

Chapter 1 : Coconut Oil Pulling Benefits and My How-to Guide

*Coconut Kind of Day: Island Poems (Picture Puffins Series) [Lynn Joseph] on calendrierdelascience.com *FREE* shipping on qualifying offers. A collection of poems depicting the sights and sounds of the Caribbean islands.*

Make sure to use unrefined coconut oil to ensure there are no additives to it. Another option is to use sunflower seed oil, but again, I recommend coconut oil pulling for all the reasons mentioned above. How-To This is how I like to do coconut oil pulling: Make sure to oil pull first thing in the morning right after you get out of bed before you brush your teeth or drink anything. Finally, brush your teeth as normal. Voila, easy as that! I recommend oil pulling three to four times per week with coconut oil and also adding essential oils to your mixture. As you can see, oil pulling with coconut oil is a simple procedure with very effective results. If 10-20 minutes sounds like a long time, simply do oil pulling while in the shower or while driving to work in the morning. Next I want to share with you how you can use essential oils to take your oil pulling benefits to a whole new level. Here are two of my favorite ways to use essential oils during my morning oil pulling routine: When battling an infection or sickness: Coconut Oil Pulling Questions 1. What age is good for oil pulling? Since the oil swished around in the mouth and spit out, then there should be no harm in oil pulling even at a young age. Can I pull oil if I have fillings? According to the Coconut Research Center: The only time oil pulling will affect crowns or fillings is if the teeth underneath have decayed and are full of infection. In this case, the foundation on which the crowns or fillings are secured to is badly decayed and unable to hold the dental material. Oil pulling removes bacteria, pus, and mucus. It cannot pull out porcelain, amalgam, or composite dental materials from the teeth. Then you will want to address this issue to keep the infection from spreading to your body. Why do I have to oil pull in the morning? The best time to oil pull is in the morning on an empty stomach, but you can certainly try other times during the day or before eating. Why do I have to oil pull for so long? When you oil pull, you are actually using up the oil in the process of swishing the oil. It will become watery and sometimes milky after about 15 minutes. If you pull with less oil you may notice it change texture sooner, but you want to make sure you have enough oil to really clean your mouth and teeth. How long does it take to see a difference with my teeth and mouth? Within one week, most people notice a cleaner mouth and change in their breath. Within a month, some people have experienced dental repair or healthier gums. Are there oil pulling side effects or symptoms? Every person is different. Some people may have a release of mucous in their throats or noses, as the swishing can release sinuses and cause drainage. This is harmless, but if it is uncomfortable to you, then you may want to blow your nose before oil pulling. Also some people experience jaw soreness. Occasionally, oil pulling can trigger the gag reflex in some people. If this happens, then try leaning your head forward just slightly and using a little bit less oil. Also warming the oil a little can make it thinner and less likely to cause any gagging. Can I oil pull while pregnant? In fact, it can be a soothing way to clean your teeth if you experience any gum sensitivity. Coconut oil is the best oil to use because it contains lauric acid, which has proven anti-inflammatory and antimicrobial effects. Sesame oil and sunflower are also options, but I recommend coconut oil pulling the most. You can also incorporate essential oils into the process to enhance oil pulling benefits.

Chapter 2 : How to Use Coconut Oil for Weight Loss

Coconut Kind of Day has 11 ratings and 3 reviews. Laura said: The author of this picture book wrote these poems to always remember the stories, sights, s.

