

Extra Virgin Coconut Oil— the ‘Good’ Saturated Fat

Extra virgin coconut oil is a miracle oil that not only is wonderful for taste but also for fat loss, fighting infections, supporting healthy thyroid function, and stimulating the body's production of important anti-aging hormones.

We've been telling you about the good fats you should incorporate in your diet, especially the omega-3 polyunsaturated fatty acids. But, there are also beneficial saturated fats. Yes, you heard right, **healthy saturated fats!** Some types of saturated fats can be extremely important to your health, and you probably know next to nothing about them.

Extra virgin coconut oil is perhaps the healthiest saturated fat. But you wouldn't know this from our modern so-called diet and health experts. As a savvy health consumer, you have probably heard from the talking heads of the health community as they consistently warn us to avoid saturated fats, especially those from beef and dairy, as well as tropical oils such as coconut, palm and palm kernel oils.

These modern health experts tell us saturated fat consumption is responsible for heart disease, obesity and cancer. They are missing the target.

These are the same so-called health experts who for years told us to load up on pasta and refined grains and whose poor advice must now bear some responsibility for a national epidemic of obesity and degenerative diseases.

Fortunately, Dr. Mary Enig and other independent thinkers and scientists have written very persuasively that the studies done in the 1950s that formed the basis of the “bad” fat hypothesis were flawed. The original research failed to distinguish between different kinds of fat, notes Dr. Enig. This was a fundamental flaw, one so obvious to us today, but, in earlier times, differentiating between the types of fats apparently was not thought to be as important. The early research, on which our dietary myths are now based, concluded all fat to be bad—saturated, monounsaturated, or polyunsaturated.

Now, of course, we know that not all fats are created equal, and that

some fats, indeed, are health promoting, while some truly are damaging to our health.

We believe the real culprits in heart disease are more likely to be obscenely elevated intakes of human-made trans fatty acids from hydrogenated oils, polyunsaturated fats high in omega-6 fatty acids (such as those in corn oil and prepared foods), and overconsumption of carbohydrates, especially refined carbohydrates found in pastries, candy and other processed foods.

In fact, up until the 19th Century, coconut oil was often recommended in cookbooks. But, as often happens, a marketing opportunity led to the use of science as propaganda.

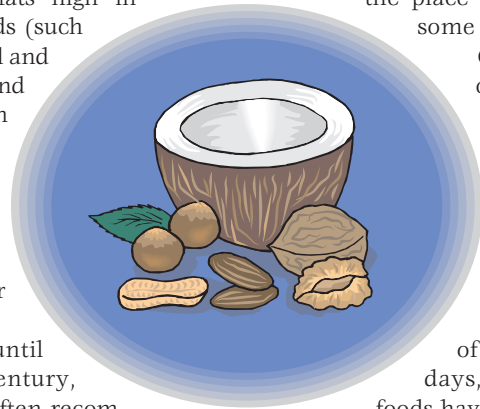
“The tropical oils were very popular in the [United States] food industry prior to World War II,” Dr. Enig notes. “With the war and the shortages of imported tropical oils, an effort was made to promote local oils, like soybean and corn oil.” Not surprisingly, the United States is the world's largest exporter of soybeans. “Studies were done to show that coconut oil, and all saturated fats, were bad for one's health because they raised serum cholesterol levels. However, these studies were done on *hydrogenated* coconut oil, and *all hydrogenated oils produce higher serum cholesterol levels*, whether they are saturated or not. Recent research shows that it is the presence of *trans fatty acids* that causes health problems, as they are fatty acid chains that have been altered from their original form in nature by the oil refining process.”

Americans have been told lies about fats for a long time, especially

that soy, corn, canola, safflower, sunflower and cottonseed oils should be their preferred oils—or, at least, these are the ones our major food companies are using in products today. And, of course, margarine has been crowned the king of spreads, taking the place of healthy, wholesome organic butter.

Once again, our so-called nutritional and health experts have steered us wrong. Butter, coconut oil, and animal fats have nourished human beings for several thousands of years. Yet, nowadays, these healthy foods have been relegated to the sidelines of culinary custom, replaced by new-fangled concoctions of very questionable nutritional value.

Nearly all commercial foods today avoid saturated fats, instead relying on polyunsaturated or partially hydrogenated vegetable fats. These may be “all vegetarian,” “no-cholesterol” foods. But they're not necessarily better for your health. Indeed, for the last five decades, Americans have increased their consumption of unsaturated fats and hydrogenated fats and have decreased their consumption of other types of saturated fatty acids (as well as omega-3 fatty acids) and the rate of deaths caused by heart disease has increased, as has obesity and many immune system disorders. We think there is clear-cut link between our rising consumption of these fats and rising rates of some diseases. It is time to get back to the healthy fats from coconut oil, as well as flax and salmon.



continued on next page

Extra Virgin Coconut Oil—the ‘Good’ Saturated Fat *continued from page 35*

Healthy Cooking with Coconut Oil

Extra virgin coconut oil is perhaps the most avoided miracle food today, and we're going to be devoting major reports over the next several issues, telling health-conscious consumers about its benefits and changing shopping habits. Coconut has been used as cooking oil for thousands of years. It can be used to replace corn and canola oil without requiring changes in recipes or cooking habits. Cooking and baking with extra virgin coconut oil can enhance the taste and texture of virtually any recipe and at the same time, supercharge your health.

