

# The Ancient Food Responsible For The Islanders' Good Health And Youthful Appearance

Discover How You Can Use This Natural Food To :

- Prevent Heart disease, Cancer and Diabetes
- Lose Weight
- Beautify Your Skin and Hair.
- And Much More!

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- |           |   |           |  |
|-----------|---|-----------|--|
| <b>2</b>  | <b>Introducing The Magical Portion.</b>                 | <b>13</b> | <b>Strengthen Immune System and Speeds up Recovery from Sickness</b> |
| <b>6</b>  | <b>Cosmetic Benefit (Beautify Skin and Hair)</b>        | <b>14</b> | <b>Boost Your Energy</b>   |
| <b>8</b>  | <b>Weight Loss</b>                                      | <b>15</b> | <b>For Better Digestion And Absorption of Nutrients.</b>             |
| <b>10</b> | <b>Prevents and Fight Against All Sorts Of Diseases</b> | <b>16</b> | <b>A WORD OF CAUTION</b>   |



## Introducing The Magical Portion.

First off, let's get something clear: I'm not a doctor. What does this mean? Simple. I'm not here to give any medical advice whatsoever.

Just like everyone who writes about a medical subject, I'll also advise you to "Check with your doctor before following this or any other diet or health advice." Is that really a good advice? In my opinion,

the answer is mostly NO. Why? You see, according to a 2010 article on the American Academy of Family Physicians, doctors typically get less than 25 hours of nutritional education in medical school. Taking dietary and nutritional advice from your medical doctor is just like allowing a nutritionist (or dietician) to perform an open heart surgery on you. Crazy right? I agree.

If you really care about your health,

don't take nutritional advice from your medical doctor (or your government).

Now, don't get me wrong. I have nothing against doctors. They're amazing people, and they save lives. They're needed and are essential, but not with dietary and lifestyle advice. That's not their strength or skill-set.

Anyhow, with that out of my chest, let's move on.

We are going to start, strangely enough, by talking about dietary fats. Particularly saturated fats.

I know, I know, if you're like most people you might be thinking that saturated fat is a "dietary poison" that causes heart disease!

Well, If you're still thinking like that, then you're not up to date. Please, may I school you a little bit about saturated fat? Thank you.

You see, what most people (including many medical professionals) don't get is that there are different types of saturated fats (and they don't all act alike). And most saturated fats don't raise blood cholesterol.

Well, as a matter of fact, we need saturated fat in our diet to maintain a good health. And that's why many major health institutions like W.H.O (World Health Organisation) now recommends we get saturated fat in our diet.

Even nature understands the importance of saturated fats.

You see, mother-nature put saturated fats in breast milk, vegetables, fruit and all other natural food sources. Not just for the fun of it. Not just for kicks.

Are we clear now? Good!

Now, what I really want to talk about is a unique subgroup of saturated fats found in breast milk, known as:

### ***"Medium-Chain Fatty Acids (MCFA)"***

This MCFA is the secret to the islander's good health and youthful appearance. This same MCFA is responsible for preventing and curing all manner of degenerative diseases. If breast milk does not contain enough MCFAs, an infant can suffer from nutritional deficiency and become vulnerable to infectious illness.

MCFA are quite impressive, right? Thought so.

Now, obviously, if you're reading this, you're too old to be sucking breast milk (or not?), so the question is which other sources can you get this magical MCFA from?

What's the mysterious food that has been used throughout the tropical island culture yet it's relatively uncommon in the western diet? What is the miracle food these people eat that protect them from degenerative diseases? The answer is:

# Coconut Oil

Coconut oil is the best natural source of medium and short chain fatty acids, giving them their incredible health-promoting properties. You see, coconut oil has been described as the “The world’s healthiest dietary oil”. And, there is humongous historical evidence and medical research to prove it.

