

## Jay Notes: The Coconut Oil Miracle by Bruce Fife

- I started using coconut oil myself and began recommending it to my clients (I am a certified nutritionist and naturopathic physician). **I've seen it get rid of chronic psoriasis, eliminate dandruff, remove pre-cancerous skin lesions, speed recovery from the flu, stop bladder infections, overcome chronic fatigue, and relieve hemorrhoids**, among other things.

In addition to this, the scientific literature reports its possible use in treating dental caries (cavities), peptic ulcers, benign prostatic hyperplasia (enlarged prostate), epilepsy, genital herpes, hepatitis C, and HIV/AIDS. Yes, as incredible as it sounds, I learned that coconut oil can be used to fight AIDS- a dreadful disease that has been considered incurable! Many AIDS patients have already benefited. Another remarkable benefit of coconut oil is its ability to prevent heart disease.

- If you were to travel the world looking for a people who enjoy a degree of health far above that found in most nations, a people who are relatively free from the crippling effects of degenerative disease, you couldn't help but be impressed by the natives who inhabit the islands of the South Pacific. These people in their tropical paradise enjoy a remarkable degree of good health, relatively free from the aches and pains of degenerative disease that plague most of the rest of the world. These people are robust and healthy. Heart disease, cancer, diabetes, and arthritis are almost unheard of- at least among those who continue to live on the traditional native diets.
- In the Central American country of Panama, **people are known to drink coconut oil by the glass to help themselves overcome sickness**. They have learned over the generations that consuming coconut oil speeds recovery from illness.
- The oil is used in hospitals to feed patients who have digestive or malabsorption problems. It is commonly given to infants and small children who cannot digest other fats. It has been a primary ingredient in most commercial infant formulas. Unlike other fats, coconut oil protects against heart disease, cancer, diabetes and a host of other illnesses. It supports and strengthens the immune system, thus helping the body ward off attack from infection and disease.
- Polynesian peoples consume large quantities of fat, primarily from coconut. For some, fat makes up as much as 60% of their total caloric intake- twice the limit recommended as prudent.

- The countries with the highest palm oil intakes in the world are Costa Rica and Malaysia. Their heart disease and serum cholesterol levels are much lower than in western nations.
- Epidemiological studies show conclusively that **populations that consume large amounts of coconut oil experience almost no heart disease.**
- They are the best natural source of medium and short chain fatty acids, giving them their incredible health promoting properties.
- Medium chain fatty acids in coconut oil are broken down and used predominantly for energy production and thus seldom end up as body fat or as deposits in arteries or anywhere else. They produce energy, not fat. **Medium chain fatty acids do not have a negative effect on blood cholesterol and help protect against heart disease.**
- Other conditions such as asthma, allergies, memory loss, and senility also showed a greater degree of occurrence among people who use refined polyunsaturated oils rather than saturated fats.
- **Polyunsaturated oils suppress the immune system**, making us more vulnerable to disease and premature aging. **Unsaturated fats not only suppress the immune system but can even kill white blood cells.**
- Coconut oil, being a highly saturated fat, is the least vulnerable of all the dietary oils to oxidation and free-radical formation and therefore the safest to use in cooking.
- The more trans fats eaten, the greater the cellular destruction, until entire tissues and organs become seriously affected. Disease is the result.
- Heart disease only appeared in island populations after traditional foods consisting of coconuts and coconut oil were replaced by modern processed foods and refined vegetable oils.
- It wasn't until relatively recently that science began to unlock the secrets of the islanders good health and discover the many healing miracles of coconut oil. Through the pioneering research of people like Weston A. Price, Ian A. Prior, Jon J. Kabara, and others, we now know that it was the coconut based diet that was largely responsible for the islanders good health and youthful appearance. It was and still is the reason Pacific Islanders don't get heart disease.
- Some of the most thorough research conducted on people who have a high fat diet derived primarily from coconuts is the Pukapuka and Tokelau Island

study.