Promising studies have been done on patients suffering from immune deficiency and autoimmune diseases. So you can see that we're big fans of the healing properties of coconut oil. We recommend virtually everyone consume coconut oil on a daily basis. We truly believe that coconut oil is the best widely available oil to use for cooking and baking and is even great when used externally to promote smooth and supple skin.

Here's why we recommend coconut oil:

Taste—Foods cooked in coconut oil taste better longer. If left at room temperature unsaturated oils turn rancid fairly quickly. However, even after one year at room temperature, coconut oil shows no evidence of rancidity.

Rich Source of Antioxidants—Coconut oil is packed with antioxidants, and it also reduces the body's need for vitamin E.

Promotes Thyroid Function—Coconut oil stimulates thyroid function. This, in turn, stimulates conversion of production of low-density lipoprotein cholesterol into the anti-aging prohormones and hormones pregnenolone, progesterone and dehydroepiandrosterone (DHEA). These valuable agents prevent heart disease, senility, obesity, cancer and other diseases associated with premature aging, as well as chronic, degenerative diseases.

It has been observed, for example, that the metabolic rate of people in Yucatan, where coconut is a staple food, averaged 25 percent higher than that of people in the United States, notes Raymond Peat, Ph.D. "In a hot climate, the adaptive tendency is to have a lower metabolic rate, so it is clear that some factor is more than offsetting this expected effect of high environmental temperatures. The people there are lean, and recently it has been observed that the women there have none of the symptoms we commonly associate with the menopause. By 1950, it was established that unsaturated fats suppress the metabolic rate, apparently creating hypothyroidism. Over the next few decades, the exact mechanisms of that metabolic damage were studied. Unsaturated fats damage

the mitochondria, partly by suppressing the reparatory enzyme, and partly by causing generalized oxidative damage. The more unsaturated the oils are, the more specifically they suppress tissue response to thyroid hormone, and transport of the hormone on the thyroid transport protein. The thyroid hormone is formed in the gland by the action of a protein digestive enzyme, and the unsaturated oils also inhibit that enzyme. Similar protein digestive enzymes involved in clot removal and immune function appear to be similarly inhibited by these oils. Just as metabolism is 'activated' by consumption of coconut oil, which prevents the inhibiting effect of unsaturated oils, other inhibited processes, such as clot removal and immune function, will probably tend to be restored by continuing use of coconut oil."

Promotes Weight Loss—Another benefit from coconut oil's unique ability to support thyroid function is weight loss. In the 1940s, farmers tried coconut oil to fatten their animals but discovered that it made them lean and active and increased their appetite. This is probably also due to the beneficial impact of coconut oil on thyroid function.

Protects Against Cancer—Coconut oil protects against cancer. Generally speaking, animals fed unsaturated oils develop more tumors. Some 50 years of

Coconut Oil Shopping Tips

It's important to prefer extra virgin coconut oil using fresh coconut meat or what is called non-copra (see below for a definition of copra). Chemicals and high heating are not used in further refining.

The method used in the Philippines to produce extra virgin coconut oil from coconut milk is fermentation. The coconut milk expressed from the freshly harvested coconuts is fermented for 24 to 36 hours. During this time, the water separates from the oil. The oil is then slightly heated for a short time to remove moisture, and filtered. The result is a clear coconut oil that retains the distinct scent and taste of coconuts. This is a traditional method of coconut oil extraction that has been used in the Philippines for hundreds of years. Laboratory tests show that this is a very high-quality coconut oil, with the lauric acid content being 50 to 53 percent.

This oil is not mass produced, but made by hand just as it has been done for hundreds of years. Since the producers of the oil live in the community where the coconuts grow, they personally guarantee that the best organic coconuts available are used in produc-

ing this extra virgin coconut oil, and that no chemicals whatsoever are used in the growing or processing of the coconuts.

Most available coconut oils are made from copra, which is the dried kernel (meat) of the coconut. Copra is made by smoke drying, sun drying, kiln drying, or a combination of these methods. If standard copra is used as a starting material, the unrefined coconut oil extracted from copra is not suitable for consumption and must be further refined. This is because the way most copra is dried is very unsanitary. Most of the copra is dried under the sun in the open air, where it is exposed to insects and molds. The standard end product made from copra is RBD coconut oil. RBD stands for refined, bleached, and deodorized. Both high heat and chemical solvents are used in this method.

The RBD oil is also often hydrogenated or partially hydrogenated. Thus, it is not a very good product.