This oil does all that it promises, and more! For decades now we have been told to cut back on fat in our diet if we want to lose weight. Marketers of low-fat foods have championed this concept. So what has been the result? During the past 20 years, there has been a dramatic increase in obesity in the United States and rates remain high. Thompson stated ten years ago: Obviously, low-fat diets have not helped Americans lose weight, as today nearly two thirds of all adults in the US are classified as overweight. Some people have been on a torturous low-fat regimen, trying to avoid all fat in their diet. Now we are learning about the dangers of low-fat diets. Certain fats are necessary and even healthy, but which ones? My name is Kelly, and I have been on a quest for health for several years now. At one time I was severely obese. I have since lost pounds. I read about the health benefits of coconut oil over a year ago, and added the oil to my daily regimen. Within a week, I had more energy, and was feeling like a different person. The quality cannot be matched. A young mother was wasting away with an infection diagnosed as tuberculosis. Her doctor prescribed 1 isolation, 2 bed rest, 3 exercise eventually and 4 a diet high in fat. High-fat diets were often recommended by the medical profession during those years. Before you scoff, you might want to know that this lady recovered. She is my mother, and she has stayed on this diet through the years. Basically butter, eggs, nuts and animal fats such as lard and beef tallow. Margarine, which were introduced in the s, were butter substitutes made with animal fats such as lard and tallow or the saturated vegetable oils from coconut oil and palm oils. These high-fat diets, considered then to be healthy, were rich in saturated fats, today seen by many as the worst possible fat one can consume. However, drastically reducing saturated fats from the modern diet has not solved any health problems, and statistics show that obesity rates are at an all-time high. The low-fat advice is losing credibility. A diet rich in natural foods will be a naturally high-fat diet! It is virtually impossible to eliminate fats from our diet. Fats are an essential part of life. Without them, we could not survive. Four vitamins—A, D, E, and K—are soluble in fat; fat carries fat-soluble vitamins. When fat is removed from a food, many of the fat-soluble compounds are also removed. Fat also adds satiety to our meal—a feeling of having had enough to eat. Fat-free and low-fat foods are one of the reasons some people over-eat carbohydrates, which really packs on the pounds. I have been taking a tablespoon of coconut oil three times daily with meals. Ironically, facilitating weight loss was my main reason for trying the coconut oil diet, but with all the wonderful benefits I am experiencing, the weight loss aspect almost seems like an afterthought. About three days into the routine, I had an energy rush on a Saturday morning that kept me going until well after lunch. My mental state of mind seemed to be much sharper. I was able to focus on the tasks at hand without getting sidetracked. I was not exhausted at the end of running my errands, which included traipsing around a huge mall. It seemed like I was practically running, rather than the leisurely walking that was formerly my habit. In addition to my energy level, my mood has been very stable—no up and down mood swings—even with the onset of PMS! My husband commented yesterday on how soft and silky my skin felt, and I have not used any lotion since I started taking the oil. Theresa Coconut Diet Forums Fats for Animal Feeds One interesting way to study the role of fats and their affect on weight loss or weight gain is to study the animal feed industry. If ever there was a group of people with economic interest in weight gain, it is the livestock industry. Lard was a basic staple for cooking in the days of our forefathers. It was found that feeding pigs polyunsaturated fats primarily soybean and corn oil would put more fat on them. This is the reaction of the longer chain fatty acids found in vegetable oils, and is well documented in the scientific literature. So how does one produce a leaner pork? So some farmers are now actually starting to use coconut oil, a plant-based saturated fat, instead. So what are the fats found on the shelves of grocery stores today, that make up the majority of the US diet? These are the same fats that have been known to fatten livestock in the animal feed business. The saturated fats, which made up most of the fats in the diet of our forefathers, have been almost banned by modern nutrition advice. The cause of obesity [is] precisely those refined carbohydrates at the base of the famous Food Guide Pyramid—the pasta, rice and