Modern studies on natives of the south pacific islands, who consume massive amounts of coconut and coconut oil, found that they were the perfect picture of healthy. Well, as a matter of fact, many of these cultures regard coconut oil as not only a valuable food but also as an effective medicine, therefore, refer to the coconut palm as:

## ***“Tree Of Life”***

Unfortunately, coconut oil has received a lot of bad publicity in the past. It was once considered to be bad for the heart because of its high saturated fat content. However, we now know that coconut oil contains a special type of fat that actually help to prevent heart diseases.

If you don’t believe me...



then take a trip to Sri Lanka, which has one of the highest rates of coconut consumption in the world.

They eat coconut and use coconut oil like it's no man's business.

And guess what? They have one of the lowest mortality rates from heart disease (1 or 2 in every 1000 deaths).

Compare that with western countries like the US, where heart disease and stroke accounts for nearly half (about 50%) of all death. And their yearly average consumption of coconut is a little more than none.

You see, in the coconut-growing part of India, heart disease was almost unheard of. But when some of the people there were told that coconut oil was bad for them, they started switching to soybean oil and other vegetable oils.

And guess what happened next?

In a short few years, the rate of heart disease tripled! That's right tripled ...and... you know what else? Their obesity and diabetes rate also increased.

You see, when people remain on their traditional coconut-based diet, they are protected from all these so-called "21st-century" diseases.

All you need is a little bit of common sense, and you see how ridiculous it is to think of coconut oil as bad.

Now, If you're anything like me, You'll wonder why, despite all this new research and old historical evidence, coconut oil is not more popular than it is now? The answer is simple.

### ***“Money, Politics And Misunderstanding (in that order)”***

You see, there is a little monetary incentive for pharmaceutical companies to fund research on a natural, readily available substance that they cannot protect with a patent and charge exorbitant prices for.

Okay moving on...

Now, it's about that time we check out why researchers consider coconut oil as the "healthiest oil on planet earth" and why natives call the coconut palm "The Tree of Life."

Here are some of the healing miracles of coconut oil documented by medical research, historical evidence and personal experience:



## Cosmetic Benefit (Beautify Skin and Hair)

Have you ever heard the saying:

“If you wouldn’t eat it don’t put it on your skin.”

That right there is too true. You see, the skin acts as a window by which we can see what’s happening inside the body. What we look like on the outside reflects, to a large extent, what is happening on the inside.

So the best things for your skin are things you can put in your mouth (like coconut oil)

Now, most lotions have no lasting benefit on the skin. And many actually speed up the ageing process and can permanently damage the skin.

If you want to prevent further degeneration and perhaps regain some youthfulness in your skin, the best thing you can do is use coconut oil in place of other creams and lotions. Coconut oil is by far the best skin lotion and hair conditioner you can use. No other oil can compare.

Here are some ways coconut oil helps protect your skin (and hair) and bring back its youthful appearance:

- Coconut oil acts as an exfoliant and helps remove dead cells, giving the skin a shiny youthful appearance. So don't be scared of applying the oil to your face, It will help your complexion.
- Coconut oil can help with all types of blemishes. People have reported that within weeks of usage, the oil helped fade deep discolourations caused by old injuries
- When coconut oil is consumed in the diet and, to some extent, when it is applied directly to the skin, the antiseptic fatty acids content help prevent fungal and bacterial infections (like acne ) on the skin. The Polynesians who use it regularly are rarely disturbed by skin infections or acne outbreaks
- It keeps skin strong and elastic and is an excellent way to heal stretch marks after childbirth. For best results, the expectant mother should massage the oil into the abdomen every day.
- Coconut oil helps in eliminating dandruff.
- Coconut oil acts as a sunscreen but better. Unlike regular sunscreens, which blocks sun rays (which has various benefits including the production of vitamin D), coconut oil doesn't and yet protects the skin against sunburn.
- A thin layer of coconut oil on the skin helps protect us from the multitude of harmful germs our skin comes into contact with daily.
- Healing power of coconut oil makes the skin soft and supple and help strengthen the underlying tissues of the skin.
- Soap washes the protective layer of oil and acid off our skin. Adding moisturizers helps the skin feel better, but it does not replace the acid or protective MCFAs that were removed. You can quickly help reestablish the skin's natural antimicrobial and acid barrier using coconut oil after bathing.
- Working coconut oil into the skin helps increase absorption and speed healing. Massage the oil on the feet and work it between the toes. This is a great way to prevent and even treat foot fungus.
- And more.

