

Virgin Coconut Oil - The Truth Finally Emerged

After observing a society that consumes virgin coconut oil habitually, in 1992, Kaunitz and Dayrit found a phenomenal empirical data.

Instead of causing heart disease, the oil had extraordinary positive effects on their health!

This delightful discovery corresponded with a research by Dr. Dan Eringthon, an Agriculture expert from the *Australian National University*, that had observed the Tuvalu civilization in South Pacific, earlier.

In 1995, a Biochemical and Nutritional expert, Dr. Mary G. Enig found that virgin coconut oil was transformed by the human body into *monolaurin*. This fatty-acid was known as an anti-virus that helps cure AIDS!

On April 17th, 1999 there was a press conference in *Renaissance Washington DC Hotel*. Among the statements was that virgin coconut oil contains of fatty-acids that perform as sources of energy and also are anti-microbial.

Approximately 50% of the fatty-acids in coconut oil are *lauric acids*. In human body, *lauric acids* is processed to be *monolaurin*, which functions as an anti-virus, anti-bacteria and anti-protozoa!

Therefore, virgin coconut oil is highly potential in treating diseases starting from influenza to AIDS..

As for soybean oil, it was recently known to have negative effects on your health. You can read the astonishing story in a book entitled *The Soy Story*.

Another thing you must know is that virgin coconut oil IS NOT the same with hydrogenated coconut oil. Most people -up to the time this article is written- fail to differentiate the two types of coconut oil.

Eventually, based on numerous reliable studies, the *Food and Drugs Association (FDA)* in the US agreed that virgin coconut oil is one of the world's healthiest and safest oil.

Why don't you give it a try and see it for yourself?

http://www.all-about-virgin-coconut-oil.com/virgin_coconut_oil_accused_final.html

The Truth About Virgin Coconut Oil

For decades, virgin coconut oil had been accused of damaging human's health. On the contrary, soybean earned all the credits. Well, now is the time for you to know the real story!

Virgin coconut oil started her journey a very long time ago.

It was stated in an ancient book of *Ayurveda*, that thousands of years before century (B.C.), people exploited this oil, for consumption as well as for cure.

For people in Indonesia, Polynesia, Micronesia and other tropical parts of the world, coconut is very essential. They took advantages of its meat and water, processed it for coconut cream and coconut oil to enhance their quality of life.

And this went on for thousands of years...

Around 1945, virgin coconut oil reached its golden years. In some Asian Pacific countries, the commodity became one of the most wanted goods. Coconut water also played an important role in the World War II. It helped cure many of the injured Alliance troops. They actually used the water from coconut as a cold compress for wounds!

After the war, the Americans and English transformed virgin coconut oil into margarine. Some business-oriented parties in both countries started a campaign against this oil. They intended to stop the dependency for tropical oils. The next thing, they promoted corn oil and soybean oil for exchange...

In mid 1950's, heart disease became a nightmare in the United States and this is the turning point of all the negative campaigns against virgin coconut oil...

The situation got worse when a young scientist named David Kritchevsky issued the results of his pre-clinic test on rabbits. The results showed that cholesterol blocked the artery and this had caused the heart disease. He claimed that corn oil and soybean oil could reduce cholesterol and coconut oil is quite the opposite.

After all the misconceptions, the truth about virgin coconut oil finally emerged. The year was 1992.

In fact, there are so many benefits of virgin coconut oil. It is unusually rich in Medium-Chain Triglycerides (MCT) -or sometimes called Medium-Chain Fatty Acids (MCFA)- which are easily digested by the body for quick energy and also known for being antiviral, antibacterial and antifungal.

The major fatty acid in virgin coconut oil which is called Lauric Acid and its derivative Monolaurin, are both considered to have properties that not just destroy bacteria and protozoa, but also viruses such as HIV, Herpes and Influenza (the Flu). They are very beneficial for the immune system.

According to a study published in The Journal of Nutrition in March 2002, they found that MCT oils used in place of other dietary fats, significantly reduces body fat. In other words, virgin coconut oil supports weight loss.

