

Chapter 1 : Nutritional and health benefits of coconut milk - Milks and Health

Health Benefits of Coconut Milk 1. Improves Heart Health by Lowering Blood Pressure and Cholesterol. Coconuts are one of the best sources of lauric acid – 50 percent of the fat in coconuts is lauric acid, which has antibacterial and antiviral activities.

Is Coconut Milk Good for You? Coconut milk is similar to the conventional dairy beverage in terms of its creamy consistency. It is famous in countries with lush coconut tree farms like the Caribbean, the Philippines, and other Asian countries. Nowadays, coconut milk gains a lot of attention with the popularity of Vegan diet, which keeps people from taking in conventional dairy products. Note that the key in getting the health benefits of coconut milk lies in moderation. Avoid drinking too much. Limit your daily intake within 2 cups. Also opt for freshly made coconut milk. Drink less from a can because processed foods can bring potential danger. Each vitamin is crucial for your health due to their contributions. Vitamin C and E improves your immune system. On the other hand, cellular energy increases with the presence of B vitamins taken in with the milk. Aside from these vitamins, incorporating coconut milk on your diet also supplies other essential nutrients like iron, magnesium, phosphorus and potassium. Iron is integral in producing erythrocytes or red blood cell, which carry oxygen for distribution. Magnesium is linked with several biochemical processes like nerve cell functions and heart rhythm regulation. Bones and teeth receive benefits from good amounts of phosphorus. Lastly, potassium is a vital nutrient for sustaining tissues found on major organs in the body like brain, kidney and heart. Antioxidant Several medical journals, including the Ceylon Medical Journal, cited and emphasized the high amounts of antioxidants in coconut milk. Antioxidants are vital in the body in preventing potential toxin-induced health issues. Lauric Acid Lauric acid is often found in breast milk, but studies show the presence of this fatty acid in coconut. Destroying these harmful foreign microorganisms ensure protection from different diseases. In addition to its anti-bacterial properties, lauric acid also contributes in lowering the risk of heart diseases by reducing and stabilizing triglycerides and cholesterol levels. Promote Cardiovascular Health The Ceylon Medical Journal claims that while coconut milk has healthy fats, which are not the type that blocks arteries, which also implies protection from risk of heart problems. Monoglycerides, a type of lipid, found in coconut meat are immediately absorbed and converted to energy after consumption. Utilizing monoglycerides as energy means it will not be stored and clog the blood vessel. Relieve Arthritis Symptoms Joint inflammation is also linked with free radicals. Coconut milk contains selenium, a component that works as antioxidant that cleanses the body from free radicals and relieves joint inflammation. Calm Nerve Cells Nerve cells can be excessively stimulated among hypertensive individuals. Magnesium and calcium contents in this milk stabilize blood pressure and calm the nerves. Regulate Blood Sugar Magnesium also aids in stabilizing glucose level by breaking it down and promote better metabolic rate in the body. Watch a video for health benefits of coconut milk: You can experience its moisturizing properties by drinking or applying it directly on your skin. Let the milk stay on your skin for approximately 15 minutes after application then rinse. Makeup Removal Mixing coconut oil with olive oil creates an organic makeup remover. Applying the mixture on your skin makes removing cosmetic products easier. Wrinkle Prevention As mentioned earlier, coconut milk contains antioxidants that control aging. In addition, it is also rich in copper and vitamin C that enhance skin elasticity and reduce wrinkles and fine lines. Sunburn Treatment Sunburned skin can also be relieved by applying coconut milk. It moisturizes the affected area and relieves sunburn-induced pain. Hair Conditioner Various shampoo and conditioner brands blend coconut milk and oil that moisturize the hair while maintaining its natural shine. Get the same benefit the natural way by massaging coconut oil on your hair from root to tip. Apply coconut milk and wrap your hair with a towel for several hours to experience its hair moisturizing properties. Side Effects and Precautions 1. Its linkage with breast cancer, premature puberty, and infertility alarmed people. Coconut milk itself does not have this component, but you risk exposure by drinking the product stored in plastic and metal containers with BPA. Be sure to verify if the brand selling coconut milk uses BPA-free containers before buying. Guar Gum Guar gum is a polysaccharide included in the galactose side group. This component that may be present in coconut milk can induce digestive discomfort

