

# The Health Benefits of Coconut Oil

INFO FROM THE COCONUT RESEARCH CENTER

## Coconut In Modern Medicine

Throughout the tropical world, coconut oil has provided the primary source of fat in the diets of millions of people for generations. It has various modern-day applications in food, medicine, and industry.



Coconut oil is very heat-stable, which makes it suited to methods of cooking at high temperatures like frying. Because of its stability, it is slow to oxidize and, thus, resistant to rancidity, lasting up to two years due to high saturated fat content (Wiki).

Modern medical science is now confirming the use of coconut in treating many health conditions and diseases. Published studies in medical journals show that coconut, in several forms, may provide a wide range of health benefits.

Virgin coconut oil, the type sold today in health stores, is composed mainly of *medium-chain triglycerides*, a type of fat that is generally considered a good biologically inert source of energy. The human body easily metabolizes MC-Fatty Acids. MC-Fatty Acids in the form of virgin coconut oil does not carry the same risks as other saturated fats. Early studies on the health effects of coconut oil used partially hydrogenated coconut oil, which creates trans fats.

- Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses.
- Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhoea, and other diseases.
- Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, and other infections.
- Expels or kills tapeworms, lice, giardia, and other parasites.
- Provides a nutritional source of quick energy.
- Boosts energy and endurance, enhancing physical and athletic performance.
- Improves digestion and absorption of other nutrients including vitamins, minerals, and amino acids.
- Improves insulin secretion and utilization of blood glucose.
- Relieves stress on pancreas and enzyme systems of the body.
- Reduces symptoms associated with pancreatitis.
- Helps relieve symptoms and reduce health risks associated with diabetes.
- Reduces problems associated with malabsorption syndrome and cystic fibrosis.
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth.

- Helps protect against osteoporosis.
- Helps relieve symptoms associated with gallbladder disease.
- Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers.
- Improves digestion and bowel function.
- Relieves pain and irritation caused by hemorrhoids.
- Reduces inflammation.
- Supports tissue healing and repair.
- Supports and aids immune system function.
- Helps protect the body from breast, colon, and other cancers.
- Is heart healthy; improves cholesterol ratio reducing risk of heart disease.
- Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.
- Helps prevent periodontal disease and tooth decay.
- Functions as a protective antioxidant.
- Helps to protect the body from harmful free radicals that promote premature aging and degenerative disease.
- Does not deplete the body's antioxidant reserves like other oils do.
- Improves utilization of essential fatty acids and protects them from oxidation.
- Helps relieve symptoms associated with chronic fatigue syndrome.
- Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement).
- Reduces epileptic seizures.
- Helps protect against kidney disease and bladder infections.
- Dissolves kidney stones.
- Helps prevent liver disease.
- Is lower in calories than all other fats.
- Supports thyroid function.
- Promotes loss of excess weight by increasing metabolic rate.
- Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats.
- Helps prevent obesity and overweight problems.
- Applied topically helps to form a chemical barrier on the skin to ward off infection.
- Reduces symptoms associated with psoriasis, eczema, and dermatitis.
- Supports the natural chemical balance of the skin.
- Softens skin and helps relieve dryness and flaking.
- Prevents wrinkles, sagging skin, and age spots.
- Promotes healthy looking hair and complexion.
- Provides protection from damaging effects of ultraviolet radiation from the sun.
- Helps control dandruff.
- Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do.
- Has no harmful or discomforting side effects, is completely non-toxic to humans.