Besides for consumption, you can also use virgin coconut oil for skin care. When applied to skin, it helps prevent premature aging and wrinkling and also helps keep skin soft and smooth.

<http://www.all-about-virgin-coconut-oil.com/>

The Benefits of Virgin Coconut Oil

Virgin coconut oil health benefits are quite extensive.

You will find it valuable both for internal and external uses. No wonder this oil is also known as the miracle oil.

In his book The Coconut Oil Miracle, Bruce Fife N.D "the Coconut Doctor" has made a helpful review of some benefits of virgin coconut oil. He came up with a very interesting list.

Virgin coconut oil...

- ☒ Reduces risk of atherosclerosis, heart disease and related illnesses.
- ☒ Reduces risk of cancer and other degenerative conditions.
- ☒ Helps prevent bacterial, viral, and fungal (including yeast) infections.
- ☒ Supports immune system function.
- ☒ Helps prevent osteoporosis.
- ☒ Helps control diabetes.
- ☒ Promotes weight loss.
- ☒ Supports healthy metabolic function.
- ☒ Provides an immediate source of energy.
- ☒ Supplies fewer calories than other fats.
- ☒ Supplies important nutrients necessary for good health.
- ☒ Improves digestion and nutrient absorption.
- ☒ Has a mild delicate flavor.
- ☒ Is highly resistant to spoilage (long shelf life).
- ☒ Is heat resistant (the healthiest oil for cooking).

- ☒ Helps keep skin soft and smooth.
- ☒ Helps prevent premature aging and wrinkling of the skin.
- ☒ Helps protect against skin cancer and other blemishes.
- ☒ Functions as a protective antioxidant.
- ☒ Does not contain cholesterol.
- ☒ Does not increase blood cholesterol level.
- ☒ Does not promote platelet stickiness that leads to blood clot formation.
- ☒ Does not contribute to atherosclerosis or heart disease.
- ☒ Does not promote cancer or any other degenerative disease.
- ☒ Does not contribute to weight problems.

(Please note that there are still other possible benefits of virgin coconut oil not listed here due to new studies and researches...)

<http://www.all-about-virgin-coconut-oil.com/benefits.html>

Virgin Coconut Oil vs Hydrogenated Coconut Oil

Virgin coconut oil is NOT hydrogenated coconut oil. Treated without bleach, solvents nor heating, this oil shows big promise in curing many diseases and improving human's health.

Perhaps you are among those many people who aren't familiar with the benefits of this miracle oil. I don't mean to judge you, but that's the fact... most of us have been brainwashed so long with the wrong concept.

For decades, most of people assume that coconut oil has significant relationship with the cholesterol-rich plaques in blood vessels.

This misleading conclusion was actually based on a study done about four decades ago, using hydrogenated coconut oil, not virgin coconut oil.

Unlike hydrogenated coconut oil, virgin coconut oil is derived from fresh coconuts without bleach, solvents, nor heating in the process.

Many researches done lately show a long list of benefits of virgin coconut oil. Most of the saturated fats in virgin coconut oil is made up of Medium-Chain Fatty Acids (MCFA), which has unique properties that are very beneficial for both food and non-food uses.

Despite forming cholesterol-rich plaques in blood vessels, the fats in virgin coconut oil are used by your body as an instant source of fuel. This MCFA is more easily digested than other fats found in other oils, because they are processed directly in your liver.

Mary G. Enig, Ph.D -a US Biochemical and Nutrition expert- claimed virgin coconut oil to be a support in good health in the 21st century.

http://www.all-about-virgin-coconut-oil.com/virgin_coconut_oil_solution.html

Virgin Coconut Oil and Weight Loss - Is It Only A Hoax?

Do you consume virgin coconut oil but still don't lose weight? So what could be the problem?

Many studies and facts have shown that virgin coconut oil is effective in helping to reduce body weight. It contains fewer calories than other fats and also has a group of fats known as Medium-Chain Triglycerides (MCT) that are used by the body as an instant source of energy.

MCTs are easily digested by the body and they don't produce body fat.

Hence, numerous studies and experiences in the past have led us to a conclusion that if virgin coconut oil is added consistently to a balanced diet, it shall show incredible results in weight loss.