bread “ that we are told should be the staple of our healthy low-fat diet, and then add on the sugar or corn syrup in the soft drinks, fruit juices and sports drinks that we have taken to consuming in quantity if for no other reason than that they are fat free and so appear intrinsically healthy. While the low-fat-is-good-health dogma represents reality as we have come to know it, and the government has spent hundreds of millions of dollars in research trying to prove its worth, the low-carbohydrate message has been relegated to the realm of unscientific fantasy. Over the past five years, however, there has been a subtle shift in the scientific consensus. It used to be that even considering the possibility of the alternative hypothesis, let alone researching it, was tantamount to quackery by association. Now a small but growing minority of establishment researchers have come to take seriously what the low-carb-diet doctors have been saying all along. Walter Willett, chairman of the department of nutrition at the Harvard School of Public Health, may be the most visible proponent of testing this heretic hypothesis. But while these new low-carb diets are now challenging the low-fat hypothesis, there still seems to be mass confusion as to which fats and oils are actually healthy, and which ones are not. With all the books and literature written on the subject, and each one practically contradicting each other, there is really only one book written by a lipid expert with no commercial ties to anyone in the edible oil industry. Much of her work is featured in the Weston Price Foundation that studies traditional foods. I just had to tell you that your product has changed my life. For the past ten years I have been fighting hypothyroidism. I have gained over sixty pounds and it seems that lately my doctor is increasing the dosage of my thyroid medication nearly every month. After doing a lot of research, I first learned that it is probably up to me to cure myself, with a high protein “ low carb diet. I mix 2 tablespoons with a low-carb protein drink every morning and the energy I sustain throughout the day is amazing. I have also lost 11 pounds in 3 weeks and walking on my treadmill for 30 minutes every evening after work is almost effortless. Thank You for this wonderful product. The low-fat dietary dictum is a multi-billion dollar industry built upon a foundation of sinking sand. Not only does the scientific research show that the polyunsaturated vegetable oils promote weight gain, it also shows that they are not good as an animal feed either. While they do promote weight gain in livestock, they do so at the expense of another essential fatty acid: CLA is found primarily in beef and dairy products, and cannot be produced in the human body. Research has shown that animals grazed strictly on grass, their natural diet, can have levels of CLA hundreds of times higher than animals raised on grain feeds. Also, in a study done by the Department of Animal Science at Southern Illinois University in , it was found that beef finished off on soybean oil directly reduced the amount of CLA produced by ruminant animals. Among its benefits are: So while many people are seeing weight loss on low-carb diets because they are cutting back on refined carbohydrates, many do not see weight loss because they are still lacking proper fats in their diet, and most of the popular low-carb diets are giving mixed messages about which fats are healthy and which ones are not. Have you noticed all the news lately about the epidemic of obesity among children? Soy-enhanced foods were substituted on a traditional cycle menu, and the amount eaten, energy, and nutrient values for traditional and soy-enhanced lunches were compared. Soy-enhanced foods tended to be higher in energy, protein, and iron. Traditional lunches tended to be higher in fat, saturated fat, and vitamin A. Other concerns about soy and children are not even addressed in this study, such as how large amounts of plant hormones phyto-estrogens in soy are equal to adult levels and can cause severe damage to the endocrine system of children. These fats are rich in saturated fats, and include healthy traditionally raised meat, dairy, and eggs. In tropical climates it includes coconut oil and palm oil. Coconut oil is unique in nature with medium chain fatty acids that are also found in human breast milk, with volumes of research showing that it leads to greater metabolism and weight loss. Researchers now know that weight loss associated with coconut oil is related to the length of the fatty acid chains contained in coconut oil. Coconut oil contains what are called medium chain fatty acids, or medium chain triglycerides MCTs for short. These medium chain fatty acids are different from the common longer chain fatty acids found in other plant-based oils. Most vegetable oils are composed of longer chain fatty acids, or triglycerides LCTs. MCTs burn up quickly in the body. MCTs promote what is called thermogenesis. Researchers in Japan have found that when you consume a food rich in MCTs such as coconut oil, the MCTs are absorbed and transported directly into the liver via the portal vein. They are metabolized rapidly by beta-oxidation, and they increase diet-induced thermogenesis. If you feed animals vegetable oils, they put on

weight and produce more fatty meat. If you feed them coconut oil, they will be very lean. Another benefit of coconut consumption is it helps me control my blood sugar levels. Have you ever eaten any carb intensive food and had a sugar crash? Try eating some coconut oil along with the carb and it may prevent the sugar crash or at least mitigate them. I try to keep my blood sugar level steady all day and so have a nice level energy all day, and not ups and downs all day long.

Chapter 3 : - Coconut Kind of Day: Island Poems by Lynn Joseph

These 13 verses, nostalgic and sweet, portray a child's life in Trinidad, where the "pom da de de de dom pom" of the steel drums and the sight of "Mama gone to market balancing her wicker bas.

However, many people are confused about how much to take and how to eat it. This article explains how to include coconut oil in your diet and the optimal amount to take. A number of studies have investigated the benefits of coconut oil, many of which are attributed to its high content of medium-chain triglycerides MCTs.

Percentage Dosages In some cases, the amount of oil given was a percentage of total calories, which varied from person to person. Normal-weight women experienced significant temporary increases in metabolic rate and calorie expenditure 1, 2, 3. In addition, it was shown to raise LDL cholesterol less than butter 4. In each of these studies, a person consuming 2, calories for weight maintenance would have included 36-39 grams of coconut oil per day as part of a mixed diet.