Once you start using coconut oil on your skin, you won't want to use anything else.

Now, let's move on to the next interesting benefit of using coconut oil...



## Weight Loss

Total calorie intake is king when it comes to weight loss (and weight gain).

Now, all fat, whether saturated or unsaturated, from animal or plant, contains the same amount of calories. But however, MCFA (in coconut oil) contains little less.

Because of the small size of the fatty acids that make up coconut oil, they actually yield fewer calories than other fats. To be exact, coconut oil has at least 2.25% fewer calories per gram of fat compared with that of other fats.

So what does this mean to you?

It's simple...

It means that just by using coconut oil in place of other oils (you already use) in your diet, your calorie intake is less. And you'll lose weight.

Researchers at McGill University in Canada have found that if you replace all the oils in your diet that are made of long-chain triglycerides, such as soybean oil, canola oil, safflower oil, and the likes with an oil that contains MCFA, such as coconut oil, you can lose up to 36 pounds of excess fat per year. This is without changing your diet and without reducing the number of calories you eat. All you simply have to do is get an oil change.

This small reduction in calories is only part of the picture. Coconut oil also helps you lose weight in various ways, by:



- **Increasing Your Metabolism:** Studies show that after eating a single meal containing MCFA (in coconut oil), metabolism remains elevated for at least 24 hours. Metabolism increases because MCFAs are easily absorbed by the “energy-producing” organelles of the cells. The more body-fat a person has, the greater effect the oil has on metabolism
- **Controlling Sugar Cravings:** Many people report that coconut oil helps them control sugar cravings (which is the number one culprit for weight gain). Dealing with sugar craving can help you lose a tremendous amount of weight.
- **Reducing Body Fat Deposition:** The BIG difference between the processing of coconut oil and other fats is that they are not packaged into lipoproteins. What does this mean? This means that coconut oil goes straight to the liver to produce energy not circulate throughout the body adding fat to fat cells like other fats.
- **Keeping You Full Longer:** Many dietary studies (using both animals and humans) suggest that eating coconut oil in place of other oils can provide longer satisfaction and hold off hunger longer, which leads to lower total-calorie consumption.

Now, it's time for one of the most - if not the most important benefit of using coconut oil...



## Prevents and Fight Against All Sorts Of Diseases

When coconut oil is eaten, the body transforms its unique fatty acids into powerful antimicrobial powerhouses....