for several individuals. Individuals suffering from irritable bowel disorders IBS are advised not to drink coconut milk because of its polyols and monosaccharides that increase the risk in experiencing this problem. Weight Gain Excessive intake of coconut milk, meat and oil can cause weight gain. A cup of coconut milk contains calories and high saturated fat contents increase can make you gain more weight. Allergic Reaction According to the US Food and Drug Administration FDA , coconut is classified as a tree nut, which makes it a food to avoid or consume with caution for individuals with food allergies like tree nut allergy. Many individuals suffering from coconut allergy often reacts to the fruit rather than its oil. Final conclusion Considering its benefits, coconut milk is indeed good for you. Beauty benefits also come in taking in or using this product on your skin. However, it also presents some side effects for specific individuals. It is recommended to consume it accordingly and with caution. How to Select and Store Coconut Milk One of the essential details to know about coconut milk is that improper storage can make it rancid due to its high oil content. Obtaining fresh milk is good, but it spoils faster than the ones sold in store. Consume it within the day of pressing to ensure its freshness. Today, numerous manufacturers sell canned coconut milk, which can be stored in cupboards under room temperature and with longer shelf life. You can buy them in stores, but make sure to check for can dents or damages. Read the best before dates as well to ensure quality. Last Updated 09 November,

Chapter 2 : Is Coconut Milk Good for You? | calendrierdelascience.com

Most canned coconut milk contains a combination of thin and thick milk. It's also very easy to make your own coconut milk at home, adjusting the thickness to your liking.

Following exercise, muscles also need plenty of nutrients – including electrolytes like magnesium and potassium that are found in coconut milk – to repair broken down tissue and grow back even stronger. Because coconut milk is high in healthy fats, it also helps fill you up and prevent overeating or snacking throughout the day, which derail your efforts to improve your body composition. Provides Electrolytes and Prevents Fatigue Although coconut water is a higher source of electrolytes, coconut milk also provides important minerals needed to maintain blood volume, regulate heart health, and prevent dehydration or diarrhea. Especially in very hot weather, following exercise or after being sick, electrolytes help prevent exhaustion, heat strokes, heart problems, muscle aches or cramps, and low immunity. MCTs may be considered as agents that aid in the prevention of obesity or potentially stimulate weight loss. Fats provide the feeling of being full and satisfied and can help prevent overeating, snacking, food cravings and potentially weight gain. Of course, portion control is important considering the calorie count of coconut milk, but as a part of a healthy diet it provides necessary fatty acids in addition to other minerals that support weight loss and detoxification. Coconut milk is also hydrating and helps the digestive organs, like the liver and kidneys, function properly, which helps metabolize fat and remove waste from the body. Improves Digestion and Relieves Constipation A well-hydrated digestive tract is important for preventing or treating constipation. This is one reason why coconut milk is especially good to add to sweetened recipes, like desserts. Coconut milk in place of refined sugar especially is helpful for people with arthritis or other autoimmune conditions because sugar is a pro-inflammatory and linked to low immunity, worsened pain and swelling. Prevents Ulcers Another benefit of coconut milk nutrition that may surprise you? The study found that coconut milk had protective effects on the ulcerated gastric mucus that can lead to painful ulcers. The primary ingredient should be percent coconut milk and maybe coconut water. Some companies also add guar gum, which is a natural product used to stabilize the texture. Make sure the label indicates the milk is unsweetened to avoid a total sugar bomb. If you buy canned coconut milk, avoid cans made with the chemical called BPA. Although the FDA still considers it safe, many nutrition experts disagree due to certain studies linking it to behavioral problems and other health concerns. Luckily, you can easily make your own coconut milk at home by purchasing fresh, young coconuts. The fresher the coconut is, the longer the coconut milk lasts. First look for fresh coconuts and give them a good shake, making sure you can hear and feel some liquid moving around inside. You need a sturdy cleaver to crack open a coconut, but you can also use any heavy knife or a hammer you may have at home. Bang the cleaver on the top of the coconut until you hear a crack. Then strain the coconut water out, and keep it for smoothies and other refreshing drinks. Remove the flesh either by cutting it out with a paring knife or continue to hit the back of the coconut until the meat falls off from the shell. Rinse the coconut meat well, and chop it into small pieces. Then add your coconut meat to a blender or food processor along with about two cups of water. Squeeze the coconut pulp well with your hands to get the most coconut milk to strain out. Now use the coconut milk in some of the ways below, while keeping the meat for homemade coconut flour , coconut scrubs, to make dried coconut flakes or to add to smoothies. Coconut Milk Recipes How can you use coconut milk at home to take advantage of all the coconut milk nutrition benefits you just learned about? But its uses go way beyond soups and stews. Coconut milk is really versatile and works great in both sweet and savory recipes. Some surprising things you can do with coconut milk?

Healthy Skin and Hair. Coconut milk is highly nutritious when ingested, and these nutrients may help fortify and condition skin and hair as well. The fatty acids in coconut milk are a natural antiseptic and may help treat dandruff, skin infections, wounds and dry, itchy skin.

