

Extra Virgin Coconut Oil

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How to get *really* good oil -- and avoid the *really* bad stuff

*Most coconut oil sold in the U.S. is refined, bleached,
solvent-extracted and deodorized (Yes, that's the really bad stuff)*

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The Tragedy of "Junk" Coconut Oil. Most coconut oil sold in America is made from copra. Copra is the dried meat of the coconut which is left out in the open to dry. Mold may grow on it, flies may land on it, and the meat turns brown and rancid while it dries. The oil industry does not worry about this, as they plan to "clean the oil up" at the end of the final processing to remove the putrid taste and smell.

Solvents and Lye. Many companies also use solvents to help extract the oil from the meat. Once this crude oil is produced and the solvent "reclaimed", they then add lye to the oil. This step in the refining process will drop out free fatty acids, some of the vitamin E, as well as other precious nutrients and components.

Next, they put the oil through a bleaching process which will turn it from the brown, rancid color to a nice, whitish clear color. This process also eliminates more vitamin E and other nutrients. Lastly, they deodorize the coconut oil by bubbling gas through the oil at high temperatures while pulling the vapors off with a vacuum. This will eliminate the bad taste and smell. In the end, you have a tasteless, odorless coconut oil with chemically damaged fatty acid chains, "seasoned" with traces of solvents and residues from the refining process.

Why would companies be willing to "ruin" a healthy, natural oil with this toxic processing? You've probably already guessed the answer – money! This unnatural processing of the oil can yield almost *double* the amount of oil as natural processing.

Beware Junk "Organic" Coconut Oil. If you have used a coconut oil that does not smell or taste like coconuts, even though the label claims it to be organic and cold pressed, then most likely it is *not* virgin coconut oil, and most likely it is a refined, bleached, deodorized coconut oil – definitely not recommended for your best health. In fact, we recommend avoiding it altogether.

Extra Virgin Coconut Oil from Kerala, India is Different

Indian Coconut Oil – Simply the Best. We recommend ONLY the premium-grade, extra virgin, solvent-free coconut oil from the source that is world-recognized as the finest coconut oil in the world – Kerala, India - where the art of making extra virgin coconut oil has been perfected by traditional Ayurvedic methods through the centuries. In Kerala, extra virgin coconut oil is made from fresh coconuts (not old, moldy coconuts left on the ground) – which is often the case in making coconut oil from the South Pacific. (However, you must also beware – even in Kerala, you can get secondary grades of coconut oil that can be partially rancid.)

Gentle, Low-Temperature Processing. To make Indian extra virgin coconut oil, fresh coconuts are first de-shelled and then pressed. The pressing of the fresh meat yields a

coconut milk emulsion containing both the moisture and the oil of the coconut. Next, this emulsion is chilled. The chilling causes the oil to become a solid so the mixture can be centrifuged to remove the water layer, yielding a very top quality, excellent-tasting coconut oil that is smooth and creamy.

This coconut oil process uses the very least amount of heat of all virgin coconut oils made in the world, thus making it hands-down the favorite coconut oil of many people. It is well known for its health-giving, therapeutic properties and also has the smoothest, creamiest, "alive", delicious taste of any extra virgin coconut oil available.

Nature's Natural Infection Fighter

Medical Drugs: The Third Leading Cause of Death

Today, many people are suffering from diseases that 40 years ago were predicted to be wiped out by the miracle of antibiotics. We now know that using antibiotics is definitely not the miracle cure as once thought, and in fact, antibiotics are named on the list of medical drugs that are considered, as a group, to be the third leading cause of death in the U.S., presumably due to their widespread potentially negative side effects (reference: a 1999 study published in JAMA).

Other studies show that taking a single regimen of antibiotics (approximately 10 days) leaves an individual over *3 times* more susceptible to another infection. In children, their immune system is not yet fully mature – using antibiotics can be particularly harmful – causing long-term secondary symptoms which may be difficult to clear. Indeed, antibiotic therapy has become part of the problem in creating weakened immune system defences of Americans.

Infectious Disease: The Third Leading Killer.

According to the World Health Report, in terms of disease processes, infectious diseases are now the third leading killer of Americans, second only to heart disease and cancer. Most pathogenic bacteria have now developed drug resistance due to overuse of antibiotics. In addition, newly developed anti-viral drugs only help to reduce the severity of an infection and cannot eliminate the virus completely.

One of the most notorious viral infections in modern times is AIDS, believed to be caused by the human immunodeficiency virus (HIV). This virus is capable of attacking the cells of the immune system, leaving an individual vulnerable to infection by many other opportunistic organisms. Infection by sheer numbers of these organisms eventually causes the victim's death. As yet, no antiviral drugs are capable of stopping it.

Deadly to Pathogens. On the other hand, **2-monolaurin (formed by the body from coconut oil) dissolves the lipid envelope that protects pathogenic viruses, bacteria and other microorganisms.**

This 2-monolaurin is selective, however, in its action. It will **not harm the normal gut flora** of the intestinal tract, although it is **deadly to pathogens.**

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. Coconut oil is, in essence, a nutritious, natural super food with outstanding antibacterial, anti-viral, anti-fungal, and anti-protozoal properties. Much research has proven coconut oil's effectiveness in fighting many types of infection, including virus.

What About Heart Disease?