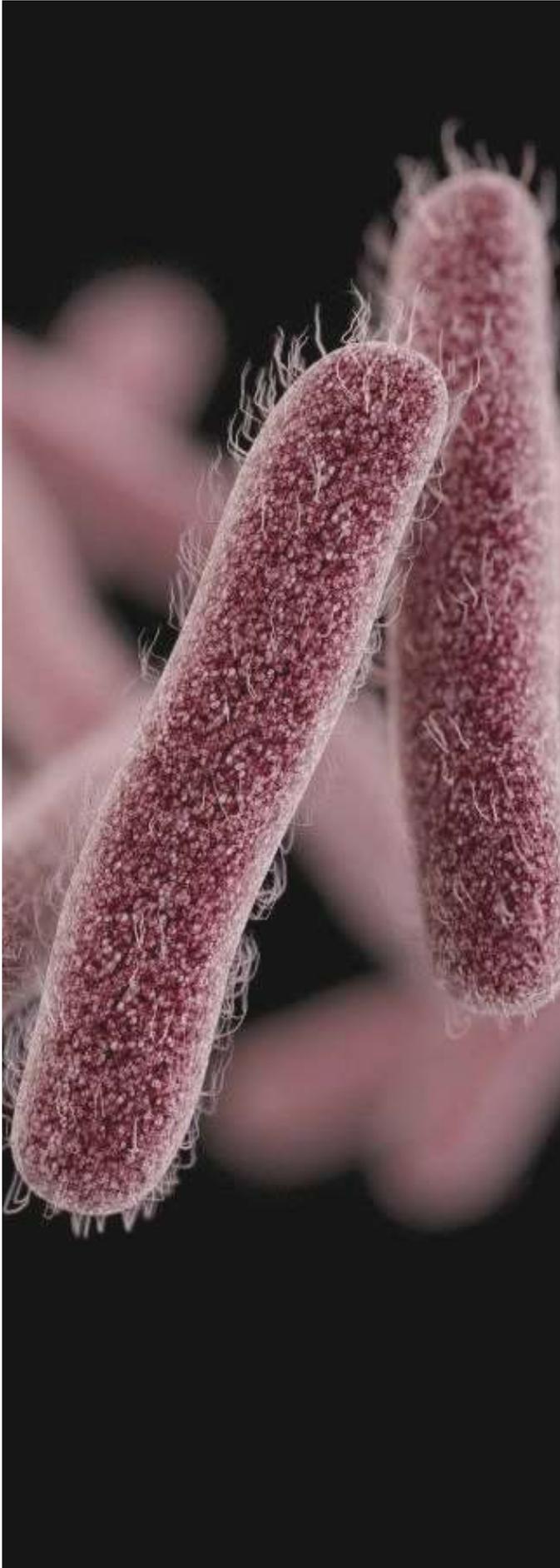
...capable of defeating some of the most notorious disease-causing microorganisms.

Even the super germs are vulnerable to these lifesaving coconut derivatives.

The unique properties of coconut oil make it, in essence, a natural antibacterial, antiviral, antifungal and antiprotozoal food.

Here are some documented disease-fighting (and preventing) abilities of coconut oil:

- **Heart diseases:** Since MCFA (in coconut oil) produce energy, and not fat, they do not have a negative effect on blood cholesterol and help protect against heart disease.
- **liver health:** Researchers have been finding coconut oil to be a great benefit to liver health. You see, two of the liver's most destructive enemies are viruses and free radicals – both of which can be protected against by the regular consumption of coconut oil. Several other studies have also shown that fatty acids, such as those found in coconut and palm kernel oils, protect the liver from alcohol-induced free radical injury and tissue death, indicating that the use of these oils can not only prevent injury but even rejuvenate diseased tissue.
- **Dental care:** Research has shown that MCFAs (medium chain fatty acids) from coconut oil can kill bacteria and viruses that cause gum disease and dental cavities.
- **Cancer:** Consuming coconut oil, especially in place of most other oils, can greatly reduce your chance of developing cancer. Many vegetable oils promote cancer because they are easily oxidized to form carcinogenic free radicals. On the other hand, coconut oil is much more resistant and hardly oxidizes even under high heat.
- **Tumors:** Researchers have shown that coconut oil inhibits the induction of carcinogenic agents that cause colon as well as breast tumours in test animals.
- **Diabetes:** MCFAs (in coconut oil) are digested and utilized differently. They are not packaged into lipoproteins and do not circulate in the bloodstream like other fats but are sent directly to the liver, where they are immediately converted to energy just like a carbohydrate. However, unlike carbohydrates, MCFAs do not raise blood sugar, so coconut oil is safe for diabetics. Many people report that coconut oil helps reduce Hypoglycemia symptoms
- **STDs and STIs:** Many viruses and bacteria are deactivated by the MCFAs (in coconut oil), thus aiding the immune system in fighting off dangerous STDs and STIs like herpes, hepatitis, gonorrhoea and even HIV/AIDS. Over the years many HIV-infected people have reported a decrease in their viral load (the number of viruses in the blood) and an improvement in overall health after eating coconut oil, coconut and drinking coconut milk.
- **Inflammation:** In a study reported by Dr S Sadeghi and others, coconut oil reduced pro-inflammatory chemicals in the body. Conditions associated with inflammation (especially within the gastrointestinal tract) such as colitis, ulcers, hepatitis, and haemorrhoids, may be relieved by this natural, harmless oil. It may also help relieve inflammation on other parts of the body, such as multiple sclerosis, arthritis, lupus, and the inflammation in the arteries (phlebitis) that can lead to hardening of the arteries and heart disease.



