

# THE COCONUT OIL SECRET

Why This **Tropical Treasure**  
is Nature's

**#1** Best  
Healing  
Superfood



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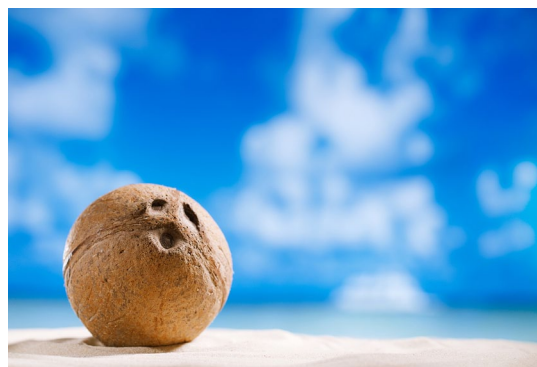
# Table of Contents

<b>Introduction.....</b>	<b>1</b>
<b>Chapter 1 - A Brief History .....</b>	<b>3</b>
<b>Chapter 2 - The Saturated Fat Myth .....</b>	<b>6</b>
The Lipid Hypothesis Just Doesn't Make Sense .....	7
Avoid Trans Fats .....	9
<b>Chapter 3 - Types of Coconut Oil and How to Purchase the Best .....</b>	<b>10</b>
Refined Coconut Oil .....	11
Unrefined Coconut Oil .....	11
A Note on Extraction Methods .....	12
What About Capsules? .....	13
<b>Chapter 4 - Properties of Coconut Oil .....</b>	<b>14</b>
Lauric, Capric and Caprylic Acid .....	15
Daily Supplementation Dosage .....	17
<b>Chapter 5 - A Quick Look at Chemistry .....</b>	<b>19</b>
<b>Chapter 6 - Coconut Oil Fuels the Fat Burning Furnace .....</b>	<b>20</b>
Feel Full Longer .....	24
<b>Chapter 7 - Boosting Your Thyroid .....</b>	<b>25</b>
A Note about Rancidity .....	27
Coconut Oil to the Rescue .....	27
<b>Chapter 8 - Brain Health .....</b>	<b>29</b>
Case Study: A Natural Approach .....	30
What We Know .....	32
<b>Chapter 9 - Coconut Oil and Detoxification .....</b>	<b>33</b>

<b>Chapter 10 - A Word about Cholesterol and Statins .....</b>	<b>36</b>
Coconut Oil and Cholesterol Profile .....	40
Heart Disease and Infection .....	41
<b>Chapter 11 - Beautiful Skin .....</b>	<b>44</b>
Vitamin D Helps Fight against Skin Cancer .....	46
<b>Chapter 12 - Starving Cancer Cells .....</b>	<b>48</b>
Cancer Cell Starvation Diet .....	49
<b>Chapter 14 - Candida .....</b>	<b>51</b>
How Candida Gets Out of Control .....	53
How Do I Know if I Have a Yeast Problem? .....	54
Top Eight Foods that Encourage Yeast Overgrowth .....	55
Spit Test for Yeast .....	56
I have yeast, what now? .....	56
<b>Chapter 15 - Increased Nutrient Availability .....</b>	<b>59</b>
<b>Conclusion - Summing it All Up .....</b>	<b>60</b>

# Introduction

One thing is for sure: coconut oil is no fad. For thousands of years, people living in the tropics have used coconut meat, milk, juice and oil for food and medicinal purposes. Spanish explorers called this wonderful health-promoting nut “monkey face,” for the three indents on its front that resemble a monkey’s face.



Its scientific name is *Cocos nucifera*, meaning “nut-bearing.” Coconuts have a long and respected history throughout numerous cultures in the world, and many depend on them for their survival. Pacific islanders refer to coconut oil as a cure for all illnesses and many call it the “healthiest oil on earth.”

The coconut palm, which produces the coconut, is known as the “Tree of Life,” and although many people have been aware of this nut’s amazing nutritional quality, they may not know that it is a “functional food.”

Functional foods are those that are not only high in vitamins, minerals and fiber, but also possess healing properties. Modern medicine



and science are finally catching up with tradition and uncovering the real story behind the coconut and why everyone should use it. As a result of increasing research, many people are responding and starting to replace other oils in their home with coconut oil—this is good news.

This book is meant to help you better understand how coconut oil can play an integral role in health. Man creates nothing new, he simply repurposes everything he finds in nature - and nothing concocted in a laboratory can ever replace the value of what is found in nature. Seem too simple? Read on to see how modern science has unlocked the mystery of the fruit of the “Tree of Life.”



## A Brief History

With obesity, heart disease, cancer and diabetes at epidemic proportions, it is time for a new approach that isn't really new after all!

Before World War II, and for about thirty years after, people in such countries as the Philippines consumed a diet of rice, coconuts, vegetables and root crops. They were rarely sick and you had to look really hard to find anyone who was overweight. Conditions such as diabetes, cancer and heart disease were virtually unheard of. People who did visit a doctor did so to have wounds treated or to receive help for tropical diseases such as malaria or dengue fever. Coconut oil, meat and milk were consumed daily

**Today most of the world's coconut production comes from small farms in Asia. The crop is easy to grow even in difficult environments and can take poor soil and drought. It also plays a very important role in maintaining the fragile ecosystem of island and coastal regions. Over 70 percent of coconut crops are consumed locally as food, drink and cooking oil. Fibers are fashioned into rope and twine, husks are used for flooring material, shells are made into bowls, utensils and jewelry, leaves become brooms, baskets and mats, and trunks are fashioned into furniture or even homes. In fact, all parts of the tree and coconut are useful in some way or another.**

and meals were high in saturated fat from the coconut. The oil was often made by hand through a process of fermentation or boiling.

Not only were coconuts an integral part of traditional diets, they were also used in medicine. Health problems such as coughs, constipation, jaundice, lice, malnutrition, bruises, burns, colds, skin infections, typhoid, toothaches, wounds, scabies, gingivitis, earaches, fevers and flus were often treated using coconuts, especially coconut oil.

With dramatic changes in the way food was processed after World War II, things began to unravel. Sadly, Western food made its way to the tropical cultures and health began to decline. Many of the traditional methods of preparing food, including coconut oil, were replaced by modern, mechanical processes.



Large coconut refineries were built to supply the United States with the oil (which was used in the baking industry). Although some people still made their coconut oil by hand, many opted for the cheaper (refined) product that was readily available in the marketplace.

Coconut oil was in demand in America for some time after the war, however, this too ended as the oil was quickly replaced with unhealthy, hydrogenated oils. Many people in countries such as the Philippines were forced to leave their coconut farms behind and move into cities in search of jobs. In addition to this, people began to adopt Western-style diets. Cheaper, mass-produced food replaced local traditional fare and few people cultivated their own food. Fast foods, including those made with highly-refined coconut oil, rice grown with chemical fertilizers, and soft drinks loaded with sugar were consumed in abundance. Obesity became more prevalent, as did Western diseases such as heart disease, diabetes and cancer.

