rich in fiber, vitamins and nutrients and provides many health benefits. One of the greatest benefits of coconut oil is on the immune system. Coconut oil is one of the highest sources of “saturated” medium chain triglycerides. This is important, because 50% of these MCT's are made up of lauric acid, the most important essential fatty acid in maintaining the body's immune system. The only other source of lauric acid found in high concentrations is in mother's milk, which has been known to prevent infants from getting viral or bacterial infections. Coconut oil has been shown to strengthen the immune system.

Faulty science was used to convince the public that ALL saturated fats were unhealthy, when in fact, saturated fats rich in these medium-chain fatty acids like lauric acid are extremely healthy and can prevent heart disease, stroke, and hardening of the arteries. This is because the saturated fat in coconut oil is unlike the fat found in meat or other vegetable fats.

### **Benefits of Medium Chain Fats**

Clinical studies have shown that coconut oil has anti-viral properties, and is now even being used in treating AIDS patients. Studies conducted in the Philippines showed that coconut oil does indeed reduce the viral load in AIDS patients.

Another incredible fact about coconut oil is that even though it is a fat, it actually promotes weight loss! The reason is again because of the healthy medium chain fatty acids. These fatty acids do not circulate in the bloodstream like other fats, but are sent directly to the liver where they are immediately converted into energy, just like carbohydrates. So the body uses the fat in coconut oil to produce energy, rather than be stored as body fat. Medium chain fatty acids found in coconut oil also speed up the body's metabolism, burning more calories and promoting weight loss. The weight-loss effects of coconut oil have been clearly demonstrated by many researchers.

I wanted to test this out, so for two weeks, I switched out all of my fats (butter, olive oil and flaxseed oil) to coconut oil. I used it to cook everything and even replaced it for butter. To my surprise, I lost 4 pounds. That was the only thing that I did differently. I would highly recommend daily supplementation with coconut oil if you are at a plateau or just can't seem to lose weight.

### **Some Benefits of Coconut Oil**

\*Coconut oil has anti-viral, anti-bacterial, and anti-microbial properties. It is also helpful in fighting harmful bacteria such as helicobacter pylori.

\*Coconut oil fights fungal infections internally and externally, so it's especially helpful for people prone to yeast/fungal infections.

\*It contains high levels of anti-oxidants, which help protect the body from free radical damage and help prevent premature aging.

\*It can support weight loss because it supports the healthy functioning of the thyroid. People who live in tropical coastal areas who daily eat coconut oil are not fat, obese or overweight.

\* Coconut oil is used in hospital IV formulations and commercial baby formulas.

\*It can support digestion and help in the absorption of nutrients such as vitamins, minerals and amino acids.

\*Coconut oil is used in sports drinks to boost energy and enhance athletic performance.

\*It can rejuvenate your skin and prevent wrinkles. Coconut oil is excellent massage oil for the skin as well and a great moisturizer on all types of skin.

\*Coconut oil is an excellent hair conditioner and helps in the re-growth of damaged hair. It also provides the essential proteins required for nourishing damaged hair. It is therefore used as hair care oil and is also found in hair conditioners, and dandruff relief creams.

A good therapeutic dosage is 3 to 4 tablespoons a day, which provides enough lauric acid to build the immune system. You can put it in your food, in smoothies, cook with it, or just take it as a supplement. And finally, eliminate all hydrogenated oils, whether it is coconut oil or polyunsaturated vegetable oils.

### **Summary of Additional Uses of Coconut Oil**

Of course I would highly recommend coconut oil as a supplement for improved thyroid health, improve digestion and for cooking, but there are so many uses for coconut oil, that you may want to do an internet search on your own. You'll find lots of information on YouTube, Pinterest and even just a google search. Here is a list of several uses that I have found.

\*For skin: as a Massage oil, to treat Athletes foot, ringworm, chicken pox, or rashes, for acne, stretch marks, warts and moles, for wrinkles, as a moisturizer, lip balm, for earaches, cradle cap, diaper rash, bruises, bee stings, insect repellent, cracked heels, for nails and cuticles, and age spots.

\*Use as a shaving cream, makeup remover, hair conditioner, deodorant, eye cream, and for healing sunburn.

\*We've also heard of it being used to: condition your wooden cutting board, as a furniture polish, to season your cast iron pans, use as a leather moisturizer, and finally, or use to replace WD-40.

### **Coconut Oil for your Pets**

Coconut oil is also great for your pets, from flaky skin, yeasty ears, dull coats and cracked paws. As with humans, it can support their digestion, thyroid and support their healthy skin and coat when taken internally. Topically you can also use coconut oil to improve their skin and coat, speed wound healing and clear up rashes. We have read that for ear infections, you can put it in their ears.

You can add coconut oil directly to a dog or cat's food. If it is a cat, use approximately 1/8 tsp. mixed into one can of wet food. If it is for the cat's skin, warm the oil in your

hands first to liquify it, and give your cat an all-over body massage, working it down to the skin where there are eruptions or sores from scratching.

For a dog, put about 1 tsp. per 10 lbs body weight, mixed in wet food. Some dogs will take it right off the spoon. Spread liquified oil on areas that are sore, but be very gentle. If he (she) licks it off, don't be too concerned; just replace it when that happens. Also, work it through the dog's coat, down to the skin.

Finally, from our experience, we have seen that a tiny bit goes a long way. Have fun exploring this incredible food!