



## INFORMATION SHEET

### COCONUT OIL

Coconut oil contains healthy, healing, medium chain triglycerides (MCTs). This saturated fat is considered a rare and important building block of every cell in the human body, and **can actually reduce cholesterol and heart disease. And before you ask NO Saturated Fat is NOT bad for you. Your brain is actually 60% saturated fat – we need saturated fat to survive and function optimally and coconut oil as a saturated fat is an amazing food we should all consider including in our diets as it;** boosts immunity, kills bacteria and viruses, protects against cancer and other degenerative diseases, and prevents osteoporosis by promoting calcium absorption. It also slows down ageing and is good for skin radiance.

#### Weight Loss

American farmers attempted to plump up their cattle by feeding them coconut oil. Instead of gaining weight, their cows lost weight! This is because coconut oil and other coconut products are MCFAs (medium chain fatty acids) which actually use up energy when consumed. The amount of energy used by the body to convert and process them is greater than the amount of energy they provide. Coconut oil also helps to stimulate the metabolism because it is thermogenic which means it raises your body temperature so you burn more calories each day, which helps with weight loss and energy levels.

#### Boost the immune system

Coconut oil, like human breast milk, is rich in lauric acid, which boosts immunity and destroys harmful bacteria and viruses. In fact, coconut oil is one of the closest foods on the planet to breast milk. Scientists in the Philippines researched the effects of coconut oil and lauric acid on patients with the HIV virus that causes Aids. The results were amazing. Most of the Aids patients showed a dramatic drop in the HIV virus count, in some cases to "undetectable" levels. While there needs to be a lot more research, there is certainly evidence to suggest that people with this virus would benefit from having a diet rich in coconut.

#### Kill Candida (Yeast Infections)

Coconut oil has been shown to kill the Candida Albicans yeast, which is caused by antibiotics, birth control pills, and modern living. It has caused a whole generation to be tired, foggy headed, unable to optimally digest food, and suffer from a range of other illnesses. Yet many sufferers have claimed that their health has dramatically improved when using coconut products. This could be due to the fact that coconuts are a dense source of caprylic acid, which has anti-fungal properties. It could also be due to the fact that these people replaced regular milk (which is generally toxic and bad for candida sufferers) with the milk from coconuts.

#### Chronic Fatigue

The medium chain fatty acids found in coconut oil provide energy and also fight pathogens in the digestive tract that contributes to fatigue.

#### Anxiety

The combination of fatty acids and nutrients in coconut oil help prevent low blood sugar and helps the body make the adrenal hormones it needs to combat stress. Trans fats (harmful trans fatty acids that are found in most vegetable oils that are not the healthy oils they were once thought to be, and they are considered one of the major culprits in modern diseases and obesity.) inhibit the production of these hormones.



## Thyroid Balance

Coconut oil alone improves thyroid function as it supplied the thyroid the fats it needs to function optimally. I can personally vouch for this as I experienced significant improvement in my thyroid function in just 3 weeks of using coconut oil.

## Healthy Skin

Coconut Oil/Butter has youth enhancing, glow encouraging properties for the skin. It is highly moisturizing and promotes skin elasticity.

## Food Cravings

People experience cravings when their bodies are not getting enough nutrients it requires from the foods you are eating. Coconut oil is immensely satisfying and helps to manage appetite and remove cravings.

## Gas & Bloating

A common ailment in today's society due to the nature of our foods and lives. The antimicrobial properties in coconut oil can help fight gas-producing bacteria.

## Suggested In-take

The easiest way to take coconut oil is to make a coconut Infusion:  
Place 1-2 Tbsp of coconut oil in a mug and add hot water (or herbal tea) allowing the oil to melt before drinking.

For **weight loss** use the following formula to determine the appropriate amount

Up to 60kg: 1 TBSP Coconut oil before each meal for 3 meals per day  
60kg – 80kg: 1 ½ TBSP coconut oil before each meal for 3 meals per day  
80kg +: 2 TBSP coconut oil before each meal for 3 meals per day

It is also a great idea to replace your usual cooking oils with coconut oil as a way to add this amazing nutrient into your diet.

The recommended daily dosage is three tablespoons. Of course, you can feel free to take more than that. Coconut oil is heat-stable oil. You can cook with it, fry with it (unlike other oils, even olive oil, it does not develop cancer-causing chemicals at moderately high heat), bake with it and even eat it right out of the jar. It is a delicious butter replacement and melts easily onto your toast. It adds a delicious, light flavor to everything it complements.