

Now why would all these doctors recommend staying away from coconut oil?

They are following the recommendations from the 2017 American Health Association (AMA) which advises us to not use coconut oil because it raises “bad” LDL cholesterol.

But is that actually true?

Coconut oil is largely composed of saturated fat however, it is different from the saturated fats in meat and dairy. It is in the form of short- and medium-chain triglycerides (instead of long-chain triglycerides) which are preferentially sent to the liver to be burned as energy.

So, coconut oil actually acts like kindling to help stoke the fire of metabolism. This means it can promote weight loss by increasing the burning of calories (thermogenesis) and improve insulin sensitivity. Plus, the latest research suggests that it does not adversely effect cholesterol levels at all.

Unfortunately, the AMA based their recommendations largely on some of the earlier studies. These studies on coconut oil - looking at the impact on blood cholesterol - were poorly designed and had only a small number of subjects (e.g., 9 subjects). A few of these studies indicated that coconut oil may raise both “bad” LDL and “good” HDL cholesterol levels.

However, more recent studies that are larger and better designed have shown extra-virgin coconut oil does NOT raise “bad” LDL while it definitely raises “good” HDL cholesterol levels.

For example, in the most recent and well-designed study published in the online edition of the British Medical Journal in March 2018, ninety-one middle-aged adults consumed either 50 grams of extra-virgin coconut oil, butter or extra-virgin olive oil daily for a month. Results showed that butter intake raised LDL levels, while coconut oil and extra-virgin olive oil did not.

In other words, coconut oil did NOT impact LDL levels at all. Furthermore, coconut oil was the only fat that significantly increased the “good” HDL cholesterol.

And in population-based studies, coconut oil intake appears to be one of the protective factors against hardening of the arteries and heart disease. In other words, in cultures where coconut oil is a big part of their diet, heart disease is much lower than in populations not consuming coconut oil.

So it is important to understand that not all saturated fats behave the same way and that coconut oil, in particular, can help lower cholesterol and protect against heart disease.

At this point there are over 1,500 studies proving coconut oil to be a very healthy food when used in moderation.

There are over 20 evidence-based benefits to coconut oil. And while I can't go into all of them in this email, I will focus on 2 of them.

Coconut oil acts as a natural antimicrobial, killing bad viruses, bacteria, fungi, yeast and parasites. This means that it's highly beneficial for anyone who has gut health problems because it plays a huge roll in weeding out unwanted organisms to allow health promoting bacteria to flourish.

Studies have demonstrated that the monoglyceride form of lauric acid, the main fatty acid in coconut oil, can eliminate viruses such as *Cytomegalovirus*, *Herpes simplex virus-1*, *HIV*, *Hemophilus influenzae*, measles, *Vesicular stomatitis virus*, and *Visna virus*.

It can also inactivate pathogenic bacteria such as *Listeria monocytogenes*, *Staphylococcus aureus*, *Streptococcus agalactiae*, *Staphylococcus epidermidis* Groups A, F & G, Group B gram positive *Streptococcus*, and *Helicobacter pylori*.

Not only does it inactivate these bacteria...

Unlike antibiotic drugs, the bacteria appear to be unable to develop resistance to coconut's natural antimicrobials.

Lauric acid also kills or inactivates a number of fungi, yeast and protozoa including several species of ringworm, *Candida albicans*, and *Giardia lamblia*.

In a study, researchers obtained clinical specimens of *Candida* species infections from 52 patients. Results showed that all *Candida* species were 100% susceptible to the coconut oil an effect equal to the antifungal drug fluconazole.

These are huge results with big implications for anyone suffering from candida overgrowth, SIBO, *H. pylori* infections, *Giardia*, Irritable Bowel Syndrome or just about any other digestive health issue!

What else can coconut oil do?

It can increase brain energy and help fight Alzheimer's...

Coconut oil initially became popular as a brain enhancer as a result of a viral email chain letter claiming coconut oil could cure Alzheimer's disease. The email promoted a YouTube video of Mary Newport, M.D., author of "Alzheimer's Disease: What If There Were a Cure — The Story of Ketones."

The video, as well as the book, told the story of how coconut oil helped her husband's symptoms of Alzheimer's disease (AD). In fact, the improvement was dramatic.

Dr. Newport decided to try coconut oil because it is a rich source of a medium chain saturated fat known as caprylic acid.

One MCT preparation composed of caprylic acid called Ketasyn, was used in a pilot study on AD patients and was found to improve memory in 47 percent of the subjects tested. That study was conducted in 2005.

In 2014, a similar product, providing 20g of caprylic triglycerides per day also showed some benefit, but only in those patients without the genetic marker for AD (i.e., the ApoE4 allele).

How is this possible?

Coconut oil and MCT oil increases energy production within brain cells. The primary energy source of the brain is glucose (blood sugar).

In AD there is a defect in the utilization of glucose – most often due to insulin resistance (NOTE: AD is often referred to as "diabetes of the brain").

The back-up fuel for the brain are compounds known as ketone bodies. If there is very little carbohydrate in the diet, the liver breaks down the fat into ketone bodies like acetone, acetoacetic acid, and beta-hydroxybutyric acid.

The possibility of boosting brain energy with coconut oil, MCTs, and other fats was the basis of Dave Asprey's *The Bulletproof Diet* and his Bulletproof coffee recipe, both of which further popularized the use of coconut and MCT oil.

Caffeine acts to elevate ketone availability to the brain thereby potentially enhancing the effects of MCTs as an energy source.

What does this mean?

Clinical studies have shown that raised ketone body levels can enhance memory and cognition.

That is particularly true in some people with mild to moderate Alzheimer's disease.

So, it is possible that a "ketogenic diet" that is low in carbohydrate along with coconut oil or MCT intake might improve energy production in the brain.

And it improves AD as well as overall brain power...

Even in healthy individuals.

As you can see – coconut oil can be very beneficial

Briefly, here are some of the other evidence-based benefits of coconut oil...

- Improve UTI symptoms and kidney infections
- Protects the liver from damage
- Reduces inflammation and arthritis
- Helps fight cancer
- Improves energy and endurance
- Improves digestion
- Reduces stomach ulcers
- Reduces symptoms of gallbladder disease and pancreatitis
- Improves skin issues such as eczema, dermatitis, and psoriasis
- Prevents gum disease and tooth decay
- Prevents osteoporosis
- Improves type 2 diabetes
- Promotes weight loss
- Helps build muscle
- Improves dry hair and dandruff
- Helps treat yeast infections
- Balances hormones

I consider coconut oil to be one of the best superfoods available because of all the benefits it can provide.