Fortunately, over the last decade, more research is being uncovered revealing the incredible health benefits of unrefined coconut oil. As the volume of research continues to amplify, people all over the world are accepting what Asian and Pacific islanders have known for thousands of years: coconut oil is a delicious, nutritious superfood with medicinal characteristics that should not be ignored.



## The Saturated Fat Myth

The theory that took saturated fats down, including tropical saturated fat found in coconuts, appeared in the 1950s and has been coined the “lipid hypothesis.” This hypothesis stated that there was an intimate relationship between saturated fat, cholesterol and heart disease.

This hypothesis was built on questionable evidence at best. Ancel Keys, the founder of the hypothesis, presented his “findings” to the medical community. Despite a lack of evidence and the prevalence of other studies finding different conclusions, the lipid hypothesis took hold.

The majority of support came from food manufacturers and vegetable oil producers who saw great benefit in promoting this hypothesis. If everyone would stop using saturated fat, they could convince consumers that refined vegetable oil was healthy.

The truth is, almost 90 percent of all well-researched studies examining this hypothesis do not support the fact that saturated fats and dietary cholesterol cause heart disease. In fact, researchers have found that a clogged artery is composed of about 26 percent saturated fat and more than half polyunsaturated fat.

Since the 1960s, there have been a wealth of studies assuring us that saturated fats found in dairy products, such as butter and whole milk, as well as red meats, increase “bad” LDL cholesterol levels and contribute to heart disease.

These studies spearheaded our nation’s obsession with “low-fat” products, and a campaign began promoting the use of polyunsaturated fats such as corn, safflower and soybean oil.

## **The Lipid Hypothesis Just Doesn’t Make Sense**

Although you will find a number of studies where researchers have induced heart disease in animals by loading them up with huge doses of oxidized and rancid cholesterol (about 10 times the amount found in the ordinary human diet), modern research contradicts the cholesterol-heart disease connection.

Famous heart surgeon Michael E. DeBakey found that in a survey of 1,700 patients with hardening of the arteries, there was no relationship at all between the level of cholesterol in the blood and the predominance of atherosclerosis.

A study of adults in South Carolina found no relationship between blood cholesterol levels and the consumption of red meat, animal fat, butter, eggs, bacon, sausage, cheese or whole milk. On the contrary, a survey conducted by the Medical Research Council showed that men who ate butter had half the risk of developing heart disease than those men who consumed margarine.

Residents of northern India eat 17 times more animal fat than those in southern India. However, they have a seven times lower rate of heart disease. Eskimos eat a lot of saturated fat from fish and other animals but they are virtually free from disease.

The French are another example of a group of people who consume large amounts of saturated fats from butter, eggs, cheese, cream, liver and other meats but have a much lower rate of coronary heart disease than many other countries in the West. In the United States, 315 of every 100,000 middle-aged men die of heart attacks each year; in France the rate is 145 per 100,000.

## Avoid Trans Fats

***One thing is certain:*** the type of fat that should be avoided the most is trans fat, also known as partially hydrogenated oil. Often included in so-called “low fat” foods, this fake fat is highly dangerous. The main sources of trans fats are processed, baked goods and fast foods.

These types of fats raise levels of “bad” LDL cholesterol, while reducing levels of “good” HDL cholesterol. It is best to stay away from trans fats altogether, they offer absolutely no health benefits.

The inflammatory properties of these oils observed by some studies may well be due to the methods used in processing and packaging these oils, and not a property of the oils themselves.

The more natural a fat source is, and the less processing involved in its creation, the healthier it usually is. There are exceptions, such as the hormone-disrupting dangers of soybean oil. However, aside from these known “risk-factor foods,” when you choose natural, it is hard to go wrong.

**TRUTH:** It is also important to understand that early coconut research was conducted on highly refined coconut oil that contained dangerous trans fats.





## Types of Coconut Oil and How to Purchase the Best

Like most things, not all coconut oil is created equal; some are better than others. As was the case when coconut oil was used heavily in the food processing industry years ago, there is still a lot of refined coconut oil in circulation. Obviously, the more processed the oil is, the less health benefits it possesses.

Coconut oil is extracted from the kernel or meat of a mature coconut. Coconuts are not actually nuts, but are rather considered fruits because of the way they are made up. They have three layers; the exocarp (outer layer), the mesocarp (middle layer), and the endocarp (hardy woody layer around the seed). While all parts of the coconut are valuable, the oil has been the topic of a great amount of recent research.



Since coconut oil is processed in a few different ways, it is a good idea to know the difference between refined and unrefined.

## Refined Coconut Oil

Refined coconut oil has gone through chemical processing

using bleach and other agents. It is processed from copra (dried coconut meat). During the drying and processing of the meat, contaminants are purified using bleaching clays. Once this is complete, the oil is heated to high temperatures, which destroys its natural composition. At this point, it will no longer have that distinctive tropical smell that we are familiar with. Manufacturers add chemicals such as sodium hydroxide in order to prolong the shelf life. It is even possible that additives used end up changing the fat in the oil from healthy saturated fat to dangerous trans fat.

## Unrefined Coconut Oil

When “virgin” or fresh coconut meat is processed, a very quick drying process, or a wet milling process, is used. During the quick-dry method, the meat is dried and the oil is extracted. With wet milling, the coconut milk is separated from the meat by boiling, enzymes, fermentation or

using a centrifuge. By processing this way, there is no bleaching, additives or high heat used. The coconut oil maintains its natural tropical aroma and delicious taste.

## **A Note on Extraction Methods**

Once you have decided on refined or unrefined, you have to decide on method of extraction, of which there are three: cold-pressed, expeller-pressed and centrifuged. Because all three of these methods are used in both refined and unrefined varieties, you need to know the difference.

Expeller-pressed and cold-pressed does not always mean “raw.” The oil can be heated to a rather high temperature during the extraction process. The higher the heat the more “toasted” the oil will taste. Centrifuged oil is not exposed to as high a heat so it will taste more mild and sweet. If you use coconut oil for cooking you may prefer the taste of the centrifuged oil. Just be sure, no matter what, that you always purchase organic virgin coconut oil.



## What About Capsules?



Although coconut oil has traditionally been used in a liquid form, capsules are now readily available. Both forms offer a myriad of benefits as long as you stay clear of cheap imitations. Capsules are great when you travel or need that extra coconut oil boost.

*Be sure to check the ingredients of both capsule and oil forms.* The only thing on the label should be “organic virgin” or “extra virgin” coconut oil. Stay clear of capsules with fillers and be sure that the gel casing is made of a vegetable base. It is also best to find a product that is manufactured in the United States or in a Good Manufacturing Practices (GMP) verified plant. Just scan the label to find this information.



