

Coconut

Superbug Killer?



The lipid researcher Dr. Jon Kabara, PhD, Professor Emeritus, Michigan University, USA says, "Never before in the history of man is it so important to emphasize the value of lauric oils. These medium-chain fats in coconut oil are similar to fats in mother's milk and have similar nutraceutical [medical food] effects. It is the fat content that offers the health benefits. The medium-chain fatty acids and monoglycerides found primarily in coconut oil and mother's milk have miraculous healing power."

Coconut oil is nature's most abundant source of lauric acid and other medium-chain fatty acids – second only to mother's milk. MCTs have been part of infant formulas and hospital formulas for many years. Much of the research that's been done on coconut oil, and lauric acid, has consistently been showing that this unique fatty acid possesses powerful antimicrobial and antiviral properties. This is especially significant when we consider that

one of the greatest threats that looms before mankind today is the antibiotic-resistant superbug. Also, antibiotics do not have too much of an effect in treating viral infections. Coconut oil could be the one solution that addresses all these issues.

When lauric acid is consumed, either through human breast milk or in coconut oil, it forms a monoglyceride called "monolaurin," which has been shown to help destroy a variety of lipid-coated viruses, including HIV, herpes simplex virus-1, vesicular stomatitis virus, influenza, and cytomegalovirus⁷ and a variety of bacteria such as helicobacter pylori. There is also evidence that the MCTs in coconut oil kill yeast infections such as *Candida albicans*. An increasing number of people in Europe and other parts of the Western world are switching to cooking with coconut oil, and with such promising research information pouring in, maybe it's time for India to start going nuts over coconuts.