People who traditionally consume large quantities of coconut oil as a part of their daily diet have a very low incidence of heart disease and typically have normal blood cholesterol levels. This has been well supported by epidemiological observations recorded in many studies. These studies show that good quality coconut oil (i.e. virgin, not refined) supports healthy heart function. There is no correlation between coconut oil consumption and heart disease, in fact coconut oil **helps protect the heart and the entire cardiovascular system.**

Helps Prevent Heart Attacks. Coconut oil also helps to **reduce platelet stickiness (acting as a natural, nontoxic "blood thinner")**. Coconut oil helps to **stimulate metabolism up to 25%**, raises HDL (the good cholesterol), lowers LDL (the bad cholesterol) and can actually **lower overall cholesterol**, which helps reduce your chances of suffering a heart attack. Coconut oil has a broad spectrum of benefits: it has been shown to lower fat deposition, reduce the tendency to form blood clots, reduce free radicals in cells, lower levels of blood and liver cholesterol, raise antioxidant reserves in cells and lower the incidence of heart disease in population studies.

Is Saturated Fat Bad? Money, politics, and intended misinformation have been at the heart of people's confusion about coconut oil. Although coconut oil is a saturated fat, it is not like other fats that are harmful. Coconut oil has a unique structure with much shorter fatty acid chains so it can be easily digested, metabolized, and utilized by the body differently from all other oils. Its special saturated fat structure is complexed with many nutrient factors making it naturally heart-healthy and highly recommended, especially in heart disease and infectious conditions.

Cirrhosis and Hepatitis C

The liver is one of the most important organs of the body. It detoxifies, builds proteins and fats, secretes hormones, stores vitamins and minerals, produces bile necessary for digestion, and many more functions vital for maintaining proper health.

Researchers are finding that extra virgin coconut oil can be of great benefit to healthy liver function. The medium chain fatty acids in extra virgin coconut oil are carried straight to the liver from the digestive tract. The antimicrobial fatty acids can then cleanse the liver of harmful microorganisms as well as protect it from damaging free-radical reactions.

Both hepatitis C and liver cirrhosis can be fatal. Research studies have shown that in the laboratory, medium-chain fatty acids are effective against hepatitis C infections. Extra virgin coconut oil also appears to help with liver cirrhosis. Studies have shown natural coconut oil can be effective in preventing alcohol-induced cirrhosis and, as stated by one researcher, to "reverse alcohol-related liver injury".

Coconut Oil for Weight Loss

Processed seed oils (commonly used in the American diet, such as safflower, soy and corn oils, etc.) have very long fatty acid chains which can easily be damaged and which form trans fatty acids when heated, making them liver-toxic, capable of stressing the brain as well as being difficult to digest. Seed oils have been shown to lower a person's metabolic rate and thereby, cause weight gain. Dr. Raymond

Peat believes the processed seed oils help cause hypothyroidism which is a major contributing factor to weight gain.

People who substitute virgin coconut oil for seed oils in their diet often see weight gradually drop *without any dieting* at all. The medium-chain fatty acids in the coconut oil are easily digested and burn more like carbohydrates. The coconut oil supports the thyroid as well as speeding up metabolism and encouraging the burning of calories. Yes, virgin coconut oil can help you lose weight!

Questions & Answers

How do I use Indian Extra Virgin Coconut Oil?

You can use Indian extra virgin coconut oil just as you would any other oil. It is solid at a room temperature below 76 degrees and a liquid at temperatures that are higher. Therefore, as a solid, you can use it like butter – or if liquid, like any other oil.

Many people just eat it raw by itself to make sure they get their therapeutic amount each day. Start with about ½ to 1 tablespoon daily. Dr. Mary Enig, an expert on the properties and usage of natural coconut oil, suggests 3 1/2 tablespoons be taken daily in the diet. If you are not used to coconut oil, start with a small amount (1 to 2 tsp.) to help your body adjust to the oil.

Rather than taking coconut oil by itself, we think virgin coconut oil tastes so great that you wouldn't want to miss the chance to mix it with other foods – to accentuate them with a delightful, creamy, coconut taste. Try spreading it on breads, add the oil to salads, grain dishes or mix it with a nut butter or honey — it's really delicious. It is also really great for your skin – promoting a beautiful, clear complexion.

Can I use it for cooking?

Yes - as a cooking oil, coconut has a high smoke point (i.e. does not easily burn) when stir-frying or sautéing and is considered to be one of the best, safest oils to use for cooking as well as one of the healthiest oils to use in your diet. Even during cooking, its unique chemical structure is kept intact and is resistant to trans fat formation and free radical mutations of its fatty acid chains, even when used at high cooking temperatures.

How long does Indian Coconut Oil last?

Indian extra virgin coconut oil has a long shelf life due to the oil's natural antioxidant properties. The oil may be kept on the pantry shelf unopened at room temperature and will still retain its sweet coconut taste and fragrance for over a year. Once opened, it is best refrigerated and used within 2 months. If kept refrigerated unopened, it may last up to 2 years or more.

Can I use it on my skin?

Yes! This very light oil is valued around the world for its excellent conditioning of the skin, and can be massaged directly into the skin for better skin texture, a more radiant complexion, protection from the sun, and replenishing natural oils necessary for soft, supple skin.

It is also great for hair in eliminating dandruff or other scalp problems. Warm the oil and liberally apply it to the scalp approximately 20 minutes before you shampoo your hair. Then just lather your hair well and rinse out. Enjoy the new shine!

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