



Coconut-the best food for human beings' health and longevity

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Of course, coconut oil is a fat and has some saturated fat in it. Majority of the saturated fat in the coconut oil is medium chain and short chain fatty acids (good for humans) and only a small part is long chain. One would do well to avoid deep fried foods as they convert any oil, burning at 160 degree centigrade, to incorporate free oxygen radicals into the fat to convert the fat into hydroxy-fat that is dangerous to the blood vessels.

“He who desires, but acts not, breeds pestilence.” William Blake

The imaginary, man made, cholesterol myth has been the greatest curse of mankind since the end of the Second World War. More people have met their maker in heaven worrying about cholesterol—that white, tasteless and odourless powder—which forms the very core of human body. Cholesterol forms the hydrophobic cell wall of every human body cell of which there are one hundred thousand billion in all at a given time. Millions of body cells die everyday and are to be replaced by new cells. Man is completely new once in three months. “No man could get into the same river twice,” wrote an English poet who might have had correct scientific intuition. Cholesterol lowering drugs, expensive as they are, have been a bigger curse. Every single such drug, since the original cholestyramine to the latest statins, has resulted in higher total mortality in the long term studies compared to the placebo. In short, cholesterol lowering drugs could possibly change the label in the death certificate of patients without changing the date of death: they might even advance the date!

But, thanks to the drug company propaganda and their capacity to

brain wash doctors, cholesterol lowering drugs are the biggest till movers for them netting billions of dollars business annually. Naturally, they would not like to break their “rice-bowl”. If the reader wants to know more about the cunning ways of the drug companies he/she is better advised to read the following two books, in addition to the thousands of scientific articles in the world literature and also in the special web site: www.thincs.org. The books are: *The Truth About Drug Companies: How They Deceive Us and What to do about it?* by Marcia Angell, a professor at Harvard, and the former Editor-in-Chief of the *New England Journal of Medicine*. (Random House 2005 Publications) and *OverdoSed America* by Dr. John Abramson (Harper Collins 2005 publication).

There is no cholesterol in anything that is vegetarian. Therefore, coconut oil can not have any cholesterol. This is another lie spread by the business interests to sell their Soya and other refined oils. In fact, all refined oils, especially the ones with long shelf life are very bad for human health. Time was when margarine was sold as the best fat replacing butter. The former must have helped all countries to lower their population. Now the slogan is



butter is better! In fact, the first ever Diet Heart Study in Framingham (1954-59) did not find any connection between fat in food and heart disease. The study never saw the light of the day in print as it was not good for the business. Now we know that what eats one (the negative thoughts) kills more often than what one eats.

Of course, coconut oil is a fat and has some saturated fat in it. Majority of the saturated fat in the coconut oil is medium chain and short chain fatty acids (good for humans) and only a small part is long chain. One would do well to avoid deep fried foods as they convert any oil, burning at 160 degree centigrade, to incorporate free oxygen radicals into the fat to convert the fat into hydroxy-fat that is dangerous to the blood vessels. But coconut oil which is fresh is one of the best foods that mankind could consume. Polynesian Islanders, who were taking almost 80% of their total calorie intake per day from the coconut tree in the distant past never had heart attacks and they lived to very old age. Now that they have become US citizens they have precocious coronary heart diseases. Same is true of the literate Indians who have changed to other oils recently. They have been getting precocious heart ailments!

Coconut oil is known to protect

human beings against certain cancers also. The type and quantity of fat matters a lot in the growth of the ubiquitous rogue cell in the human body, the seed of all future cancers. It is here that coconut oil plays a vital role in discouraging the rogue cell from growing further. Most rogue cells die a natural death in time. Scientific discoveries have shown the most powerful anti-germ properties of this great food-coconut.

50% of the saturated fat in the coconut oil is Lauric Acid, a medium chain acid, which gets converted to mono laurin in the human body. The latter kills viruses (HIV, cytomegaloviruses, Herpes virus, and Influenza virus) many bacteria (listeria, H.pylori) and even protozoa like giardia Lamblia. Another 6-7% is Capric acid, another medium chain fatty acid as powerful as the former Laurin to kill all kinds of germs. I find it difficult to find dandruff and fungus infections in most Kerala girls who use coconut oil regularly for bath as well as to rub on their skins. Monolaureates are only found in mother's milk other than coconut oil. If coconut oil is bad mother's milk must be very bad!

To sum up let me quote a study in the leading medical journal The Lancet of 22nd April 1989, which showed in a study of French elderly women staying in Nursing Homes

that those ladies with the highest cholesterol levels lived the longest. In addition, it also showed that deaths were five times more in those elderly ladies with lowest cholesterol levels compared to those with high levels.

90% of our serum cholesterol is manufactured in our own livers to help keep us alive and only 10% comes from the food, a very small contribution indeed. All drugs that lower cholesterol, by force damage liver functions definitely! Readers could get more details from my web site where many other scientific papers of mine in this field are listed. www.bmhedge.com That said, I must hasten to add that any fat, even the good ones like coconut oil and ghee should be taken with care. The total fat intake should not form more than 20% of our total calorie requirement per day. Fried food is bad for health. Long live mankind and his friend the coconut tree, kalpvriksha.

“Anyone who stops learning is old whether at twenty or at eighty. Any one who keeps learning stays young.”
Henry Ford.

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Know your oil-Coconut Oil

The oil has high levels of saturated fats, but more than 2/3 of these fats are medium chain triglycerides which are pretty healthy. This is good oil for frying foods as it is stable at high temperatures. Coconut oil does not get stored in the body easily and be used to induce weight loss. Despite high levels of saturated fats, it is good for health as long as it is not refined or hydrogenated.

Source: www.cseindia.org/oil_type.htm#know