Do not confuse it with the coconut water since the latter is gained from inside the coconut shells. Thanks to its creamy and rich consistency, it may be used as one milk substitute. The unique fatty acids present in coconut milk can aid weight loss, reduce heart disease risk, improve immune function, improve skin, and hair health. This milk is also rich in vitamins B1, B3, B5, B6, C, and E as well as selenium, calcium, iron, iron, phosphorus, and magnesium. Therefore, this sweet creamy liquid may be a part of one healthy diet and also is a great option for people who are allergic to the animal milk. In this article, VKool. The writing collected a list of benefits of coconut milk from reliable sources. Keep reading this article to learn these 18 benefits of coconut milk in more detail!

Benefits Of Coconut Milk: Strong Bones Thanks to its rich array of minerals and vitamins, coconut milk has many benefits for hair, skin and health. One of the best benefits of coconut milk is to help your bones become stronger. In addition, it gives around how much milligrams of phosphorus a cup that contributes to strong bones. **Lowers Cholesterol** Reducing cholesterol is also one of the effective benefits of coconut milk. Though coconut milk has saturated fat, it may actually lower cholesterol levels in comparison to dairy and butter based creams. This is due to its lauric acid speeds up HDL cholesterol. **Treatment Of Arthritis** One of the greatest benefits of coconut milk is to treat arthritis. Selenium discovered in this milk is an antioxidant that alleviates arthritis symptoms by reducing the risk of joint inflammation as well as controlling free radicals. **Great Source Of Magnesium** This milk is a good source of magnesium, giving around 89 milligrams a cup. This mineral helps to maintain normal blood pressure and calm the nerves together. It leads to the reduction of muscle contraction, thereby making us feel more relaxed. **Aids In Weight Loss** This milk is often regarded as a fattening agent thanks to its saturated fats. If you take it in moderation, it may help to control your weight. **Stronger Immune System** This milk contains antimicrobial lipids, capric acid and lauric acid which possess antifungal, antibacterial and antiviral properties. The lauric acid gets converted into one compound called monolaurin that is believed to combat the bacteria and antibacterial causing flu , herpes, and even HIV. **Heart Disease** One of the best benefits of coconut milk is able to deal with heart disease. The medium chain saturated fatty acids in coconut milk may improve heart health. This medium chain fatty acids found of coconut milk can also kill 3 major types of bacteria causing plaque in your arteries. While one healthy overall diet is very important for heart health, combining coconut milk into your daily diet can also get positive results. **Calm Nerve Cells** This milk is very high in magnesium which helps to maintain your blood pressure at one normal level. The combination of magnesium and calcium in coconut milk also maintains nerves and muscle from becoming over stimulated. **Regulate Blood Sugar** Regulating blood sugar is also one of the best benefits of coconut milk. The manganese found in coconut milk aids you metabolize glucose in your body in order to help the metabolism working at the maximum level. Also, manganese can help to prevent osteoporosis, inflammation, PMS, and vitamin absorption. **Nourishes The Hair** Using coconut milk on the scalp provides a cooling sensation. Plus, it nourishes the hair by providing natural moisture from the roots to ends. Simply, you can apply a little fresh homemade coconut milk and then massage for 3 to 4 minutes. Allow it for about 20 minutes and shampoo the hair as usual. This way will boost your hair follicles and boost hair growth. This is especially effective for restoring dry, weakened, brittle and damaged hair and split ends as well. **Prevents Balding** Preventing balding is also considered as one of the best benefits of coconut milk. Coconut milk used with several other organic compounds may be extremely effective for hair growth. For best results, you can mix coconut milk about 50 ml with plain water ml and add camphor a few tablespoons solution to this mixture. This mixture is quite useful for people with balding problems. Then, massage you scalp consisting of the bald spots with the mixture and allow it for a few hours. Wash off using warm water and placing one towel on the head, let it gone away naturally instead if rubbing the hair dry. **Hair Detangler** This milk works as one natural detangler for the hair. For the most beneficial results, you need to rub some