## Properties of Coconut Oil

- 🔥 **Antibacterial**—stops bacteria that cause gum disease, throat infections, urinary tract infections and ulcers in their tracks.
- 🔥 **Anticarcinogenic**—keeps dangerous cancer cells from spreading while boosting immunity.
- 🔥 **Antifungal**—destroys infection-promoting fungus and yeast.
- 🔥 **Anti-inflammatory**—suppresses inflammation and repairs tissue.
- 🔥 **Antimicrobial**—inactivates harmful microbes and fights infection.
- 🔥 **Antioxidant**—protects from free radical damage.
- 🔥 **Antiretroviral**—destroys HIV and HTLV-1.
- 🔥 **Antiparasitic**—rids the body of lice, tapeworms and other parasites.

- 🔥 **Anti-protozoa**—kills protozoan infection in the gut.
- 🔥 **Antiviral**—kills viruses that cause influenza, herpes, measles, AIDS, hepatitis and more.
- 🔥 **Improves nutrient absorption**—really easy to digest and makes nutrients readily available.
- 🔥 **Safe and nontoxic**
- 🔥 **No side effects**

## Lauric, Capric and Caprylic Acid

Half of the fat in coconut oil is comprised of a fat that is not frequently found in nature, lauric acid. Lauric acid has been called a “miracle” ingredient due to its health promoting capabilities, and is present in a mother’s milk. In fact, it can be found in only three dietary sources—small amounts in butterfat and larger amounts in palm kernel and coconut oils.

In the body, lauric acid is converted to monolaurin, which is a potent antiviral, antibacterial and antiprotozoal substance. Because monolaurin is a monoglyceride, it can destroy lipid-coated viruses including measles, influenza, HIV, herpes and a number of pathogenic bacteria.

## Coconut oil contains the most lauric acid of any substance on Earth!

Coconut oil also contains another fatty acid, capric acid. Capric acid is present in very small amounts in goat's milk and cow's milk, but is abundant in tropical oils including coconut oil and palm kernel oil. It is a medium-chain fatty acid that has potent antimicrobial and antiviral properties. In the body, capric acid is converted to monocaprin, a form that can readily fight viruses, bacteria and the yeast *Candida albicans*.

The third fatty acid that coconut oil contains is caprylic acid. This fat is found in mother's breast milk and coconuts. Also known as octanoic acid, this saturated fatty acid has a number of health promoting properties. The Health and Science Institute tells us that caprylic acid has the innate ability to treat yeast-like fungus in the intestines. This makes it great ammunition against *Candida* (more to come). *The Physicians' Desk Reference for Nutritional Supplements* tells us that caprylic acid may also help those who suffer from Crohn's disease, and may have a beneficial impact on high blood pressure. A Japanese study found that caprylic acid suppresses the secretion of IL-8, the gene present in the intestines of those suffering from Crohn's disease.

## Daily Supplementation Dosage

Although coconut oil is safe, you should check with a health professional for the correct dosage.

Weight	Amount
Above 175 pounds	4 tbsp.
Above 150 pounds	3.5 tbsp.
Above 125 pounds	3 tbsp.
Above 100 pounds	2.5 tbsp.
Above 75 pounds	1.5 tbsp.
Above 50 pounds	1.5 tsp.
Above 25 pounds	1 tsp.

One great way to get your daily dose of coconut oil is to switch out other oils with coconut oil. Coconut oil can be substituted equally for any oil for cooking and also used as a replacement for butter if desired.



## A Quick Look at Chemistry

Ninety-two percent of the fat found in coconut oil is saturated. Compare this to olive oil, which is 15 percent saturated, beef fat, which is 50 percent saturated and butter, which is 63 percent saturated. The fact that the oil is so high in saturated fat explains why it remains solid at room temperature and does not go rancid quickly. Many vegans use it as a butter substitute.

Besides its high saturated fat content, coconut oil also contains a high number of medium-chain triglycerides (or medium-chain fatty acids, known as MCTs), which contain 6-12 carbons (more on MCTs to come).

In fact, coconut oil is the richest source of these medium-chain fatty acids. This is compared to most other oils, which are made up of long-chain triglycerides (LCTs) and have more than 12 carbons. Soybean oil is 100 percent LCTs and coconut oil has 40 percent LCTs and 60 percent MCTs. This makes a huge difference because of the way our bodies metabolize MCTs and LCTs.

LCTs are very difficult for the body to break down and require a special enzyme for digestion. They also put a great deal of strain on the pancreas, liver and digestive system. The body stores LCTs primarily as fat, and they are also deposited into arteries in lipid forms such as cholesterol.

In stark contrast, MCTs have numerous health promoting qualities. They are much smaller than LCTs, which means they can permeate cell membranes easily and do not require special enzymes to be functional to the body. They are easy to digest and are also sent directly to the liver where they are converted to energy—not stored as fat. MCTs also help to stimulate metabolism.



## Coconut Oil Fuels the Fat Burning Furnace

As use of traditional animal and tropical oils has decreased, the waistlines and preponderance of diseases, such as heart disease, cancer and hypercholesterolemia, have increased. There has even been a marked increase in the number of obese children due to widespread use of hydrogenated oils in fast and processed foods.

Researchers have discovered that in cultures where unrefined coconut oil is a part of the everyday diet, there is less obesity and less lifestyle-related disease. As was mentioned earlier, the shorter-chain fatty acids found in coconut oil burn quickly in the body. They are like small pieces of dry kindling added to a fire as opposed to a big damp log. The immediate transport of MCTs to the liver means the fat does not have to be





**“During the past 20 years, there has been a dramatic increase in obesity in the United States and rates remain high. In 2010, no state had a prevalence of obesity less than 20%. Thirty-six states had a prevalence of 25% or more; 12 of these states (Alabama, Arkansas, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Tennessee, Texas, and West Virginia) had a prevalence of 30% or more.”-**

*US Centers for Disease Control*

transported through the whole body first and does not end up as fat in the blood, but remains accessible fat that can be used to power the body.

MCTs also increase the rate at which the body burns fuel for energy. When you look at the lean and trim bodies of people living in the tropics—who make coconut a staple in their diets—this makes a lot of sense.

A well-known population study conducted in the South Pacific islands of Pukapuka and Tokelau, located close to New Zealand, began in the 1960s before the areas had been exposed to refined foods from the West. People living in these areas ate only traditional foods and coconut was consumed at each meal in one way or another.

For these islanders, 50 to 60 percent of their calories came from fat, most

in the form of saturated fat from coconuts. In comparison people living in the West were getting about 30 to 40 percent of calories from fat. Compared to Western standards, the health of both island populations was very good. They had no sign of kidney disease, hypothyroidism or high blood cholesterol. All of the people were lean and very healthy with ideal height to weight ratios. “Western diseases such as heart disease, colitis, colon cancer, ulcers, atherosclerosis and appendicitis were very rare.

This is not the only study conducted on the effects of diets high in saturated fat. In the 1930s a dentist, Dr. Weston Price, conducted studies on people living in the Pacific islands. He was very interested in how traditional diets influenced overall health and well-being, specifically dental health. He compared populations of islanders who ate traditional food with those who ate refined food. Dr. Price discovered that islanders who ate traditional fare were in great health and not overweight despite the fact that they ate large amounts of saturated fat. Those who traded food with Western countries and ate a higher percentage of refined foods (high in carbohydrates) suffered from common Western diseases including obesity and tooth decay.

