

Coconut Oil

The purpose of this site is to provide information on the health benefits of coconut products, particularly coconut oil. Coconut oil is rich in lauric acid, which is known for being anti-viral, antibacterial and anti-fungal. [Studies](#) have been done on its effectiveness in lowering the viral load of HIV/AIDS patients. Coconut oil is also being used by thyroid sufferers to [increase body metabolism](#), and to [lose weight](#). Virgin coconut oil is also used for making natural soaps and other health products, as it is one of the healthiest things one can [put on their skin](#).

At one time coconut oil received negative press in the US because of its high level of saturated fat. However, modern research has shown that not all saturated fats are alike and that the fatty acids in coconut oil, the medium chain triglycerides, do not raise serum cholesterol or contribute to heart disease, but are in fact very healthy. Also, some negative studies done on coconut oil in the past was done on hydrogenated coconut oil, which has been altered from its original form. Other studies have clearly shown that 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.

Much research on the nutritional and medicinal benefits on coconut oil has surfaced in recent years. Much of that research has been done by Dr. Mary Enig. Dr. Enig has classified coconuts as a "functional food," which provides health benefits over and beyond the basic nutrients. She has specifically identified lauric acid as a key ingredient in coconut products:

"Approximately 50% of the fatty acids in coconut fat are lauric acid. Lauric acid is a [medium chain fatty acid](#), which has the additional beneficial function of being formed into monolaurin in the human or animal body. Monolaurin is the anti-viral, antibacterial, and antiprotozoal monoglyceride used by the human or animal to destroy lipid coated viruses such as HIV, herpes, cytomegalovirus, influenza, various pathogenic bacteria including listeria monocytogenes and heliobacter pylori, and protozoa such as giardia lamblia. Some studies have also shown some antimicrobial effects of the free lauric acid."

As a "functional food," coconut oil is now being recognized by the medical community as a powerful tool against immune diseases. Several studies have been done on its effectiveness, and much research is currently being done on the incredible nutritional value of pure coconut oil.

A coconut oil truck is a common sight on the roadways in the Philippines. Unlike the US where the lauric oils are now rare, coconut oil is still a big part of the diet in the Philippines and many other tropical climates.

Book Summary

If there was an oil you could use for your daily cooking needs that helped protect you from heart disease, cancer, and other degenerative conditions, improved your digestion, strengthened your immune system, and helped you lose excess weight, would you be interested?

No such oils exists you say? Not so! There is an oil that can do all this and more. No, it's not olive oil, it's not canola oil, or safflower oil or any of the oils commonly used for culinary purposes. It's not flaxseed oil, evening primrose oil, or any of the oils sold as dietary supplements. It's not rare or exotic. It's ordinary coconut oil.

But wait, isn't coconut oil a saturated fat? And isn't saturated fat bad? because coconut oil is primarily a saturated oil, it has been blindly labeled as bad. It is lumped right along with beef fat and lard with the assumption that they all carry the same health risks. However, researchers have clearly shown that the oil from coconuts, a plant source, acts differently than the saturated fat from animal sources. The oil from coconuts is unique in nature and provides many health benefits obtainable from no other source.

What Coconut Oil DOES NOT Do: * Does not contain cholesterol. * Does not increase blood cholesterol level. * Does not promote platelet stickiness which leads to blood clot formation. * Does not contribute to atherosclerosis or heart disease. * Does not promote cancer or any other degenerative disease. * Does not contribute to weight problems.

What Coconut Oil DOES Do:

- * Reduces risk of atherosclerosis and related illnesses.
- * reduces risk of cancer and other degenerative conditions.
- * Helps prevent bacterial, viral, and fungal (including yeast) infections.
- * Supports immune system function.
- * Helps prevent osteoporosis.
- * Helps control diabetes.
- * Promotes weight loss.

- * Supports healthy metabolic function.
- * Provides an immediate source of energy.
- * Supplies fewer calories than other fats.
- * Supplies important nutrients necessary for good health.
- * Improves digestion and nutrient absorption.
- * Has a mild delicate flavor.
- * Is highly resistant to spoilage (long shelf life).
- * Is heat resistant (the healthiest oil for cooking).
- * Helps keep skin soft and smooth.
- * Helps prevent premature aging and wrinkling of the skin.
- * Helps protect against skin cancer and other blemishes.

As unbelievable as it sounds, the oil in coconuts has been found to aid the body in destroying dozens of harmful viruses including hepatitis C, herpes, and HIV. Coconut oil has been called the healthiest dietary oil on earth. If you're not using coconut oil for your daily cooking and body care needs you're missing out on one of nature's most amazing health products. In this book you will discover the many healing miracles of coconut oil. Each health benefit is explained and fully documented by scientific research.

"Dr. Bruce Fife should be commended for bringing together in this very readable book the positive health benefits of coconut oil. The inquiring reader will have a new and more balanced view of the role of fat and especially saturated fats in our diet."--Jon Kabara, Ph.D., Professor Emeritus, Michigan State University.