

Experts' Findings on the Health Benefits of Coconut Oil



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With all the opprobrium cast against it, it bears repeating again and again that no evidence has ever been presented to prove that coconut oil causes coronary heart disease in humans. The human epidemiologic evidence proves that coconut oil is safe. Coconut eating peoples like the Polynesians and Filipinos have low cholesterol, on the average, and very low incidence of heart disease. All evidences now point to inflammation and low HDL as the principal instigators of plaque formation. The chemical properties of coconut oil (CNO) and its biologic actions as a medium chain fatty acid make CNO superior to other oils for cooking and health use. Its anti-inflammatory and immune-regulatory actions as shown by its remarkable control of diabetes, hypertension, heart disease, auto-immune diseases and cancer, make coconut oil unique.

Source: Dayrit, Conrado S. 2006. *Coconut Products and Virgin Coconut Oil (VCO) for Health and Nutrition – A strategy for Making Coconut Globally Competitive*. In *Proceedings of the XLII Cocotech Meeting, 21-25 August 2006, Manila, Philippines*.

Dayrit, Conrado S. 2005. *The Truth About Coconut Oil: The Drugstore in a Bottle*. Anvil Publishing, Inc. Manila, Philippines.



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The Coconut is the Perfect Health Nut. The coconut can help you avoid obesity, boost your immunity, protect you from bacteria, fungus, and viruses – all while keeping you heart-healthy and moisturizing your skin to a natural glow and beauty, even treating acne, and providing beneficial antiseptic, tumor-protecting, and antioxidant effects.

Source: Verallo-Rowell, V.M. 2005. *RX: Coconuts! (The Perfect Health Nut)*. Bookman, Inc, Manila, Philippines..



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The lauric acid in coconut oil is used by the body to make the same disease-fighting fatty acid derivative monolaurin that babies make from the lauric acid they get from their mothers' milk. The monoglyceride monolaurin is the substance that keeps infants from getting viral or bacterial or protozoal infections. Until just recently, this important benefit has been largely overlooked by the medical and nutritional community.

Source: Enig, G.M. 2001. *Health and Nutritional Benefits from Coconut Oil: an Important Functional Food for the 21st Century*. *Coconuts Today, Special Edition for the 13th Asian Pacific Congress of Cardiology, October 2-3, 2001, EDSA Shangrila Hotel, Manila, Philippines*.



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Never before in the history of man it is so important to emphasize the value of lauric oils. The medium-chain fats in coconut oil are similar to fats in mother's milk and have similar nutraceutical effects. In the past four decades misinformation and disinformation provided by certain politically biased agricultural groups and repeated in professional and lay press have led people to believe that all saturated fats are unhealthy. Little attention is focused on the fact that saturated fatty acids are not single family of fats but comprise three subgroups: short (C2-C6), medium (C8-C12) and long (C14-C24) chain fatty acids. The medium chain fats are found exclusively in lauric oils.

Source: Kabara, J.J. 2000. *Nutritional and Health Aspect of Coconut Oil In: Proceedings of the XXXVII COCOTECH Meeting/ ICC 200, 24-28 July 2000, Chennai, India, pp. 101-109*.



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Coconut milk and coconut oil are consumed by the majority of Sri Lankans and rural people which comprise 70% of our population. They get a significant portion of their calories from coconut. It has been found that the majority of people in the rural areas get about 35 gram of fat per day from coconut and they consume very little food containing fats such as milk, butter, cheese, beef, pork, and corn oil as they cannot afford these expensive dietary items. From our clinical experience, we know that serum cholesterol level of people in rural areas is very low. When we investigate patients with ischaemic heart disease (IHD) from rural areas, we find that their serum cholesterol is normal or low. The commonest risk factor for heart attack in rural areas is smoking.

Coconut has been used in Sri Lanka for over 1000 years but the epidemic of IHD is of recent origin. Before 1950, heart attacks were not common in Sri Lanka.

Source: *D.P. Athukorale 1996. The Truth About Coconut Oil. In Facts About Coconut Oil, Jakarta: APCC, pp. 52-54 .*

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Coconut oil and mustard oil are traditional cooking media, which have been used in India and other developing countries for thousands of years. Although they are saturated fats, they do not show a wide Omega-6 to Omega-3 fatty acid ratio, which is quite high in polyunsaturated oils. The desirable ratio is less than 10:1. Increasing prevalence of diabetes and other related diseases are found correlated with increasing Omega-6 to Omega-3 ratio. On the other hand, consumption of coconut oil, which is deficient in polyunsaturated fatty acids, has been found to enhance secretion of insulin and utilization of blood glucose. It is beneficial to consume the traditional edible fats such as coconut oil along with polyunsaturated fats to reduce the Omega-6 intake and maintain optimum Omega-6 to Omega-3 ratio in the diet.

Source: *Coconut for Health Nutrition. Jakarta: APCC, 2005: 6*



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The clinical study on the effects of virgin coconut oil (VCO) on immune responses among HIV positive patients in Dhamais Hospital, Jakarta concludes that the macronutrient intake, mostly in terms of energy, fats and protein were significantly improved among the VCO supplemented group. In addition, the weight and nutritional status of the subjects, especially among the VCO supplemented group, were maintained well throughout the study. By maintaining body weight and nutritional status, it is expected to have significant increases in CD 4 concentration because nutritional status is frequently associated with immune status, both humoral and cell-mediated.

Source: *Research Report on the Effects of Virgin Coconut Oil on Immune Responses among HIV Positive Patients in Dharmais Hospital, Jakarta, 2006:21)*



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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? This is what coconut oil can do for you. The oil from the coconut is unique in nature and provides many health benefits obtainable from no other source. Coconut oil has been called the healthiest dietary oil on earth. If you are not using coconut oil for your daily cooking and body care needs, you are missing out on one of nature's most amazing health products.

Source: *Fife, B. 2004. The Coconut Oil Miracle. Penguin Books (USA.) Inc. New York, USA.*