The Indian Department of Medicine conducted a study comparing traditional cooking oils and fats, such as clarified butter and coconut oil, which are high in saturated fats, with oils such as safflower and sunflower, which are mostly polyunsaturated fats. Use of these oils was compared to incidences of type 2 diabetes and heart disease.

What was discovered was that as saturated fats were replaced with polyunsaturated fats, the rates of heart disease and diabetes went up. The so-called “heart friendly” oils contain a bad ratio of omega-6 fatty acids to omega-3 fatty acids. Additional studies have indicated that consumption of modern vegetable oils can harm one’s health.

A random, double-blind study divided women into two groups: one group received soybean oil supplements (S) and the other group (C) received the same amount of virgin coconut oil. Each group was instructed to follow a balanced diet and walk 50 minutes each day.

### **The results:**

*“[After one week,] only group C exhibited a reduction in [waist circumference]... Group S presented an increase... in total cholesterol, LDL and LDL:HDL ratio, whilst HDL diminished... Such alterations were not observed in group C. It appears that dietetic supplementation with coconut oil does not cause dyslipidemia and seems to promote a reduction in abdominal obesity.”*

Similar findings were revealed in a 2003 study. It was found that consumption of MCTs increased energy expenditure and reduced adipose fat in overweight men. When 24 overweight men consumed diets rich in MCTs or LCTs, the group consuming MCTs lost more weight and had an increase in energy compared to those consuming LCTs.

**A study of 40 women with abdominal obesity consumed 1 ounce of coconut oil per day and had a significant reduction of BMI and waist circumference in 12 weeks. In another study, 20 obese males had a 1.1 inch reduction in waist size after only 4 weeks of consuming 1 ounce of coconut oil per day.**

## Feel Full Longer

Coconut oil can also reduce hunger. One study found that men who ate the most MCTs consumed 256 fewer calories than men who did not. One study found men who ate the most MCTs consumed 256 fewer calories than men who did not. In another study, men who had MCTs for breakfast ate far fewer calories throughout the day than men who did not eat MCTs.





## Boosting Your Thyroid

Over 13 million people in America suffer from low thyroid function. There is strong reason to believe that an underactive thyroid is a major block to weight loss, especially for women. Thyroid hormones are necessary for normal health and cellular activity and if thyroid function is not normal, weight loss is next to impossible.

The thyroid gland is responsible for controlling the temperature of the body, and use of energy and growth rate in children. Fatigue, depression, weight gain, cold hands and feet, sensitivity to cold, low body temperature, headaches, joint pain, menstrual disorders, puffy eyes, hair loss, brittle nails, constipation, ringing in the ears, loss of sex drive and frequent infections are all possible indicators of a sluggish thyroid.

It is thought that diet plays a role in thyroid health. Although low iodine intake leads to low thyroid function, table salt does not appear to be the best option. Many foods eaten in Western culture contain what are known as goitrogens or iodine blockers. Two popular goitrogens are soybeans and peanuts. A great amount of processed foods contain either or both of these. Grocery store items are full of polyunsaturated oils and many Americans still shy away from using saturated fat, preferring to cook with expeller-pressed or solvent-extracted oils. If you cook with vegetable oil, it is time to stop.

**Polyunsaturated oils such as soy oil have been used to fatten up livestock. These oils, comprised of LCTs, promote weight gain. In the 1940s farmers tried using coconut oil to fatten animals and discovered that it made them lean and active instead.**

With the industrialization of our agricultural system, soil has become iodine deficient, further compromising thyroid health. In addition, consumption of refined sugars and grains also negatively impact thyroid function. There are also a number of environmental stressors such as chemical pollutants, pesticides, mercury and fluoride that stress the thyroid. With all these insults, it is no wonder so many people suffer from inadequate thyroid function.

## A Note about Rancidity

Vegetable oils oxidize very rapidly and become rancid. To prevent rancidity, food manufacturers super-refine the oils, which is especially damaging to cell health and causes a negative impact on the thyroid. The long-chain fatty acids found in vegetable oils that are deposited in cells are often rancid, oxidized fat, which interferes with the conversion of the thyroid hormone T4 to T3, needed to produce enzymes for the conversion of fat to energy.

## Coconut Oil to the Rescue

Because coconut oil is saturated and highly stable, oxidation does not occur, and because it is broken down differently in the body, coconut oil does not interfere with the conversion of T4 to T3. In addition to changing from polyunsaturated fats to healthy saturated fats found in coconut oil, there are a number of other healthy lifestyle changes you can make to support healthy thyroid function:

- 🔥 Consume iodine-rich foods such as sea vegetables, cranberries, freshly caught fish and eggs.
- 🔥 Juice organic vegetables.
- 🔥 Avoid foods that contain soybean oil—often found in mayonnaise, peanut butter, dressings, etc..
- 🔥 Reduce consumption of processed grains and sugar.

- 🔥 Limit exposure to fluoride and mercury—have a good water-filtration system for your home.
- 🔥 Take high-quality supplements such as zinc, selenium, manganese, chromium, B vitamins, vitamin C, vitamin A and vitamin E (Cod liver oil is a good source of natural vitamin A).
- 🔥 Exercise—this is especially important to correct thyroid function. Walking briskly for 30 minutes a day is a good place to start.

These studies, and more, make a strong case for virgin coconut oil. If you want to feed your metabolic furnace, improve your energy and drop belly fat, add virgin coconut oil to a well-balanced healthy daily diet. MCT oil is an easy substitution in salad dressings, smoothies and soups.



# 8

chapter

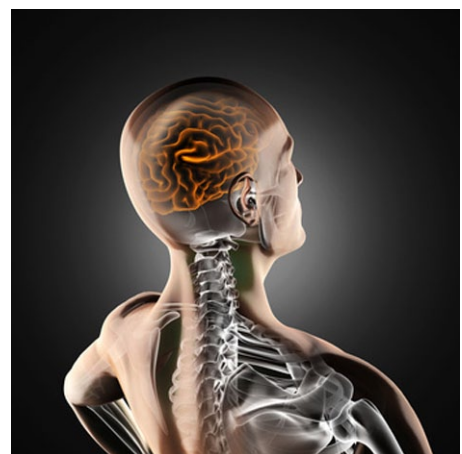
## Brain Health

According to the Alzheimer's Association, the number of people diagnosed with this debilitating disease is on the rise. It is expected that by the year 2050, almost 14 million people will be living with the condition known to rob people of their memories and impose anxiety and confusion.

Presently, over 5 million people suffer the effects of this disease that is now known as the 7th leading cause of death in our country.

It is estimated that over 148 billion dollars are spent each year treating Alzheimer's.

There are no pharmaceutical options available to treat, halt or reverse the symptoms of Alzheimer's disease. Drugs being created



now are made to reduce the amyloid plaques, made from a protein called Amyloid B (AB), that build up on the brain. These are a trademark of the disease.