But, why there are still some people who complain that they just couldn't lose weight after consuming virgin coconut oil?

Well, I say we have several possibilities here. There are some factors that could influence the weight loss results in this case:

1. How long have you consumed virgin coconut oil?
2. How old are you?
3. How are you, really?

The answers to these questions do influence the effectiveness and the performance of virgin coconut oil in your weight loss program.

Many people don't comprehend this fact and they give up consuming virgin coconut oil in a short time, because they don't see a significant loss in their weights.

I say this is a mistake.

The first thing you should consider if you want to see great results with virgin coconut oil is the period of time you have spent consuming this oil.

For most people, it takes 3-4 months to lose weight significantly by taking 3 tablespoons of virgin coconut oil daily.

For elderly people, it could take longer to gain the same effects as youngsters. That is because as you grow older, your body is used to a certain routine that it refuses any instant change.

So, don't expect a great loss in weight by consuming virgin coconut oil in a term of weeks! It takes longer than that, so be patient...

The problem for most people (including you, perhaps!) is they don't like the taste of the oil. This of course, makes it hard to regularly add the oil to your diet. Actually, if you know some simple [virgin coconut oil recipes](#), it's easy to overcome this problem ;)

OK, back to the factors that influence your weight loss results. The third factor is your condition. Your health condition and the medicines you take could also slow down the effects of virgin coconut oil to your body.

Try taking your body temp... is it low? If it is, then there could be a metabolism problem. But, if you continue combining virgin coconut oil with a reasonable eating plan, this metabolism problem shall disappear in time.

But, this means it will take longer time for you to lose weight.

That's why you have to be consistent and patient with virgin coconut oil to see incredible results in weight loss!

http://www.all-about-virgin-coconut-oil.com/virgin_coconut_oil_weight_loss.html

Virgin Coconut Oil for Your Healthier Skin

Virgin coconut oil has long been accepted by the soap and cosmetic industries to have beneficial properties for human skin. How do you use it to enhance yours?

When used correctly and regularly, virgin coconut oil could help you keep your skin soft and smooth. It also helps prevent premature aging and wrinkling of your skin. But, once again... when applied correctly and regularly.

Aren't you amazed with all of the [coconut roles](#)? Well, here are some tips on how to apply coconut oil to your skin:

o Use virgin coconut oil as a cleanser

For certain people, this technique works nicely but not for others. You should try it for yourself to prove whether this will work well for you or not. Just gently wipe most of the oil off with a warmed wet washcloth.

o Use virgin coconut oil after shower

Some others reach amazing results when they apply the oil to their cleansed moist skin. I say this is a better technique, because you give a chance to the virgin coconut oil to absorb well to your skin.

o Use virgin coconut oil before you go to bed

The bottom line in this technique is that you must not pat it dry! Use the oil as your new moisturizer and expect amazing results. Do not hesitate to apply the oil to your entire body, even your lips.

o Virgin coconut oil for deodorant

Apply virgin coconut oil to your underarms... it turns out to be a great deodorant also!

Those are the 4 techniques you could use with virgin coconut oil to attain healthier skin. But, please be aware that the process differs with different people. Some need a longer time to see the effects.

To help you achieve best results, I suggest you also take virgin coconut oil to your diet. Use it externally and internally...

http://www.all-about-virgin-coconut-oil.com/virgin_coconut_oil_skin.html

The Coconut Roles

You probably agree that coconuts play a special role in our life...

You can find valuable components in the whole coconut itself, in the desiccated coconut and in the extracted coconut oil.

The soap and cosmetic industries have benefit from the major fatty acid of coconuts since a long time ago.

Mary G. Enig, Ph.D., F.A.C.N. in her article "*Coconut: In Support of Good Health in the 21st Century*" explains that approximately 50% of the fatty acids in coconut fat are lauric acid.

Lauric acid is a medium chain fatty acid, which has the additional beneficial function of being formed into monolaurin in the human or animal body.