Fixed Dosages In other studies, each participant consumed the same amount of oil regardless of calorie intake. In one study, overweight or obese people taking 2 tablespoons 30 ml of coconut oil per day for 4 weeks lost an average of 1. In another study, obese women took 2 tablespoons 30 ml of coconut or soybean oil while on a calorie-restricted diet. Their waist sizes decreased and HDL cholesterol increased, while the control group had the opposite response 6. In studies, coconut oil has benefits when given at fixed dosages or as a percentage of total calorie intake. Studies have found that 2 tablespoons 30 ml seems to be an effective dose. This has been shown to benefit weight, reduce belly fat and improve other health markers 5, 6. Some studies used up to 2. Two tablespoons provide about 18 grams of medium-chain triglycerides, which is within the range of 15-30 grams that has been shown to increase metabolic rate 7. Eating 2 tablespoons 30 ml per day is a reasonable amount that leaves room for other healthy fats in your diet, such as nuts, extra virgin olive oil and avocados. However, start slowly to avoid the nausea and loose stools that may occur with high intake. Take 1 teaspoon per day, gradually increasing to 2 tablespoons per day over 1-2 weeks. There are several ways to include this oil in your diet. So store it in a cupboard, rather than the refrigerator, to keep it pliable. During the colder months, it may become very solid and difficult to scoop out of the container. This can be remedied by whipping it with an electric mixer or in a blender. Here are several cooking ideas: Use 1-2 tablespoons of this oil to cook vegetables, eggs, meat or fish. Drizzle melted coconut oil on air-popped popcorn or try it in this stove-top popcorn recipe. Use it to coat poultry or meat before rubbing with seasonings. Use it in Recipes Coconut oil can be substituted for oil or butter in a 1: Be sure to let cold ingredients like eggs or milk come to room temperature before blending it in, so it mixes in smoothly instead of clumping. Here are a few recipes that use coconut oil:

Chapter 4 : Coconut Kind of Day: Island Poems by Lynn Joseph

Including 2 tablespoons of coconut oil per day, in cooking or in recipes, is the best way to get these benefits. Written by Franziska Spritzler, RD, CDE on May 27, related stories.

Not so long ago coconut oil was not favored by health advocates due to its high saturated fat content, but it has since been deemed healthier and in fact, can successfully help people shed a few pounds over time. Therefore, you have permission to add coconut oil into your diet in order to promote health and possibly lose weight as well. Backing up these claims are reports from countries like India and the Philippines, whose diets prominently feature coconuts and coconut products. Citizens from such countries tend to have less weight issues and have minimal rates of cardiac diseases as compared to individuals from the developed world. In this article I am going to explain to you how to use coconut oil for weight loss. Coconut Oil for Weight Loss

The Studies When it comes to weight loss, metabolism is a big deal, so the faster you can get your metabolism going, the more calories your body will burn. Coconut oil is different from most other fats we consume in our diet. While most other oils mostly contain long-chain fatty acids LCT, coconut oil consists almost entirely of medium chain fatty acids MCT. The thing with these medium chain fatty acids MCTs, is that they are metabolized differently than the longer chain fats. Reduced chain length means that MCTs are more quickly absorbed by the body and more quickly metabolized burned as fuel. The result is quicker metabolism and instead of being stored as fat, the calories in MCTs are very efficiently converted into fuel for immediate use by organs and muscles in our body. One study investigated the effects of MCT oil on weight: The rats felt more satiated, which lead to a reduction in calorie intake. If you are really serious about boosting your metabolism you should also be aware of these 10 factors that affect your metabolism. Virgin coconut oil VCO, is made by pressing fresh coconut meat, milk or milk residue. Refined, or RBD, oil is made from the coconut copra or dried kernel and may be chemically treated. Choose virgin coconut oil because it is prepared with no chemicals in the process. In order to use coconut oil for weight loss, you can use it in several ways.

Nut butters With nuts being so healthy for your body, consider preparing nut butter for good health and weight loss. To prepare this, grind two cups of cashews or almonds with two tablespoons of coconut oil until the mixture is smooth and buttery. You can throw in some honey, ground coffee, cinnamon, or maple syrup to add more flavor. Feel free to use nut butter on toast, English muffins, or bagels for a delicious and healthy breakfast.

