

Interesting about virgin coconut oil

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Coconut oil is the healthiest oil on Earth.

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{bot_wrgoogle}Dr.Mary Enig a Ph.D. nutritionist/biochemist and one of the world's leading authorities on fats and oils states "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 heliobacter pylori, and protozoa such as giardia lamblia. Some studies have also shown some antimicrobial effects of the free lauric acid."

What is Lauric acid?

The difference between coconut oil and other medium chain triglyceride oils is coconut oil contains a particular fatty acid called laurate (lauric acid), while commercial medium chain triglyceride oil preparations don't.

Lauric acid is a medium chain fatty acid which is found abundant* in coconut oil. Of which lauric acid is one unique composition of human breast milk. Human breast milk fat includes the fatty acids, lauric acid and capric acid. Lauric acid in breast milk plays a vital role to immune-compromised individuals, protect a baby's intestines from bacterial, protozoal, viral, and fungal infections.

A study in the American Journal of Clinical Nutrition published in 1998 reveals that lactating mothers who eat coconut oil and coconut products, increased lauric acid and capric acid levels in their breast milk significantly. Generally lactating women milk fat will have 3% lauric acid and 1% capric acid if their diet does not contain lauric acid. But if a lactating woman eat foods rich in lauric acid, the amount of lauric acid in her breast milk increases substantially to levels three times the original level and nearly double the amount of capric acid.

Extra Virgin coconut oil on Weight loss

+ Reduces the number of fat cells, and amount of fats stored

+ Reducing obesity. Obesity is caused by eating too much long-chain fatty acids (vegetable oil), while medium-chain fatty acids (as in coconut oil) reverse this condition.

+ Speeds up metabolism after meals. Rapidly oxidized or burned by the liver - as fast as pure glucose

+ Results in steady weight loss for obese individuals, and weight maintenance for healthy people

+ Helps maintain already healthy levels of cholesterol and thermogenesis

+ Improves athletic endurance exercise performance

+ Great for low carbohydrate diets

+ Can be used in place of butter. Enjoy in cooking, frying, baking or in smoothies

Dosage recommendations for weight loss: there are 2 different recommendations.

Dosage 1: Daily take of 2 tablespoons in the morning before breakfast.

Dosage 2: Daily take of ml. by calculating from your weight. 1 ml. (cc) per 1 weight kilogram

Extra Virgin Coconut Oil and Health benefits

- + Reduces liver's production of LDL "bad" cholesterol
- + Has no effect on production of HDL "good" cholesterol
- + Reduces circulating triglycerides and free fatty acids FFAs
- + Reduces intra-cellular lipids in muscle tissue, reducing insulin resistance
- + Fights many bacterial infections, including H.Pylori which is the cause of most ulcers.
- + Fights many viral infections
- + Improves NIDDM (type 2 diabetes) glycemic metabolism, by increasing insulin sensitivity and insulin controlled glucose disposal
- + Help reduce blood pressure
- + Accelerates or catalyzes burning and oxidation of other oils by the liver

Quality Virgin Coconut Oil is cold-processed to extract 100% pure natural coconut oil. No any heat (only 1-5 c degree) during the extraction process to prevent the loss of inherent Vitamin E, nutrients, and its super antioxidants. The process is non hydrogenated, unrefined, unbleached, non deodorized. It is produced by only using very fresh coconut meat, organically grown coconuts will be shredded and cold-processed (only 1-5 c degree) to release coconut milk, then fermented for a great taste and aroma. The same methods as farmers have used for centuries.

Presentation: If stored at room temperature 25 c, it will be Crystal clear solution, if stored lower 25 c the solution will solidify. No refrigerator required. Shelf life is 3 years.

Indications: Many benefits as moisturizer for skin and hair, as cleanser for eyes & face, health benefits, weight loss

Dose serve: Daily take 1-3 tablespoons for good health benefits as mention above.

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