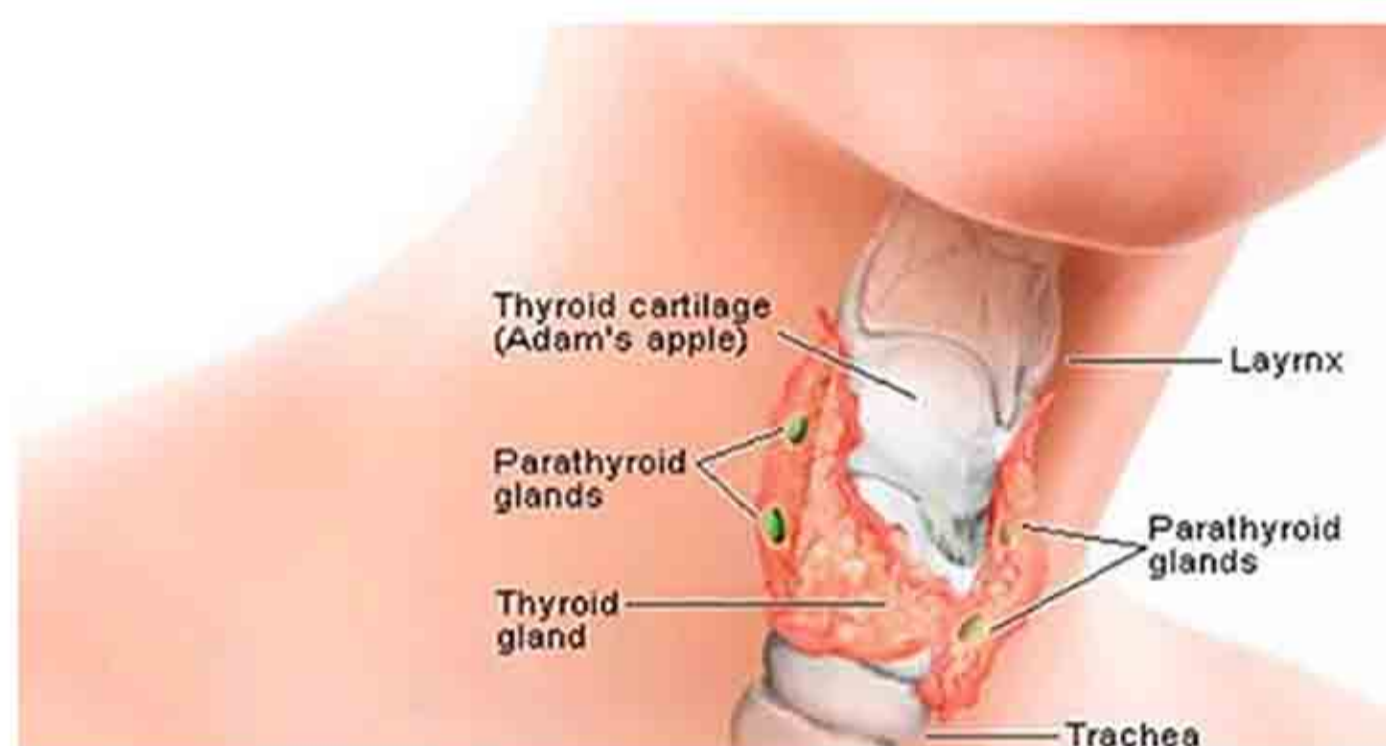


## How to Help Your Thyroid With Virgin Coconut Oil

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Many Americans are suffering from cold hands and feet, low body temperature, sensitivity to cold, continual feeling of chillness, headaches, lack of sleep, dry skin, swollen eyes, hair loss, breakable nails, ankle pain, constipation, mental inertia, fatigue, often infections, hoarse voice, ringing in the ears, numbness, loss of libido and obesity. The statistics are saying that 65% of the Americans are overweight and 27% of the population is clinically obese. According to the scientists, improper work of thyroid can lead to weight gain, particularly in women. - See more at: <http://www.healthyfoodteam.com/how-to-help-your-thyroid-with-virgin-coconut-oil-2/#sthash.2Mwxoe5W.dpuf>

The coconut oil is saturated and stable, and if you keep it in a room temperature, you can use it within 3-5 years. It eases the body from oxidative stress, which is not the case with the vegetable oils. This is because it is stable oil and the body absorbs it differently, which is not the case with long-chain fatty acids, which need enzyme dependent process.

The oxidized and rancid oils are causing cell lining damage that usually leaves impact on the liver. Since transformation of T4 to T3 is made in the liver, substituting long-chain fatty acids with medium-chain fatty acids will revive cell linings and boost the enzyme generation that will stimulate the transformation of T4 to T3 hormones.

Anyway, this will need a more detailed scientific research. Substituting polyunsaturated oil with coconut oil will surely give health benefits. Donna explains about her experience and the improvement of her thyroid's function. She states:

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"I'm using coconut oil since September 2002, and I can tell you, this was a life changing decision for me and for my family and friends. In fact I gained some weight since then, but what is important is that I felt great.

I was on Synthroid and Cytomel for years because I was hypothyroid, yet there weren't any continual results and I wasn't feeling fine. Another change I made was that I eliminated soy from my diet together with all trans fatty acids, refined sugar and organ cleanses seasonally.

My thyroid meds were disrupted with my doctor's knowledge as I was boosted with energy and I had difficulties with sleeping.

My weight stayed as it was until the last three weeks and it has now began the downhill move. My intention was a good health and I knew that the weight will be lowered when I will find the proper diet and exercise regime that will make my life easier and more comfortable. When I tried to eliminate the coconut oil from my diet I had a lack of energy and didn't feel good in my own body."

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