Lab tests have also shown MCFAs found in coconut oil is effective in destroying:

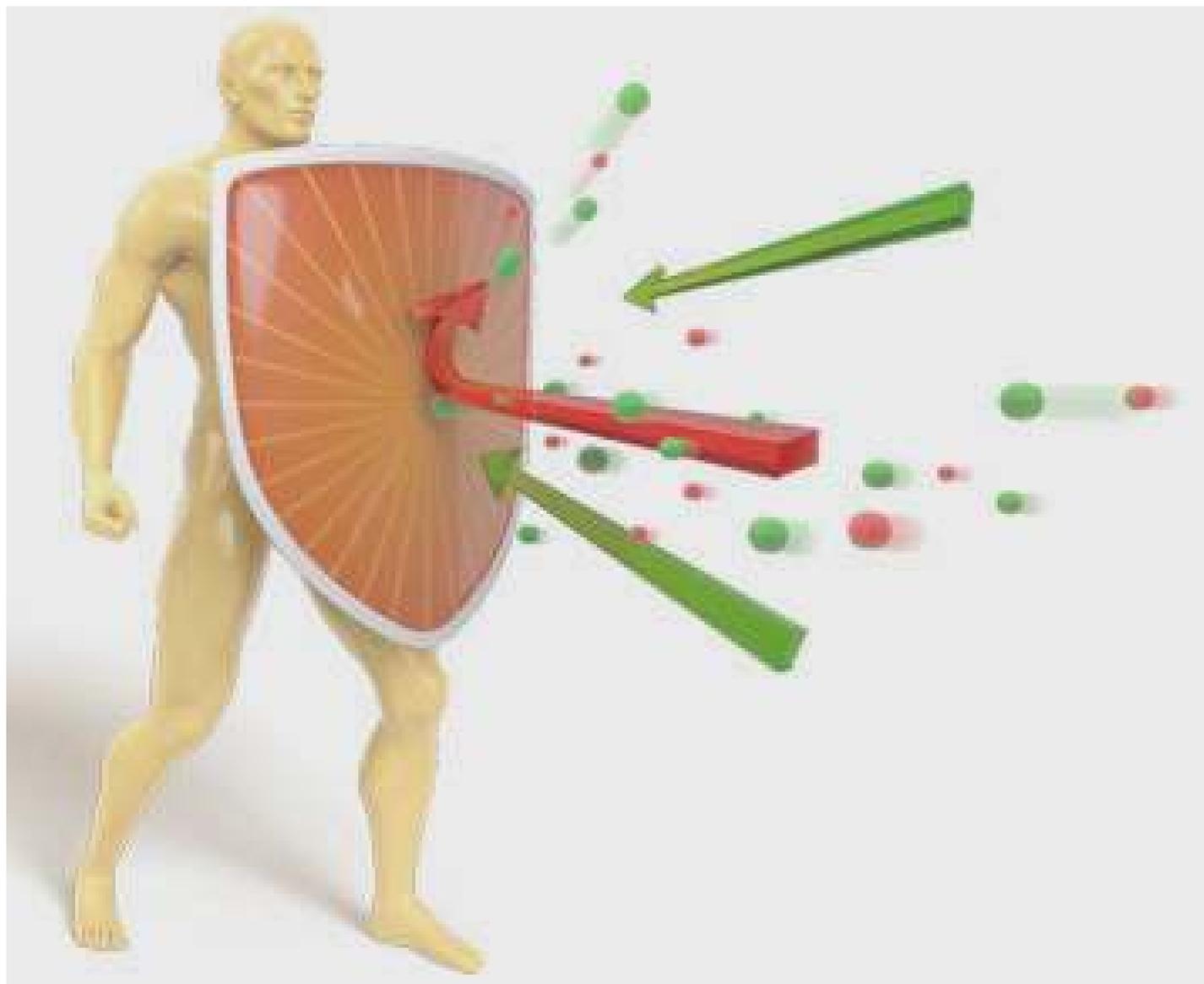
viruses that cause influenza, measles, mononucleosis, hepatitis C, and so on;