However, recent studies reveal that small clumps of AB, called oligomers, appear years before the plaques even start to develop. The molecular structure of these oligomers is very different from AB.

Further, they found that drugs designed to destroy amyloid plaques have no effect on oligomers. This could explain why experimental Alzheimer's drugs have failed; they are focused on plaques, not their precursor, oligomers.

## Case Study: A Natural Approach

Mary Newport, MD, has had some up-close and highly personal experience with dementia and Alzheimer's. When her 53-year-old husband started showing signs of progressive dementia, which was later diagnosed as Alzheimer's, she took action.

He began taking Alzheimer's drugs such as Namenda, Exelon and Aricept—however, his disease continued to worsen. It was not until Dr. Newport tried to get her husband into a drug trial for a new Alzheimer's drug that she started to research Alzheimer's triggers.

Her research led her to the discovery that some brain cells may have a difficult time using glucose—the brain's main source of energy. Without

this fuel, neurons begin to die. An alternative energy source for brain cells is fats, known as ketones. When the body is deprived of carbohydrates, it naturally produces ketones.

The hard part is that most people can't cut carbohydrates out of the body altogether, and in many respects this can be unhealthy. So another way to produce ketones is by consuming oils made from medium-chain triglycerides. MCT is an oil made from coconut and palm oil.

The drug being used in the trial was just MCT oil at a dose of 20 grams. When MCT oil is metabolized, ketones, which are created by the body, not only protect against Alzheimer's but may also reverse the symptoms. This is also a potential treatment for Parkinson's, Huntington's, type 2 diabetes and multiple and amyotrophic lateral sclerosis.

Mr. Newport began to take coconut oil twice a day at a point where he could not even remember how to draw a clock. After taking two tablespoons of virgin coconut oil, he had an immediate increase in brain function.

Two weeks after adding coconut oil to his diet, his drawing ability improved. After a little over a month, the drawing had more clarity. It appeared as though the oil was lifting the fog.

After sixty days, he was alert, talkative and happy. He had more focus and concentration and was able to stay on task. He kept taking the same amount of coconut oil each day and the dementia continued to reverse.

He was able to run again, and his reading comprehension improved dramatically. Over time, his short-term memory returned, and he was able to talk about past events with clarity. When he had a brain scan, the atrophy that had once been present was halted.

## **What We Know**

We know that Alzheimer's drugs have failed. We know that a drug company put a non-patentable natural substance (MCT) through an FDA trial, and it worked. But, it has now been discovered that a natural substance can be substituted for an expensive drug.

The amazing thing is that the natural substitute works better than the drug version. The ketones actually last for eight hours in the body when coconut oil is used versus three when the synthetic version is used. If this actually catches on, it could bring the drug monopolies to their knees!



## Coconut Oil and Detoxification

Just a quick search on the Internet reveals the popularity of detoxes. Although many of the detoxes touted on the Internet are built around fads and are not scientifically grounded, a true and safe detox has many health promoting benefits:

- 🔥 Elimination of bacteria
- 🔥 Improved digestion
- 🔥 Enhanced immunity
- 🔥 Improved energy
- 🔥 Increased metabolism

The key to a successful detox is choosing the right detox method. There is no shortage of options from juicing to full week retreats. However, you don't need to break the bank in order to successfully cleanse.

Coconut oil contains so many healing properties that is an integral part of a number of very popular detox programs. In some programs, coconut oil is used as a food replacement. The idea is that every time you are hungry, you take two tablespoons of coconut oil. Since it is easy to digest and provides immediate energy, it is a great substitute for a heavy meal. If you plan on using coconut oil in this manner, it is always best to contact a health professional before beginning. Other popular detoxes combine coconut oil and juicing. The MCTs in the oil act like a carbohydrate in the body, providing an immediate energy boost without spiking insulin. No matter what type of detox you choose, coconut oil is an excellent complement that will keep you energized and feeling full.

## Oil Pulling

Oil pulling is a highly powerful way to detoxify the body. Dr. Bruce Fife is a coconut oil expert and the author of *Oil Pulling Therapy*. He says, "oil pulling is one of the most remarkable methods of detoxification and healing I have ever experienced in my career as a naturopathic physician." This process removes bacteria, toxins and parasites from the mouth and also loosens sinuses and congestion while encouraging the lymph system to move toxins out of the body.

## Oil Pulling Instructions:

1. Oil pulling should be done on an empty stomach first thing in the morning.
2. Use one tablespoon of organic virgin coconut oil—you may want to start with 1/2 a tablespoon and work your way up to a tablespoon.
3. Swish the oil around your mouth slowly and be sure that the oil reaches all parts of your mouth—do not swallow.
4. Swish for ten minutes minimum.
5. Spit out when you are done and rinse with pure water.
6. Brush with a natural toothpaste afterwards.
7. Oil pulling can be done daily and will reduce plaque, whiten teeth, freshen breath and improve overall health and well-being.

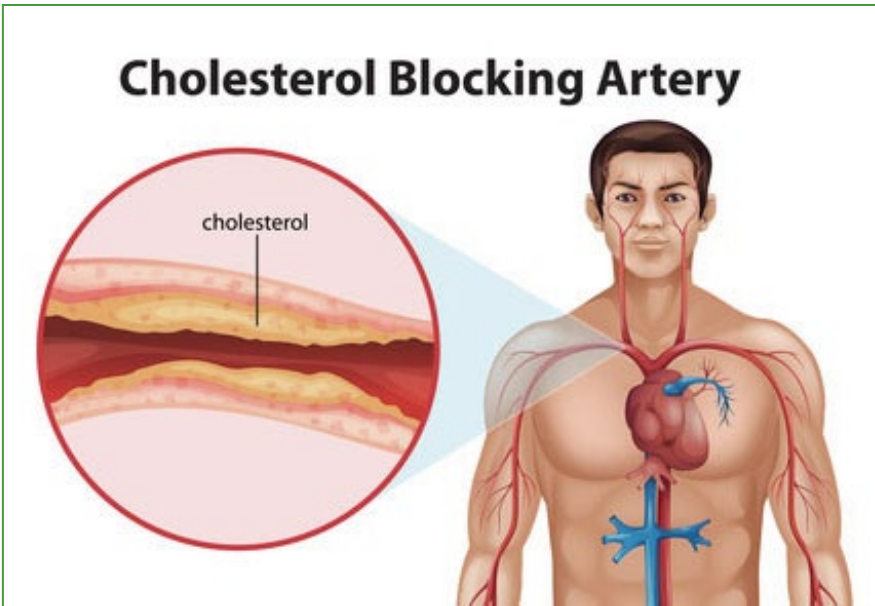


## A Word about Cholesterol and Statins

Today, over 40 million people worldwide take prescription statins to lower their levels of LDL cholesterol. However, in doing so, important cellular functions are severely compromised.

HDL and LDL cholesterol serve as carriers of essential CoQ10, beta carotene, and vitamin E to the mitochondria, the energy source of cells. CoQ10 is essential to the functioning of heart muscles, and cholesterol itself is vital for the body's overall function, including brain function and hormonal stability.