Baked foods Since coconut oil can be used under high temperatures, you can use it to replace butter when baking foods like cookies, muffins, cakes, and brownies. Coconut oil can be used to substitute other oils as well as butter in nearly all baking recipes. To bake with coconut oil, replace your other oil by using a 1: Virgin coconut oil has long shelf life and it takes a few years to go rancid.

Roasted vegetables Vegetables like zucchini, beets, sweet potatoes, and butternut squash can be brushed with a mixture of thyme, lemon juice, coconut oil, salt and paper to give them a desirable coconut flavor.

Popcorn Coconut oil is known to nicely pop corn kernels when it is used instead of normal vegetable fat. Hold off on the butter to maximize your weight loss regimen.

Smoothies You can add coconut oil to your smoothies or other beverages, such as your morning coffee. This is because coconut oil usually solidifies at 76 degrees Fahrenheit. It is completely safe to use coconut oil in its solid state but if you want to use coconut oil to replace your normal oil, you can dip the jar into a hot water bath before using it. The best time to consume coconut oil is about a half an hour before mealtimes, as coconut oil has satiating effects that makes you feel fuller, thus helping in weight loss. If you want to consume coconut oil by the tablespoon, the recommendation is to take up to 3 tablespoons daily per adult.

Coconut Oil and Weight Loss What About the Calories It is important to be aware that coconut oil is fat it contains 9 calories per gram. If you want to use coconut oil to lose weight, you need to take into consideration the added calorie intake of the coconut oil. Especially if you consume a fixed amount of calories. Instead of adding coconut oil on top of your other cooking fats, try to replace some of your other cooking fats with coconut oil. There are other natural ingredients that can help you lose weight:

Chapter 5 : Coconut Oil Effective in Treating Diabetes

Coconut Kind of Day by Lynn Joseph, Sandra Speidel Poems that ring with Caribbean rhythm follow a young girl in Trinidad throughout her day. Glowing pastel illustrations perfectly complement this celebration of life in the West Indies.

My wife and daughter both have type 2 diabetes measure their blood sugar levels at least three times a day. Within a half hour their blood sugar levels will come back to normal. These drugs have serious side effects. Coconut Oil and Type 2 Diabetes Information that is finally making its way into the mainstream media is that type 2 diabetes is a lifestyle and diet issue that can be reversed without drugs. This information has been known for years, however, among those in the alternative health crowd. I also wanted to pass along a bit of my experience in regard to diabetes. I first started cooking with it and replacing the vegetable oils in my home. Then I started taking it by the spoon as well, about 2 tablespoons daily around the first of March. I have been looking for a way to reverse this condition since diagnosed. I was crying and he seemed happy! He also sent me to a nutritionist to take diabetic classes. Bottom line is this. I have been able to slowly remove myself from the RX and now control my blood sugar by diet, supplements and with CO! And I have been off the RX since the end of March of I was taking several supplements for a year or so before CO but still had to take the RX. One day reading a newsletter, I ran across an article mentioning that Coconut Oil was used to regulate blood sugar levels. I began taking one tablespoon a day at dinner. My yearly blood test was done on January 2, Thank you so much for making such a wonderful, healthy food source available to us! Even the mainstream media is starting to report that type 2 diabetes is reversible through diet. As a physician of many diabetics, I am constantly telling them how to eat more healthily but was unable to follow my own advice. My hunger and cravings have been my downfall for years leading me to donuts, cookies and other unhealthy foods I knew to stay away from. I was constantly hungry. When I heard that adding [healthy] oils like Tropical Traditions Virgin Coconut Oil could help satisfy my run-away hunger and cravings, I was skeptical. I knew if it could help even ME, then there would be something to the claims! No one was more surprised than me when I felt satisfied for hours after spreading some on my morning toast, or enjoying a tablespoon in my oatmeal. My wife loves to make our family sugar free chocolate balls using this wonderful oil, and I am still amazed that something so delicious is actually good for me! I have more energy, been able to exercise for longer periods of time, and have now lost 36 pounds! Population studies of societies that consume much of their calories from the saturated fats of coconut oil show that diabetes is very rare. A study done in India in showed that when Indians abandoned traditional fats like ghee and coconut oil, and started using polyunsaturated fats like sunflower or safflower oils, that the rates of diabetes became alarmingly high. These findings are important because obesity and insulin resistance are major factors leading to the development of Type 2 diabetes. Lauric acid present in coconut oil may protect against diabetes-induced dyslipidemia. With a very low carbohydrate diet, and cooking only with coconut oil he has been able to reduce his prescription drugs to the very lowest amount. Hopefully he will be able to eliminate them all together and control his diabetes with just diet. The Virgin Coconut Oil also is helping with my diabetes. I have type 1 juvenile diabetes and take insulin. People with diabetes often crave high-glycemic foods that we should stay away from! The Virgin Coconut Oil has helped a lot in this area! In January Rogier Donker wrote about his experience with type 1 diabetes, his dependency on the drug Humalog, and how Virgin Coconut Oil helped reduce his dependency on this drug: Of Virgin Coconut Oil. I first learned about virgin coconut oil when I was reading a book about giving massages. The author recommended VCO as a very good massage oil, so I went out and purchased some. A search on the Internet brought up all kinds of other information and I got myself a general education about VCO. Being a type1 diabetic due to an injured pancreas I have to take 34 units of Humalog an insulin mix twice daily. I have nothing to lose and everything to gain. I started ingesting VCO by the teaspoon on January 1st All week my glucose levels seemed to be getting lower than what I was used to, but I kept shooting myself with the prescribed 34 units of Humalog morning and evening. On Friday January 7th my morning glucose was I had my usual breakfast: We had a normal lunch on that Friday: Dinner was also normal: Ellen rushed to the kitchen got some OJ and my testing kit. My GL was 55! We went to bed at eleven that night and just before