- Digestive problems were rare, constipation uncommon. The people averaged two or more bowel movements a day. Athlerosclerosis, heart disease, colitis, colon cancer, hemorrhoids, ulcers, diverticulitis, and appendicitis are conditions with which they were generally unfamiliar.
- **Even the so called healthy olive oil increases blood clot risk.**
- Studies have revealed that populations who traditionally consume large quantities of coconut as part of their diet have a low incidence of health problems associated with blood clotting, including heart disease and stroke.
- **Research has shown that MCFA's (medium chain fatty acids) from coconut oil can kill bacteria and viruses that cause influenza, herpes, bladder infections, gum disease, and numerous other conditions.**
- Coconut oil was found to have many factors associated with a reduced risk of heart disease, compared to those of other dietary oils, namely, lower body-fat deposition, higher survival rate, reduced tendency to form clots, fewer uncontrolled free radicals in cells, lower levels of blood and liver cholesterol, higher antioxidant reserves in cells and lower incidence of disease in population studies.
- In the coconut growing regions of India the people were told to stop eating coconut because it caused heart disease. They began eating margarine and processed vegetable oils in place of coconut oil and with just a few years heart disease tripled.
- Not too long ago an associate of mine said she felt like she was coming down with the flu. She had the beginnings of a sore throat, sinus congestion and inklings of fatigue. I told her, "Take 2-3 tbsps of coconut oil mixed in a glass of lukewarm orange juice with every meal." By the end of the third day the symptoms were all but gone. Three days- that's all it took.
- 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.**
- Lipid coated viruses and bacteria are easily killed by MCFA's, which primarily destroy these organisms by disrupting their lipid membranes. Medium chain fatty acids, being similar to those in the microorganism's membrane, are

easily attracted to and absorbed into.

- **A thin layer of coconut oil on the skin helps protect us from the multitude of harmful germs our skin comes into contact with each day.**
- Treating individuals infected with HIV, the virus that causes AIDS, by feeding them MCFA's has recently shown great promise.
- Lab tests have shown that the MCFA's found in coconut oil are effective in destroying viruses that cause influenza, measles, herpes, mononucleosis, hepatitis C, and AIDS; bacteria that can cause stomach ulcers, throat infections, pneumonia, sinusitis, earache, rheumatic fever, dental cavities, food poisoning, urinary tract infections, meningitis, gonorrhea, and toxic shock syndrome; fungi and yeast that lead to ringworm, cadida, and thrush, parasites that can cause intestinal infections such as giardiasis.
- In order to treat stomach ulcers there may come a time when your doctor will simply recommend eating more foods cooked in coconut oil.
- One of the most potent non-drug or natural yeast fighting substances is caprylic acid, a medium chain fatty acid derived from coconut oil.
- Polynesian women who eat their traditional coconut based diet rarely, if ever, get yeast infections. Only in more temperate climates where processed vegetable oils are the main source of dietary fat are yeast infections, skin fungus, acne, and other skin infections big problems.
- MCFA's 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. But unlike carbohydrates, MCFA's do not raise blood sugar, so coconut oil is safe for diabetics. Many people report that coconut oil helps them control sugar cravings and reduces hypoglycemia symptoms.
- Because MCFA's increase the metabolic rate, coconut oil is a dietary fat that can actually promote weight loss.
- A follow up study demonstrated that MCFA's given over a six-day period can increase diet-induced thermogenesis by 50%.
- The more body-fat a person has, the greater effect the oil has on metabolism.
- Studies show that after eating a single meal containing MCT's, metabolism remains elevated for at least 24 hours.

- 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 like, with an oil that contains MCT's, 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.
- Because MCFAs are funneled directly to the liver and converted into energy, the body gets a boost of energy. And because MCFAs are easily absorbed by the energy-producing organelles of the cells, metabolism increases. This burst of energy has a stimulating effect on the entire body.
- According to Ray Peat, PH.D., an endocrinologist who specializes in the study of hormones, **unsaturated oils block thyroid hormone secretion**, its movement in the circulation, and the response of tissues to the hormones.
- As a skin lotion and hair conditioner, no other oil can compare.
- **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.**
- The skin acts as a window by which we can see inside the body. What we look like on the outside reflects, to a large part, what is happening on the inside.
- Most lotions do the skin no lasting benefit, and many actually accelerate the aging process. We take the risk of permanently damaging the skin when you can easily use coconut oil to help bring back its youthful appearance?
- The removal of excessive dead skin and the strengthening of underlying tissues are the key advantages to using coconut oil as a skin lotion.
- If dryness and cracking are severe, I recommend applying liberal amount of coconut oil to the affected area and then wrapping it loosely in plastic (so it doesn't drip all over the place) before going to sleep at night.
- When coconut oil is consumed in the diet and, to some extent, when it is applied directly, antiseptic fatty acids help prevent fungal and bacterial infections in the skin. The Polynesians who use it regularly are rarely troubled by skin infections or acne.
- Lipophilic bacteria are essential to the healthy environment on our skin.