When cholesterol is prevented from doing its job, the body is not able to work as it should. Numerous statin patients testify that they developed a number of new health conditions when they started

taking statins, which gradually improved when statin use was stopped.

Some of the most common were severe memory impairment, loss of energy, depression, muscle pain and eye problems. Researchers estimate that only about 1 in 200 adverse effects of statins are actually reported by physicians.

One of the most frightening facts about statins is that in 75 percent of cases, they are prescribed to healthy individuals for preventative purposes, as a “primary prevention” measure against heart disease. However, overwhelming research shows that using statins for primary prevention does nothing to increase life expectancy.

Studies show that the instances of heart attacks in statin patients were somewhat lower, but this was cancelled out by the other diseases that

occurred in these patients while on statins, very likely caused by the statins themselves due to their inhibition of cellular function and their blockage of vital nutrients.

In the 25 percent of patients prescribed statins after a cardiac event, stroke, or surgical heart intervention, the statins did increase life expectancy slightly. However, when the statistics were compiled, the life expectancy of these patients rose by only 14 days.

Statins are one of the most widely prescribed classes of drugs in the world, and provide the pharmaceutical industry with billions of dollars in profits each year. Dr. John Abramson of Harvard Medical School explains how the scientific evidence backing statin use is entirely influenced by commercial interests.

In an interview, he details how starting in the Reagan administration, government funding for research in the public interest was significantly cut, and how the great majority of funding for research now comes from the drug companies themselves.

“You have five times better odds of getting the results you want if you pay for the science,” Dr. Abramson states. “The real data is not available to the editors of the journal or the peer reviewers.”

One example of how the pharmaceutical companies with commercial interest in statins doctored studies supporting their use is the JUPITER

Trial. Several years ago, this extremely popular study presented that statins reduce the risk of heart attacks by 54 percent, causing doctors worldwide to prescribe them in huge numbers.

However, Dr. Abramson explains that this was a “relative percentage,” and when the actual numbers were analyzed, it was discovered that heart attacks were only reduced by 0.48 percent.

Nethertheless, the media took the JUPITER Trial as fact, and widely reported the success of statins. According to Dr. Abramson, “the only media in the United States that got it right was that renowned medical expert Dr. Stephen Colbert, who said, ‘the JUPITER Trial was a great breakthrough in figuring out how to get people to take drugs who don’t need them.’”

Heart disease is a serious problem worldwide, causing 7.8 million deaths in 2008. As the death toll continues to rise, it is no surprise that people are afraid and wish to take preventative measures.

However, increasing evidence shows that lowering cholesterol is not the answer, and the use of statins causes great harm with very questionable benefits, at best. The documentary *Statin Nation* proposes a strong link between stress levels and heart disease, a link that demands further study, as it may hold the key to saving a great number of lives.

Dr. Abramson puts it bluntly: “Hopefully when we look back on this era, and we see the fraud that went on in misleading physicians about the

scientific evidence, we'll see that this stands as organized crime... of a higher tech nature than robbing banks with machine guns. But there's a lot more money in this, and in fact, many, many more people get hurt."

Dr. Natasha Campbell-McBride agrees. She urges us to rethink our obsession with cholesterol. "The last thing you want to do is interfere with your blood levels of cholesterol. Your body knows what it is doing. Whatever level of cholesterol you have in your blood at that moment is the right level for you. Don't mess around with it."

## Coconut Oil and Cholesterol Profile

The saturated fat in coconut oil can actually protect you from suffering a heart attack or a stroke. Including unrefined coconut oil in the diet generally increases HDL cholesterol and improves the overall cholesterol profile. One of the best indicators of heart disease risk is not to assess total cholesterol, but rather the LDL/HDL ratio. Since coconut oil increases HDL, the overall cholesterol ratio improves, lowering the risk of heart disease.

Research shows that people who consume large amounts of coconut oil as part of their ordinary diet have very low incidences of heart disease and normal cholesterol profiles. The medium-chain fatty acids in coconut oil appear to be what protects the heart. Studies back as far as 1970 demonstrate that coconut oil is heart-friendly, even though it is a saturated fat. In addition to improving the cholesterol profile, consumption of coconut oil lowers body deposition, reduces blood clots, reduces free

radicals in cells, and lowers the levels of cholesterol in the blood and liver while increasing the antioxidant reserves in cells. This along with population studies indicating a lower incidence of heart disease demonstrates the effectiveness of coconut oil to protect the heart.

## Heart Disease and Infection

Hardening of the arteries (atherosclerosis) causes heart disease. The current thinking on atherosclerosis is that it develops as a result of an injury to the inner lining of the arterial wall. A number of things can cause the injury, such as toxins, free radicals, bacteria and viruses. If the root of the damage is not dealt with, irritation and inflammation will persist and scar tissue will continue to form.

Platelets, which are special blood-clotting proteins, circulate in the blood and when they find an injury, they become sticky and adhere to each other as well as to the damaged tissue, acting like a Band-Aid. This is how a blood clot is formed. Injury of any kind causes platelets to clot together and to release protein growth factors, which encourage the muscle cells in the artery walls to grow. Scar tissue, calcium, platelets, cholesterol and triglycerides rush to the site in an effort to heal the injured area. This results in a mass of arterial plaque. When this plaque builds up in the coronary artery (which feeds the heart) it is called coronary heart disease—the most common cause of death in the United States.

There is also convincing evidence that chronic low-grade infection appears to encourage the development of plaque that leads to heart

disease. A Finnish study found that 27 out of 40 heart attack patients and 15 out of 30 men with heart disease carried antibodies that related to chlamydia, which is known to cause gum disease and lung infections. Only seven out of 41 men who were free of heart disease had the antibodies. In an animal study where rabbits were infected with chlamydia, the arterial walls of the rabbits were thickened. Once the rabbits were given an antibiotic the walls reduced to normal size.

A chronic infection may persist without any visible symptoms. It may be possible when the body is unable to deal with the infection that plaque continues to develop and a sudden heart attack could occur.

Researchers are careful to say that not all infections result in hardening of the arteries and that other factors, such as free radicals, high blood pressure and diabetes also cause injuries to the arterial wall and encourage plaque formation. However, anything that will compromise immunity such as poor diet, stress, or serious illness may also make the body vulnerable to chronic infection and cause hardening of the arteries.

One out of every two people you know will die from heart disease or a stroke.

While antibiotics are effective against bacterial infections, infections caused by viruses remain untouched. However, both bacteria and viruses can be destroyed by the medium-chain fatty acids (MCFA) found in coconut oil. MCFA are highly potent germ fighters and can kill dozens of disease-causing organisms. Coconut oil can not only protect you from germs that cause herpes, ulcers and lung infections but also from heart disease and stroke.

**DID YOU KNOW?** In Sri Lanka where coconut oil has been a primary dietary fat, the death rate from heart disease is the lowest in the world. Sadly, as more polyunsaturated fats have replaced coconut oil, heart disease rates are rising sharply. These so-called “heart-friendly” oils are clearly not good for the heart at all. Researchers who have seen this trend are encouraging people in India to switch back to coconut oil to reduce their heart disease risk.