bedtime my GL was Saturday morning January 8th I woke up with a GL of Decided NOT to inject any Humalog, had my breakfast and went on with the day. The bathroom scale revealed that I had indeed lost a couple of pounds. Later that evening Ellen and I shared an apple and just before we went to bed my glucose level was All along I am ingesting VCO, by now about a tablespoon a day. Sunday night the GL was , again I did not partake of any Humalog. The bathroom scale indicated this morning that I lost another pound and that weight loss is now visible in the belly region. Blink the Humalog, bring on the VCO! The last time I was able to check my GL it was and I felt terrific. It is now Sunday, January 16th I have not taken any Humalog or been able to test myself since Monday morning on January 10th. I still FEEL terrific! My stamina has improved, I have more energy and have lost 6 pounds! I cannot wait to receive test strips from the Diabetes Care Club, my gut says that I will be testing within normal limits! I did my breakfast: Washed it all down with three cups of coffee, each cup with a half a teaspoon of sugar and some half and half. Went to work- full of energy and get-up and go. UPS delivered the test strips just as I was walking to the house. OK! here we go! testing one, two, three and prick! Talk about feeling GOOD!! Just for the heck of it I pushed the buttons on my tester and found: Since I tested I nibbled on a large dried fig that my friend sent from Turkey. As soon as I ate that fig I tested myself again: Ask me if I feel healthy! So far I lost seven pounds and the last time I felt this energetic was before the pancreatitis of nine years ago! Better take a little bit of Humalog. No problem at all! The coconut oil, overall is making a huge difference. I take Humalog as needed but nowhere near the 68 units I was taking before I started on the coconut oil! I still feel terrific and it appears I am still losing weight. Sunday January 23rd My system must have gotten used to the coconut oil and the much smaller amounts of Humalog I am now taking. Sircar S, Kansra U. Enhancement of muscle mitochondrial oxidative capacity and alterations in insulin action are lipid species dependent: This led to years of studying Philippine nutrition and dietary patterns first hand while living in a rural farming community in the Philippines. Get the news right in your inbox! We respect your email privacy Recent Stories.

Chapter 6 : Coconut Oil for Weight Loss

The new chili and garlic edamame from TJ's have a tasty flavor that keeps me from dousing the pods in sea salt. ðŸ™, The weather was BEAUTIFUL today so I enjoyed lunch out on the deck with all of our plants and herbs.