Monolaurin is the antiviral, antibacterial, and antiprotozoal monoglyceride used by the human or animal to destroy lipid-coated viruses such as HIV, herpes, cytomegalovirus, influenza, various pathogenic bacteria, including listeria monocytogenes and helicobacter pylori, and protozoa such as giardia lamblia. Some studies have also shown some antimicrobial effects of the free lauric acid.

Also, approximately 6-7% of the fatty acids in coconut fat are capric acid.

She also stated that all statements pointing that any saturated fat is a dietary problem is not supported by evidence (Enig 1993).

This article is quite long and at the end, she said that coconut products are of the greatest importance for the health of the entire world for inedible and especially edible uses .

http://www.all-about-virgin-coconut-oil.com/virgin_coconut_oil_enig.html

Is Virgin Coconut Oil A Healthy Food? More Reasons Why The Answer Is Yes...

Many people doubt that virgin coconut oil belongs to healthy food and fear of its toxic effects - effects that normally come with other unsaturated oils.

In 1996, Raymond Peat, Ph.D. made a clear statement to refuse such misconception.

Dr. Peat was among the main scientists that had a big influence with the work on progesterone in the USA.

He loudly and repeatedly stated that virgin coconut oil does not contain those toxic effects.

Unlike most unsaturated oils contained in cooked foods that would become rancid in a few hours (even if you put them in your refrigerator), Dr. Peat's test showed that virgin coconut oil had NO indication of rancidity, even if you store it in a room temperature for a year!

Another experiment conducted in 1978 used pregnant mice as samples. The result revealed that the young mice whose mother had been given diets with coconut oil turned out to have outstanding brain development!

On the contrary, about 2 years later, some experimenters showed that young rats which had directly absorbed soybean oil to their brain cells through milk feeding, turned out to experience brain cell structure damages.

Facts also showed that you can use virgin coconut oil for skin care. It helps prevent wrinkling and aging.

Dr. Peat also suggested to add virgin coconut oil to everyone's diet. Proofs were found that if coconut oil added frequently to a balance diet really lowers cholesterol to normal. This happens because virgin coconut oil encourage the changing of cholesterol into pregnenolone.

He found that coconut-consuming societies in tropical countries had steadily lower cholesterol than those in the U.S.

A more shocking fact is when he said, *"Everyone that I know who uses coconut oil regularly happens to have cholesterol levels of about 160, while eating mainly cholesterol rich foods (eggs, milk, cheese, meat, shellfish)".*

Does this mean that most of the images on virgin coconut oil and cholesterol that spread in the west cultures in the past are misleading and fictitious?

http://www.all-about-virgin-coconut-oil.com/virgin_coconut_oil_raypeat.html

Virgin Coconut Oil and The Negative Campaigns Against It

Back to the 60's...

In early 1960's, the United States kept spreading the words that coconut oil was a dangerous oil. Coconut oil was positioned as a very dangerous saturated fat that could risk human's health.

A certain party even advised the *American Heart Association* to cross virgin coconut oil out of the diet list.

It did not end here. In 1984 the *National Cholesterol Education Program* made a statement that coconut oil was to be avoided. On June 3rd, 1987 *The New York Times* wrote that even though it was cheap, but imported coconut oil from Indonesia and Malaysia could block the blood vessel –which means bad for health.

More to that, the *American Soybean Association* ran a campaign against tropical oil and -this of course- included coconut oil. This association pushed the FDA (*Food and Drugs Association*) to label all kinds of packaging of coconut oil with "Tropical Oil".

In 1989 the *American Soybean Association* held a press conference in Washington DC and stated that consumers had to avoid the using of coconut oil and coconut.

A year later, Mendis and Kumarasunderam ran a research on the use of coconut oil and soybean oil. **The conclusion?**

Coconut oil encourages the increase of bad cholesterol and soybean oil reduces unnecessary lipo-proteins...

It was in year 1992, when the truth of virgin coconut oil came up to the surface and was acknowledged by the public. It was Kaunitz and Dayrit who found an extraordinary data on the matter.

Many studies after that all lead to a conclusion that virgin coconut oil is very beneficial for health improvement.

http://www.all-about-virgin-coconut-oil.com/virgin_coconut_oil_accused.html