- When bathing or showering, soap washes the protective layer of oil and acid off our skin. Often afterward the skin becomes tight and dry. Adding moisturizers helps the skin feel better, but it does not replace the acid or protective MCFAs that were removed. Your skin is vulnerable to infection at this time.
- **Until sweat oils return to reestablish the body's chemical barrier, your skin is vulnerable to infection.** If you have a cut or cracked skin, this can allow streptococcus, and other harmful germs entry into the body. **By using coconut oil or palm kernel oil-based lotion, you can quickly help reestablish the skin's natural antimicrobial and acid barrier.** If you are troubled with skin infections or want to avoid infections, it would be to your benefit to use coconut oil after every bath.
- If you take a long warm bath make sure to apply coconut oil on your skin to replace the natural oils that have been washed off. In fact, any time you use soap you are removing your body's protective layer of oil and changing the PH of your skin. Applying coconut oil will help reestablish a healthy skin environment.
- GOOT (garlic oil ointment), consists of crushed raw garlic in coconut oil. It's an ointment you make yourself and is effective against skin infections. Mark Konlee, the editor of *Positive Health News*, says, "I have never ceased to be amazed at what this ointment can accomplish.
- One of the things that has impressed me most about the topical use of coconut oil is its ability to reduce 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 hemorrhoids, may be relieved by this natural, harmless oil. It may also help relieve inflammation on other parts of the body, as has been seen in multiple sclerosis, arthritis, lupus, and the inflammation in the arteries (phlebitis) that can lead to hardening of the arteries and heart disease.
- If breast milk does not contain enough MCFAs, an infant can suffer from nutritional deficiency and become vulnerable to infectious illness.
- **The absorption of calcium and magnesium, as well as amino acids, has been found to increase when infants are fed a diet containing coconut oil.**

- For those who are concerned about developing osteoporosis as they get older, coconut oil may be useful in helping to slow down this degenerative process by improving mineral absorption, protecting the bones from free radicals, and maintaining hormonal balance.
- One of the most amazing benefits of coconut oil is its ability to kill disease-causing viruses. Antibiotics are useless against viruses, and antiviral drugs have only limited effectiveness.
- Any number of viruses, bacteria, fungi, or parasites can contribute to chronic fatigue. The most likely cause are the herpes virus, the Epstein-Barr virus, candida, and giardia.
- Unlike standard drugs used to treat HIV, which attack the virus's genetic material, medium-chain fatty acids simply break the virus apart. Much like the other fatty acids that make up the virus's lipid membrane, the MCFAs are absorbed by the virus; this weakens the membrane until it breaks apart, killing the virus. It is unlikely that the virus can develop an immunity to this mechanism, so MCFAs can attack and kill any of the strains of HIV, even the genetically drug-resistant superviruses.
- **Over the years many HIV-infected individuals have reported a decrease in their viral load (the number of viruses in the blood) and an improvement in overall health after eating coconut and drinking coconut milk.** Some have reported lowering their viral loads to nondetectable levels after eating coconut for only a few weeks.
- Unfortunately, the ready availability and low cost of coconut oil and its derivative fatty acids are a reason why research into its use as a treatment for AIDS and other viral illnesses has been slow. **There is 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.**
- Currently some researchers recommend that HIV-infected individuals consume the equivalent of 24-28 grams of lauric acid a day in order to significantly reduce their viral load. This would amount to about 3 ½ tablespoons of coconut oil.
- Studies showed that coconut oil could be a benefit for those concerned about cancer, diabetes, liver disease, kidney disease, prostate enlargement, and even epilepsy.
- If you are a woman, your chance of developing breast cancer is one in eight. If you are a man, your chance of getting prostate cancer is one in nine. One

out of every three people alive today in the US will eventually get some form of cancer during his or her lifetime.

