

Coconut Oil: The Healthiest Oil for You

Coconut oil is a very misunderstood oil. Even though it is a saturated fat, societies that eat it regularly, particularly the Pacific Islanders are free of heart disease. Yet North Americans, who eat mostly unsaturated fat (in the form of vegetable oils), have heart disease as the #1 cause of death. Why?

Saturated Fat, In The Form of Coconut Oil, Protects You From Heart Disease

Coconut oil, being a saturated fat, does not get *oxidized*, a process that damages the fat and makes it dangerous to the body. Scientists have discovered that the plaques in arteries that cause heart disease are oxidized fat^[1], so keeping the fat you eat free from oxidation can help you prevent heart disease. This can be achieved by

1. Increasing your consumption of saturated fat in the form of coconut oil
2. Increasing your intake of anti-oxidants such as Vitamins A, C, and E

Medium Chain Fatty Acids: The Secret Weapon of Coconut Oil

The secret of coconut oil lies in the fat it is made of, called medium-chain fatty acids (MCFA), the most popular of which is an MCFA called lauric acid. MCFA's get immediately converted into energy, which means:

- This prevents coconut oil from being stored as fat^[2]
- This results in fat loss^[3]
- Coconut oil has NO effect on raising cholesterol levels^[4]

Nature's Germ Fighter

Coconut oil's properties as a natural germ fighter can save you from unnecessary antibiotics while also protecting you from viruses. Among the many viruses coconut oil helps fight, here are a few^[5]:

- The flu
- The Measles
- Hepatitis C
- HIV (that's right, HIV!)

While also providing protection against bacteria, some of which are:

- H. Pylori (a common cause of stomach ulcers)
- Staph. aureus (the most common disease-causing bacteria)



For more information on coconut oil, please see my book review of *The Healing Miracles of Coconut Oil* by Bruce Fife.

Reference:

1. Goulinet, S. and M.J. Chapman, *Plasma LDL and HDL subspecies are heterogenous in particle content of tocopherols and oxygenated and hydrocarbon carotenoids. Relevance to oxidative resistance and atherogenesis.* *Arterioscler Thromb Vasc Biol*, 1997. **17**(4): p. 786-96.
2. Geliebter, A., et al., *Overfeeding with medium-chain triglyceride diet results in diminished deposition of fat.* *Am J Clin Nutr*, 1983. **37**(1): p. 1-4.
3. Baba N. *Enhanced thermogenesis and diminished deposition of fat in response to overfeeding with diet containing medium chain triglyceride.* *Am J Clin Nutr*, 1982. **35**(4): p. 678-82.
4. Hashim, S.A., et al., *Effect of mixed fat formula feeding on serum cholesterol level in man.* *Am J Clin Nutr*, 1959. **7**(1): p. 30-4.
5. Fife, B., *The Healing Miracles of Coconut Oil*. 2nd ed. 2003: Piccadilly Books.

*Hands Down,
The Healthiest
Oil for you*