It contains a unique combination of fatty acids with powerful effects on metabolism. Several studies show that just by adding coconut oil to your diet, you can lose fat, especially the "dangerous" fat in the abdominal cavity. This article explains how coconut oil can help you lose weight and belly fat. Whereas most foods contain predominantly long-chain fatty acids, coconut oil consists almost entirely of Medium Chain Fatty Acids 1. The thing with these medium chain fatty acids, is that they are metabolized differently than the longer chain fats. They are sent straight to the liver from the digestive tract, where they are either used for energy right away or turned into ketone bodies. These fats are often used by epileptic patients on a ketogenic diet, in order to increase ketone levels while allowing for a bit more carbs in the diet 2. There is also some evidence from animal studies that medium chain fats are stored less efficiently than other fats. In one study, rats were overfed with either long chain or medium chain fats. Coconut oil is high in Medium Chain Triglycerides, which are fatty acids that are metabolized differently than most other fats, leading to beneficial effects on metabolism. A calorie is not a calorie. Different foods and macronutrients go through different metabolic pathways. The different types of foods we eat can have a huge effect on our hormones and metabolic health. Some metabolic pathways are more efficient than others and some foods require more energy to digest and metabolize. One important property of coconut oil is that it is "thermogenic" - eating it tends to increase energy expenditure fat burning compared to the same amount of calories from other fats 4. Several other studies confirm these findings. When humans replace the fats they are eating with MCT fats, they burn more calories 6. Therefore, a calorie from coconut oil is NOT the same as a calorie from olive oil or butter although these fats are perfectly healthy too. Many studies show that medium chain triglycerides can boost metabolism, in one study increasing energy expenditure by calories per day. If your body expends more energy calories than it takes in, then you will lose fat. Humans are very capable of remaining lean and healthy in their natural environment. Anything that reduces our appetite can make us take in fewer calories without having to think about it. It appears that coconut oil has this effect. Many studies on medium chain fatty acids show that, compared to the same amount of calories from other fats, they increase feelings of fullness and lead to an automatic reduction in calorie intake 7. This may be related to the way these fats are metabolized. It is well known that ketone bodies which the liver produces when you eat coconut oil can have a powerful appetite reducing effect 8, 9, Whatever the mechanism is, it works. In one study of 6 healthy men, eating a high amount of MCTs caused them to automatically eat fewer calories per day. In another study of 14 healthy men, those who ate MCTs at breakfast ate significantly fewer calories at lunch. Many studies show that people who add Medium Chain Fatty Acids to their diet have reduced appetite and start eating fewer calories automatically. If coconut oil can boost metabolism and reduce appetite, then it should help you lose fat over the long term. In fact, there are several studies that support this. In one study, 40 women were given either 30 grams 2 tablespoons of either coconut oil or soybean oil for 28 days. They were instructed to eat fewer calories and walk every day. These were the results. Both groups lost weight about 2 pounds. Only the coconut oil group had decreased waist circumference belly fat while the soybean oil actually had a mild increase in belly fat. In this study, coconut oil did not cause overall weight loss compared to soybean oil, but it did lead to a significant reduction in belly fat. In another study in obese men, 30 grams of coconut oil for 4 weeks reduced waist circumference by 2. There are also other studies showing that medium chain fats lead to weight loss, reduced waist circumference and various improvements in metabolic health 15, The weight loss effects of coconut oil appear to be fairly mild, except for the abdominal fat. Abdominal fat, also called visceral fat or belly fat, is the fat that tends to lodge around your organs and cause inflammation, diabetes and heart disease. Any reduction in abdominal fat is likely to have very positive effects on your metabolic health, longevity and drastically reduce your risk of chronic disease. These results are far from being dramatic, but consider that all these people are doing is adding coconut oil to their diet. Combined with other proven weight

loss strategies like cutting carbs and increasing protein , all of this can add up to a significant amount. Eating coconut is particularly effective at reducing the harmful belly fat in the abdominal cavity, which is strongly associated with disease. Fat has 9 calories per gram In these cases, adding coconut oil to your diet will reduce your appetite and probably make you eat less of other foods instead. So this really is not about adding fat calories to your diet, it is about replacing some of your other cooking fats with coconut oil. The studies above used about 30 grams per day, which equals 2 tablespoons.

Chapter 7 : How Much Coconut Oil Should I Eat Daily? | calendrierdelascience.com

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Chapter 8 : calendrierdelascience.com | Coconut Kind of Day: Island Poems

Coconut oil for weight loss is the optimal fat to choose for this purpose. The best of the best in this category is organic virgin coconut oil. The reason coconut oil is so effective for losing weight as well as ongoing weight maintenance is four-fold.