**Action Step:** Replace vegetable oil with coconut oil to protect your heart.

# 11

chapter

## Beautiful Skin

A study conducted in 2008 at the Skin and Cancer Foundation in the Philippines compared virgin coconut oil and virgin olive oil in moisturizing dryness and removing bacteria from colonized atopic dermatitis.

The study, a double-blind controlled trial, found that coconut oil was more effective than olive oil in killing bacteria, mostly because of its lauric acid content.

A 2009 study at the Division of Dermatology, Department of Medicine, University of California, San Diego, looked at the antimicrobial properties of lauric acid and its potential to heal acne.





The results were favorable for using lauric acid in place of antibiotics for treatment of acne.

Coconut oil helps to clear away dead skin cells and can also be combined with coconut crystals, sea salt or other natural exfoliating substances to make a very useful facial scrub that leaves the skin feeling soft and clean. No need to spend money on special products when you can use coconut oil. A simple scrub can be made by mixing one cup of coconut crystals with 1/2 cup of organic coconut oil.

People living in the tropics have beautiful, wrinkle-free skin and this is due, in part, to their use of coconut oil. This medium-chain fatty acid protects and heals the skin at the same time. Coconut oil is also an effective sunscreen, blocking out 20 percent of harmful rays.

Coconut oil puts nutrients back into your skin, as opposed to other oils and commercial products that suffocate the skin and provide no nutritional benefits. If you want to use coconut oil as a moisturizer, be sure to start with a very small amount. If you put too much on your skin, it will not be able to drink it all in. A little goes a long way and this makes it an extremely economical choice for a moisturizer.

Coconut oil is safe for children of all ages, including babies, and can help heal up a mean diaper rash in no time.

## Vitamin D Helps Fight against Skin Cancer

If you have ever known a Filipino person, you know they likely have a lovely, youthful complexion and soft, wrinkle-free skin, despite the fact that they live in a climate that exposes them to the sun's hot rays all year round. Skin cancer is virtually unheard of in the Philippines, where coconut oil is the main dietary oil used and the main ingredient in their skin care products.

**Tropical Skin Exfoliant: Mix 2 parts organic brown sugar and 1 part organic extra virgin coconut oil.**

In the United States, we run scared from the sun, covering every square inch of exposed skin with lotions, lathers and sprays thinking that we are doing the right thing to protect ourselves from the damaging rays of the scorching sun. We are constantly bombarded with reasons why we need to use sunscreen, which blocks out the skin's ability to absorb vitamin D. Interestingly enough, vitamin D has been proven to prevent cancer.

Coconut oil is the main reason why people in the tropics can be in the sun and not experience skin cancer. Its healing antioxidant powers protect the skin from free radical damage. In addition, using coconut oil on the skin helps our bodies absorb other nutrients more effectively, such as vitamin E, which is another skin protecting antioxidant.

Now, don't think that you can be crazy and lay in the sun all day, even with coconut oil on your skin. You still have to be smart about the sun. Stay clear of the sun during the hottest time of the day between noon and 3 p.m., if possible. Vitamin D production is important, but it only takes a little while per day in the sun to get what you need.

The evidence that commercial sunscreen does more harm than good is very compelling. Sunscreen contains dangerous chemicals that keep the skin from breathing, and blocks beneficial sun rays. The false security that this multi-million dollar business provides is horrifying. Why not switch to an all-natural, safe and effective alternative?

**Action Step:** Daily use of organic, virgin coconut oil as a skin moisturizer and skin repairer may help your skin stay healthy and beautiful.





## Starving Cancer Cells

Conventional cancer treatment involves chemotherapy and radiation. However, chemotherapy is a cytotoxic poison and radiation is extremely hard on the body. More often, the treatment ends up killing the patient. According to Dr. Seyfried, PhD, one of the leaders in treating cancer nutritionally, “this can no longer be accepted as the best we can do.” He goes on to say, “the reason why we have so few people surviving is because of the standard of care. It has to be changed, if it’s not changed, there will be no major progress. Period.”

Dr. Dominic D’Agostino and a team of researchers from the University of South Florida study metabolic therapy. They discovered that when lab animals were fed a diet free of carbs, they were able to survive highly aggressive metastatic cancer much better than those treated with chemotherapy. How does this work?

The cells in the body are fueled by glucose, including cancer cells. However, cancer cells do not have the same metabolic flexibility as normal cells and can not use ketone bodies for fuel.

When you change your diet to what is known as a “fat-adapted” diet, your body uses fat for fuel rather than carbs. When you replace all carbs for healthy fats you basically starve the cancer cells as they no longer have glucose to thrive on. Once cancer cells have no fuel, you can give other preventative measures a chance to work.

## Cancer Cell Starvation Diet

The first step to adopting a cancer cell starvation diet is to cut out all processed foods and drinks. These foods are loaded with sugar and contain trans fats. Adopting a whole foods, grain-free diet is essential. Another key ingredient to killing cancer cells is to replace the unhealthy carbs with healthy fat and eat only organic, pastured protein. Here are some options for healthy fats:

- 🔥 Coconuts and coconut oil
- 🔥 Olives and olive oil
- 🔥 Grass-fed butter
- 🔥 Organic raw nuts, especially macadamia nuts
- 🔥 Organic pastured egg yolks
- 🔥 Pastured meats
- 🔥 Avocados

Of course, in addition to adopting a diet high in healthy fat and low in processed carbs, the following are recommended:

- 🔥 Reduce stress
- 🔥 Exercise
- 🔥 Get enough sleep
- 🔥 Address vitamin D deficiency

**Note:** This type of diet is not just for those suffering from cancer, but for anyone seeking optimal health.



## Candida

You have probably heard the word candida but may not be exactly sure about what it is. Candida is a fungus, which is actually a form of yeast. Everyone has a small amount of yeast living in their mouth and intestines. It serves an important role when it comes to digestion and nutrient absorption, but when it overpopulates, it actually breaks down the walls of the intestines and seeps into the bloodstream, where it releases toxins. This leakage can cause a number of health conditions ranging from digestive disturbances to depression.

In countries where coconuts are a dietary staple, the occurrences of candida are quite low despite the fact that their residents live in regions that typically promote candida overgrowth. It is believed that the unique combination of healthy fatty acids, which contain antifungal, antiviral and antibacterial properties, help to balance intestinal flora and protect the body from yeast overgrowth.

**Healthy Bacteria Is Good**



We all have a certain amount of healthy gut bacteria which works to keep yeast levels healthy. However, many things can lead to candida getting out of control and overpowering the healthy bacteria. The good news is, we have control over most, if not all, of the factors contributing to it.



Eating a diet loaded with refined sugar and carbohydrates, a diet rich in sugar or a diet laden with foods that convert to sugar, like processed foods made with refined grains and alcohol, all encourage yeast growth. The sugar creates a perfect environment for the yeast to thrive and quickly multiply.