- Consuming coconut oil, especially in place of most other oils, can greatly reduce your chance of developing cancer.
- Researchers have shown that coconut oil inhibits the induction of carcinogenic agents that cause colon as well as mammary (breast) tumors in test animals. **Many vegetable oils promote cancer because they are easily oxidized to form carcinogenic free radicals.**
- On the island of Nauru in the South Pacific, substituting for centuries on a diet composed primarily of bananas, yams and coconuts, the people lived totally free from diabetes.
- 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.
- Researchers have been finding coconut oil to be great benefit to liver health.
- Viruses that cause hepatitis are deactivated by the MCFAs, thus aiding the immune system in fighting off dangerous infections.
- 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.
- Medium-chain triglycerides in coconut oil don't require pancreatic enzymes or bile for digestion. They are easy to digest, making them ideal for infants cystic fibrosis patients, and those who have digestive problems, including those with gallbladder disease and those who have had their gallbladders removed.
- Coconut Oil has been recommended for use in the treatment of malnutrition because it provides a quick and easy source of nutrition without taxing the enzymes of the body. It also improves the absorption of minerals (particularly calcium and magnesium) B vitamins, and fat-soluble vitamins (A,D,E< and K and beta-carotene).
- Coconut oil possesses anti-inflammatory, antimicrobial, and antioxidant properties, all of which protect arteries from atherosclerosis and from heart disease.



- Because of the antimicrobial effect of coconut oil, it may also be of benefit for any number of kidney and bladder infections.
- Another incredible use researchers have discovered for coconut oil is in the treatment of epilepsy.
- A diet rich in coconut oil can enhance the efficiency of essential fatty acids by as much as 100 percent. Not only that, but coconut oil also acts as an antioxidant, protecting EFAs from destructive oxidation inside the body.
- The World Health Organization says we need to get amount 3 percent of our daily calories from essential fatty acids.
- **It appears for optimal health we should consume a small amount of EFAs along with significantly larger amounts of MCFAs.**
- Butter only consists of about 6 percent MCFAs. The better sources of MCFAs are the tropical oils. Palm kernel oil contains 58 percent MCFAs but the only place you will find this ion is an ingredients in a few commercially prepared foods. Coconut oil contains 63 percent MCFAs, and fresh dried coconut meat has 33 percent fat. Coconut milk is 17 to 24 percent fat.
- An adult average size would need 3 ½ T of coconut oil a day to equal proportions of MCFAs a nursing baby receives. The same amount of MCFAs can be obtained from 10 ounces of coconut milk or 7 ounces of raw coconut.
- Studies shave shown that the antimicrobial effects of MCFAs increases with the quantity used, so the greater the number of these infection-fighting fatty acids in our bodies, the greater our protections.
- Eating more should provide greater health benefits, not only in preventing illness but improving digestion and nutrient absorption, protecting against heart disease, and so on.
- We know that certain island populations consume large amounts of coconut oil, as much as 10 T a day, and have excellent health.
- One cup of dried, shredded coconut supplies 9 grams of fiber. This is 3 or 4 times as most fruits and vegetables.
- **If you wouldn't eat it don't put it on your skin.**
- Working the 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.

- **Don't be afraid of applying the oil to your face, It will help your complexion. Coconut oil acts like an exfoliant and helps remove dead cells, giving the skin a shiny youthful appearance.**
- Coconut oil can help with all types of blemishes. I've had deep discolorations cause by injuries that were 3 to 4 years old fade within weeks. Acne outbreaks become less troublesome.
- It keeps skin strong and elastic and is **excellent way to heal stretch marks after childbirth**. For best results, the expectant mother should massage the oil into the abdomen every day.
- If someone is very sick and vomiting, it may be possible to take coconut oil orally. In this case, you can massage the oil into the skin.
- Even if the infectious organism is not vulnerable to MCFAs, the nourishment the oil provides will strengthen the body, helping it to heal more quickly. I suggest massaging about 1 T of oil over the entire body 2-3 times a day.
- When applying the oil make sure to massage it into the skin closest to the most infected part of the body. For a sore throat, massage the oil around the neck; chest or lung infections; be sure to apply plenty of oil to chest and back.