Another difference between extra virgin coconut oil and refined coconut oils is the scent and taste. Extra virgin retains the fresh scent and taste of coconuts, whereas the copra-based refined coconut oils have no taste at all due to the refining process.

literature demonstrate anti-carcinogenic effects from dietary coconut oil. These animal studies show quite clearly the anti-cancer effect of consuming coconut oil. In a study published in 1984 in the *Journal of the National Cancer Institute (JNCI)* pure coconut oil was more inhibitory than more refined medium chain triglyceride oil to induction of colon tumors by azoxymethane. Chemically induced adenocarcinomas differed 10-fold between corn oil (32 percent) and coconut oil (three percent) in the colon. Both olive oil and coconut oil developed the low levels (three percent) of the adenocarcinomas in the colon, but in the small intestine animals fed coconut oil did not develop any tumors, while seven percent of animals fed olive oil did.

Studies two years later also in *JNCI* showed that the anti-tumor effects of coconut oil were also seen in chemically induced breast cancer. In this model, the slight elevation of serum cholesterol in the animals fed coconut oil was protective, as the animals fed the more polyunsaturated oil had reduced serum cholesterol and more tumors. The authors noted that "...an overall inverse trend was observed between total serum lipids and tumor incidence for the 4 [high fat] groups."

Antimicrobial Properties—Coconut oil has tremendous antiviral properties. Coconut oil contains medium-chain fatty acids (MCFAs) such as lauric, caprylic and capric acids. Of these three, coconut oil contains 40 to 55 percent lauric acid, which has the greatest antiviral activity. Lauric acid is so adept at fighting viral pathogens it is present in large quantities in breast milk. The body converts lauric acid to a fatty acid derivative (monolaurin), which is the substance that protects infants and adults alike from viral, bacterial or protozoal infections. 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*.

Also, approximately six to seven

percent of the fatty acids in coconut fat are capric acid. Capric acid is another medium chain fatty acid, which has a similar beneficial function when it is formed into monocaprin in the human or animal body. Monocaprin has also been shown to have antiviral effects against HIV and is being tested for antiviral effects against herpes simplex and antibacterial effects against

the diet. Thus, ironically enough, one could consider the recommendations to avoid coconut and other lauric oils as contributing to the increased incidence of coronary heart disease. Perhaps more important than any effect of coconut oil on serum cholesterol is the additional effect of coconut oil on the disease fighting capability of the animal or person consuming the coconut oil." ❖

Garden of Life Extra Virgin Coconut Oil



- Made from certified organic coconuts
- Contains antibacterial, antiviral, anti-fungal properties
- Abundant in medium chain fatty acids
- Helps to improve cholesterol ratios, raising levels of the "good" cholesterol, high-density lipoproteins
- Shown to support healthy thyroid function
- May help to promote proper weight management
- Helps to reduce hypoglycemic cravings
- May improve symptoms of digestive disorders
- Known to promote smooth and supple skin
- Can withstand wide heat ranges without oxidation
- Delicious coconut flavor and aroma

chlamydia and other sexually transmitted bacteria.

Protects Against or has Neutral Effect on Heart & Circulatory Disease—In 1980, researchers compared the effects of diets containing 10 percent coconut fat and 10 percent sunflower oil on lipoprotein distribution in male rats. Coconut oil feeding produced significantly lower levels of artery-damaging pre-beta lipoproteins (very low-density lipoproteins) and significantly higher levels of protective alpha-lipoproteins (high-density lipoproteins) relative to sunflower oil feeding.

"There is another aspect to the coronary heart disease picture," notes Dr. Enig. "This is related to the initiation of the atheromas that are reported to be blocking arteries. Recent research is suggestive that there is a causative role for the herpes virus and cytomegalovirus in the initial formation of atherosclerotic plaques and the relogging of arteries after angioplasty. What is so interesting is that the herpes virus and cytomegalovirus are both inhibited by the antimicrobial lipid monolaurin; but monolaurin is not formed in the body unless there is a source of lauric acid in

Availability—Extra Virgin Coconut

Oil from Garden of Life is the only extra virgin coconut oil available at natural health centers and from health professionals. Garden of Life's **Extra Virgin Coconut Oil** is the only product oil available in stores that is truly extra virgin and is produced the traditional way. It's a little more expensive but well worth the extra cost for fresher and better quality.

For help in finding **Extra Virgin Coconut Oil** in your area, contact Garden of Life toll-free at (800) 622-8986 or use the store locator service on their website at www.garden-of-lifeusa.com.

REFERENCES

- Cohen, L.A., et al. "Dietary fat and mammary cancer. I. Promoting effects of different dietary fats on N-nitrosomethylurea-induced rat mammary tumorigenesis." *Journal of the National Cancer Institute*, 1986; 77:33.
- Enig, M.G. "Health and nutritional benefits from coconut oil: an important functional food for the 21st century." Presented at the AVOC Lauric Oils Symposium, Ho Chi Min City, Vietnam, April 25, 1996.
- Hostmark, A.T., et al. "Plasma lipid concentration and liver output of lipoproteins in rats fed coconut fat or sunflower oil." *Artery*, 1980;7:367-383.
- Lim-Sylianco, C.Y. "Anticarcinogenic effect of coconut oil." *The Philippine Journal of Coconut Studies*, 1987;12:89-102.
- Reddy B.S. & Maeura, Y. "Tumor promotion of dietary fat in azoxymethane-induced colon carcinogenesis in female F 344 rats." *Journal of the National Cancer Institute*, 1984;72:745-750.