## How Candida Gets Out of Control

- 1. Taking oral contraceptives**—Taking a birth control pill causes an upset in hormones, which disrupts the good bacteria in the gut.
- 2. Living a very high-stress life**—When you are stressed, the body releases cortisol, a hormone that depresses your immune system and increases blood sugar. The yeast feeds on the increased sugar and the immune system is too weak to stop it, and growth gets out of hand. In addition, if you remain stressed for a long period of time, your adrenal glands become ineffective and your immune system can be further compromised.
- 3. Antibiotics**—While antibiotics effectively kill the harmful bacteria that make you sick, they also kill the friendly bacteria in your digestive system. This leaves you defenseless to fungus and yeast, which can quickly take over your gut.

## How Do I Know if I Have a Yeast Problem?

Many people have a variety of candida symptoms but fail to connect the dots. Here are just a few of the warning signs to watch out for:

- 🔥 Fungal infections on skin or nails— athlete's foot or toenail fungus
- 🔥 Fatigue or fibromyalgia
- 🔥 Constipation, bloating or diarrhea
- 🔥 Bad breath
- 🔥 Dry mouth
- 🔥 Joint pain
- 🔥 Numbness
- 🔥 Hair loss
- 🔥 Headaches
- 🔥 PMS
- 🔥 Heartburn
- 🔥 Burning eyes
- 🔥 Lack of impulse control
- 🔥 Hyperactivity
- 🔥 Poor concentration, brain fog, lack of focus, ADD, ADHD
- 🔥 Autoimmune disease such as rheumatoid arthritis, lupus, ulcerative colitis or multiple sclerosis

- 🔥 Mood swings, anxiety or depression
- 🔥 Strong cravings for sugar or refined carbohydrates
- 🔥 Skin conditions such as eczema, psoriasis, rashes or hives
- 🔥 Seasonal allergies or itchy ears
- 🔥 Urinary tract infections, vaginal or rectal itching

## Top Eight Foods that Encourage Yeast Overgrowth

The following foods can create and make an already existing yeast problem much worse:

- 🔥 Breads
- 🔥 Pizza
- 🔥 Fast food
- 🔥 Dairy
- 🔥 Soda
- 🔥 Juice
- 🔥 Alcohol
- 🔥 Fruit

## Spit Test for Yeast

Yeah, we know, it sounds a little gross, but a spit test offers a really good analysis of what is going on inside your body and may give you a sign that yeast is a problem. The best time to take this test is as soon as you wake up in the morning, before you even get out of bed.

### Here is how you do it:

1. Gather as much spit as possible in your mouth.
2. Spit into a clear glass with room temperature filtered water.
3. Watch carefully.
4. The saliva will float at first - watch to see if there are thin projections extending downward into the water after 15 minutes or so. They may look like hairs or strings. If this happens you may have a candida overgrowth problem.
5. If your saliva is very cloudy and sinks to the bottom within a few minutes or parts of the saliva slowly sink, yeast overgrowth is a possibility. The particles are yeast colonies which band together.
6. If your spit is still floating after about an hour, it is likely that your yeast is under control.

## I have yeast, what now?

According to the National Candida Center, if you have symptoms and your spit test is positive for yeast, it is a pretty good indication that you have a candida overgrowth problem. The first step in addressing the problem is to adjust your diet.

Eliminate all processed foods and sugar and begin eating only wholesome, organic foods if possible. The following foods also help the body heal from the assault of candida overgrowth and encourage the proliferation of healthy bacteria:

**Coconut Oil**—The strong antifungal, antiviral and antibacterial properties mentioned above will kill the bad bacteria, promote healthy bacterial growth and support proper immune system functioning.

**Garlic**—Garlic also has strong antifungal properties and will destroy unfriendly bacteria while encouraging the growth of good bacteria. It detoxifies and encourages healthy liver and colon functioning. Use garlic liberally to jazz up your food or chew freely on 2–3 cloves per day. Note: raw garlic is far superior in its efficacy.

**Seaweed**—It may not be too appealing to look at, but seaweed is a highly nutrient-dense food that can fight against yeast overgrowth. Many times, persons with yeast suffer from hyperthyroidism. Seaweed is rich in iodine, which helps balance the thyroid gland. In addition, seaweed is a detoxi-

fier and helps to flush toxins out of the body while cleaning the digestive system. Eat fresh seaweed or take high quality kelp supplements for best results.

**Pumpkin Seeds**—These tiny seeds are packed with omega-3 fatty acids, which have antiviral and antifungal properties. They help to reduce the inflammation caused by yeast, and also fight depression. Add pumpkin seeds to your cereal and salads, or even eat them on their own as a tasty snack.

**Ginger**—Ginger is a powerful detoxifier that increases circulation and flushes toxins out of the liver while supporting the immune system. It helps reduce intestinal gas and soothes inflammation from yeast overgrowth. Make ginger tea by grating a 1-inch piece of ginger root and adding it to 2 cups of boiling water and a fresh slice of lemon.

Once you get your diet under control and introduce foods that fight the bad bacteria, you can consider taking a high-quality probiotic or eating a few fermented foods daily to keep your healthy bacteria count in good order.

A circular graphic featuring a palm frond design in shades of green. The number '14' is prominently displayed in the center in a large, white, sans-serif font. Below the number, the word 'chapter' is written in a smaller, green, lowercase sans-serif font. The entire graphic is set against a light gray rectangular background.

# 14

chapter

## Increased Nutrient Availability

MCTs are easily absorbed in the digestive tract and also improve the rate at which other nutrients are absorbed. A Denmark study compared absorption of fat in patients who had had their colon completely or partially removed. Patients were fed a diet consisting of either long-chain fatty acids or half medium-chain fatty acids and half long-chain fatty acids. Those that were fed long-chain fatty acids alone deposited fat in their feces, as it was not absorbed in the bowel. The group that consumed the medium-chain fatty acids along with the long-chain fatty acids not only absorbed these fatty acids better, but also absorbed the long-chain fatty acids better. Another study compared sunflower oil to coconut oil on mice and found that mice fed a diet of MCTs had reduced intestinal inflammation and reduced incidences of colitis. Many people tend to find relief from ulcerative colitis, Crohn's disease and IBS after adding coconut oil to their diet.

## Summing it All Up

Now that you have read this book, we hope you have a new-found understanding and appreciation for coconut oil. Coconuts and the oil that they produce are truly a gift from nature that can easily help create a strong foundation for a healthy lifestyle.

Coconut oil is safe, versatile and does not produce any negative side effects or have any contradictions with other medicinal therapies. Both complementary and mainstream medicine are beginning to meet on level ground about coconut oil, and it is not uncommon these days for a general health practitioner to recommend its use for a number of conditions or as a general health supplement.

If you are still using unhealthy oils to cook with, now is the best time to make the switch to coconut oil. Don't forget that coconut oil is also easily incorporated into your beauty regimen as well as your home first-aid kit. Its potent medicinal and dietary compounds make it a useful and rewarding household staple.





## Resources

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