Bacteria that can cause stomach ulcers, throat infections, pneumonia, bladder infections, sinusitis, earache, rheumatic fever, food poisoning, urinary tract infections, meningitis, and toxic shock syndrome;

Fungi and yeast that lead to ringworm, candida, and thrush, parasites that can cause intestinal infections such as giardiasis.

And numerous other conditions.

Now, speaking of important benefits of coconut oil, the next benefit is yet another reason coconut oil must be in your diet ...



## Strengthen Immune System and Speeds up Recovery from Sickness

The beauty of using coconut oil is this:

Even if the infectious organism is not vulnerable to MCFAs (in coconut oil), the nourishment the oil provides will strengthen the body's immune system, helping it to fight better and heal more quickly.

And the cool part is this:

In the situation where you are very sick (and vomiting) and cannot swallow coconut oil, massaging the oil over the entire body is also effective. I suggest massaging about 1 tablespoon of oil over the entire body 2-3 times a day.

Also massaging coconut oil into the skin closest to the most infected part of the body can help with most illness. For example, for a sore throat, massage the oil around the neck; for chest or lung infections; be sure to apply plenty of oil to chest and back.



## Boost Your Energy

Do you always get tired easily?

How do you boost your energy without drugs or caffeine? The quick and simple answer is “Use coconut oil.”

You see, because MCFAs (in coconut oil) are funnelled directly to the liver... and...

converted into energy, the body gets a boost of energy.

This burst of energy has a stimulating effect on the entire body. And mind you, this boost in energy is nothing like the one you get from caffeine. It's more subtle and lasts longer. Let's just say it manifests as an increase in endurance.

All in all, coconut oil will give you a boost of energy that will keep you more active throughout the day.



## For Better Digestion And Absorption of Nutrients.

One of the big benefits of using coconut oil is that it's easy to digest.

You see, because of its small molecule size, coconut oil requires fewer digestive enzymes to be broken down into individual fatty acid.

Now, because coconut oil is easily digested it's been a lifesaver for many people with digestive problems (such as cystic fibrosis) and those with gallbladder disease and those who have had their gallbladders removed.

It's also added to the hospital and commercial baby formulas because babies (particularly premature babies) have difficulty digesting other fats.

Coconut oil is not only easy to digest, but also enhances the absorption of other nutrients. Nutrient such as calcium, magnesium, b vitamins, fat-soluble vitamins (A, D, E, K, and beta-carotene) and amino acid (from protein) are better absorbed when coconut oil is in your diet.

So whether you have digestive problems or not, coconut oil is needed in your diet to enhance digestion and absorption of nutrients.

# A WORD OF CAUTION

By now, I'm sure you are excited and can't wait to get your hands on some coconut oil. However, there are a few things you must watch out for when buying coconut oil.

Now, there's a problem with most coconut oil sold out there. It isn't always what you think it is. You see, lower quality versions of coconut oil can be extracted using chemicals or high heat, or even diluted with other cheaper (unhealthy) oils. So they've lost most of their nutrients.

Now, there are some coconut oils that are produced using "cold press" method. This means they are produced without the use of chemicals and high heat and retain all natural vitamins and minerals. They are usually referred to as "virgin coconut oil" to differentiate them from others.

So you should make sure you buy "Virgin coconut oil" produced using "cold press" method.

You can also buy coconut oil extracted using "Low heat". Although this one is not as good as the "cold press" coconut oil but it's usually cheaper.