

Study Shows Coconut Oil Protects Against Environmental Toxins

In the largest study of chemical exposure ever conducted on human beings, the U.S. Centers for Disease Control and Prevention (CDC) reported recently that most American children and adults are carrying in their bodies dozens of pesticides and toxic compounds used in consumer products, many of them linked to potential health threats.

The report documented that children carry bigger doses of many chemicals than adults, including some pyrethroids that are ingredients of virtually every household pesticide and phthalates found in nail polish and other beauty products as well as in soft plastics.

The study looked for 148 toxic compounds in the urine and blood of about 2,400 people over age 5. CDC director Julie Gerberding called the national exposure report, "the largest and most comprehensive report of its kind ever released anywhere by anyone." Environmental health experts say the discovery of more than 100 chemicals in human bodies is of great concern because we don't know what effect they can have on the body. Many environmental health experts believe the rise in cancer and other chronic diseases over the past several decades is due, in part, to the accumulation of these chemicals in our bodies.

However, removing pesticides, plastic bottles, make-up, and other items won't be happening anytime soon. The best solution to the problem is to remove the toxins from our bodies. Certain foods such as cilantro, wheat bran, and coconut have detoxifying effects that can absorb or neutralize environmental chemicals that collect in our bodies. Simply adding these detoxifying foods into the diet can help eliminate many of the toxins we are exposed to each day.

Coconut oil is of particular interest because it has been shown to be highly effective in neutralizing many environmental toxins.

A recent study published in the journal *Human and Experimental Toxicology* (August 2005) revealed the effectiveness of coconut oil in neutralizing aluminum phosphide, a poison used in rodent control. A case study reported a 28-year-old man ingested a lethal amount of the chemical in an attempt to commit suicide. There is no known antidote

for aluminum phosphide poisoning. Doctors had little hope of saving him. He was given the standard treatment for acute poisoning as well as the oral administration of coconut oil. To the surprise of the medical staff, the patient survived. The authors of the study recommend that coconut oil be added to the treatment protocol in acute poisoning cases.

Using coconut oil to help nullify the effects of a poison is not as strange as it may sound. Researchers have known for over a decade about the detoxifying effects of coconut oil. In my new book *Coconut Cures: Preventing and Treating Common Health Problems with Coconut*, I cite several studies where coconut oil has been shown to neutralize a variety of toxins, including the deadly aflatoxin.

Aflatoxin is a very potent poison that comes from a fungus that often infests grains, especially corn. In Asia and Africa, aflatoxin is a serious problem. Corn has been found to be the most aflatoxin-contaminated food eaten in the Philippines. In certain areas of that country, corn consumption is high. A correlation exists between the incidence of liver cancer caused by aflatoxin and the amount of corn consumed. Those people who eat the most corn also have the highest rates of liver cancer. Coconut oil consumption appears to protect the liver from the cancer-causing effect of aflatoxin. The population of Bicol, in the Philippines, has an unusually high intake of aflatoxin-infested corn, yet they have a low incidence of liver cancer. The reason for the low cancer rate is believed to be due to the high coconut consumption in the area.

Using coconut oil in your daily diet can help protect you from a variety of environmental toxins. An easy way to add coconut oil to your diet is to use it in your cooking in place of other fats and oils. If you don't use much oil in food preparation you can take it by the spoonful like a dietary supplement. A quality brand of coconut oil tastes very good and is even pleasant to eat straight from a spoon. I often put a spoonful of hardened coconut oil in my mouth and let it slowly melt. It's an easy way to get my daily dose ■