



Touching Hearts

CONSUMER CONNECT INITIATIVE



More than just oil!

They say more than a dozen pathogenic viruses have been reported to be inactivated by the MCT in coconut oil. This being a prelude, a tremendous amount of interest has already been generated world over about coconut oil's magical abilities. Read ahead to know the experts' take on it...



“ I always come across people who regularly use coconut oil, and have witnessed the impact it has on their lives. Some of them have had drastic improvements from a wide variety of health problems. My earnest plea to the coconut oil consumers is to not get carried away by the malicious propaganda fuelled by vested interests. Coconut is now identified by doctors and scientific community as a super food both for the body and soul. While monolaurin from coconut oil is used prevalently in baby foods in the developed countries, the virgin coconut oil too does wonders to health. Tender coconut is the most undiluted, unpolluted and the quintessential natural drink. The next decade will witness the resurgence and dominance of coconut and coconut oil. Board is working towards propagating the true facts pertaining to coconut oil.

T.K. Jose, IAS
Chairman,
Coconut Development Board

“ Little over 50 per cent of coconut oil is medium chain fatty acid, Lauric acid and another 7-10 per cent is a medium chain Capric acid. Lauric acid gets converted inside the human system into Monolaurins, the best fat that mother's milk has. Other than mother's milk monolaurins are found only in coconut oil. New born babies and infants depend on the monolaurins for their immune system development and their capacity to withstand any infection. In addition, coconut oil can be digested by the salivary lipase, getting absorbed very fast to give energy like carbohydrates. All other fats need the pancreatic lipase for digestion that the infants do not have. The coconut oil is the best alternative food fat for the infant when mother's milk is not available.

Prof. B.M. Hegde,
MD, FRCP (London),
FRCP (Edinburgh), FRCP
(Glasgow), FRCPI
(Dublin) FACC, FAMS

“ With all the opprobrium cast against it, no evidence has ever been presented to prove that coconut oil causes coronary heart disease in humans. All the evidences presented against coconut oil in a few animal studies have been without supplementary dose of essential fats or Poly Unsaturated Fatty Acids (PUFA) that should have been given, just like essential vitamins and minerals. On the contrary, the human epidemiologic evidence proves coconut oil is safe.

“ The lauric acid in coconut oil is used by the body to make the same disease-fighting fatty acid derivative monolaurin that babies make from the lauric acid they get from their mother's milk. The monoglyceride monolaurin is the substance that keeps infants from getting viral, bacterial or protozoal infections. Until just recently,

DID YOU KNOW?

- ❑ Coconut palm sugar, a product made from neera tapped from coconut inflorescence with low glycemic index.
- ❑ Fatty acids in coconut oil offer positive health benefits. The fat in coconut oil is lauric acid (medium chain fatty acids) which directly enter into the cells and metabolized immediately.
- ❑ The lauric acid in coconut oil is used by the body to make the antimicrobial derivative monolaurin.
- ❑ Coconut oil inhibits various microorganisms and the medium

- chain fatty acids in coconut oil offer positive health benefits for patients with irritable bowel syndrome and other digestive disorders.
- ❑ Coconut oil does not affect serum cholesterol level, does not cause clogging in arterial walls, increases serum HDL cholesterol, produces very little free radicals, does not get deposited and helps in resisting invading micro organisms.
- ❑ Coconut is considered a hypoallergenic food and, therefore, is recommended as a nutritious substitute in the diet for those who are trouble by

allergies. Eating coconut may actually help relieve symptoms associated with some allergies.

This is why Coconut the Wonder nut !!!

- Many antibacterial and antimicrobial benefits
- Miracle cure for Alzheimer's as per Dr. Mary Newport, USA
- Nature's answer to autism
- Source of ketones which provide energy to the brain
- Effective in managing hypothyroidism
- Managing Arthritis
- Help fight diabetes