this milk while combing the hair on the tangles along with comb right through it. **Great Conditioner** This milk is a good organic hair conditioner to give you with thicker and longer hair. You can take equivalent amounts of coconut milk and next shampoo in the hands and rinse the hair as usual. Also, you can use it as one leave in conditioner that gives added volume to the hair with no making them greasy. You need to take a little bit of coconut milk on the palm and rub the hands together. After that, bend forward such that the hair is flowing towards your floor and rub this coconut milk on the hair from the roots to ends consisting of the underside of the hair at the nape of the neck. **Moisturizer** Thanks to its soothing properties, this milk is a good moisturizer that may alter moisture in dehydrated skin. You should try adding rose petals a cup , rose water half a cup and coconut milk a cup to lukewarm bath water. Then, soaking in that bath for around 15 minutes will help maintain moisture to your dry skin. You can also directly rub this milk on the skin and allow it for half an hour to get absorbed. It will fight dryness and promote glowing and healthy skin. But ensure that you apply fresh homemade coconut milk. **Treatment Of Sunburns** One of the effective benefits of coconut milk is treating sunburns. Using plain coconut milk is beneficial in dealing with sun damaged skin. You need to apply one thin layer of the cool coconut milk to your sunburn area. The oil and fat in this milk help decrease redness and keep moisture to sunburn skin. Using coconut milk topically on your affected areas and allowing it entire night or bathing in it may ease the pain of rashes or burns caused by exposure to the sun. **Anti Aging Benefits** Application or consumption of coconut milk enhances skin elasticity thanks to its vitamin C and copper content. These nutrients reduce the ageing process of the skin and body by keeping flexibility and elasticity of your skin and blood vessels. Therefore, it prevents sagging skin, wrinkles and age spots. **Treatment Of Skin Ailments** Thanks to its moisturizing elements, coconut milk can alleviate the symptoms of psoriasis, eczema and dermatitis. The natural fatty acids present in coconut milk can help cure dry and irritated skin and get rid of harmful bacteria from the skin. **Make Up Remover** This milk can be applied as make-up remover. Simply, you can mix milk and coconut oil in the ratio of 1:

Chapter 4 : The health benefits of coconut milk | BBC Good Food

Coconut Milk Health Benefits One of the interesting coconut milk nutrition facts is that it contains a very high level of saturated fats, but the saturated fats found in coconut milk are mainly short and medium chain fatty acids, which are usually not stored by the body as fats.

The milk has a rich, creamy texture and thick consistency. It is also used in many traditional cuisines around the world. Grown in abundance in South East Asia, coconuts are well known for their delicious taste and numerous health benefits. Coconut milk is known to be one of the healthiest foods on earth and the wide range of health benefits of coconut milk make it quite popular. It has much less fat and fewer nutrients than coconut milk. Coconut milk is a high-calorie food. One cup of it contains calories, fat, protein, carbs, fiber, vitamin C, iron, magnesium, potassium, copper, manganese. Also some experts believe that coconut milk contains unique proteins that may provide health benefits. It is also high in calories and saturated fats called medium-chain triglycerides. Coconuts are packed with fiber and highly nutritious and rich in vitamins C, E, B1, B3, B5, and B6 as well as minerals, including iron, selenium, sodium, calcium, magnesium and phosphorous. It improves blood pressure and helps prevent cardiac arrhythmia due to its potassium content. Boosts Immune System Coconut milk has a good amount of vitamin C , a nutrient that helps to boost our immunity. Hence, regular consumption of coconut milk can help ward off infections and fight cold and cough. Coconut milk also contains lauric acid, which is a type of saturated fat found in several vegetable-based fats. Lauric acid is often extracted from coconut to develop monolaurin, an antimicrobial agent used to treat viral infections including influenza flu. It can boost the immune system and further fight against bacteria and yeasts. Weight loss Coconuts contain medium-chain triglycerides MCTs that are known to burn fat and induce satiety, which eventually helps prevent overeating. This specific quality of coconuts helps in long-term weight loss. The study further stated that MCTs could be considered as agents that help in the prevention of obesity. They also concluded that the coconut fat in coconut milk is actually beneficial to overall cholesterol levels. Coconut milk has also been found to help lower blood pressure and free plaque build-up from blood vessels, further supporting heart health and even lowering the risk of a heart attack. Iron which is the mineral responsible for oxygenating red blood cells, further promotes cardiovascular health. Copper content of coconut milk increases the absorption of iron and aids in increased red blood cell formation as well. Strengthens The Bones Coconut milk contains a good amount of calcium and phosphorus – nutrients that help to maintain healthy and strong bones. No specific research is done but many people all over the world testify that drinking coconut milk on a regular basis gives them stronger bones and lowers their risk of arthritis, osteoporosis, joint inflammation, and fractures. Coconut milk also contains vitamin D. Calcium and vitamin D are one bone-strengthening power duo as the pair strengthens bone density and structure. Its valuable phosphorus and manganese content further aids in bone metabolism. Ensures Blood circulation Coconut milk is also known to provide elasticity and flexibility to your skin and blood vessels. It has a good amount of copper and vitamin C, both of which are claimed to provide rigidity and elasticity to the collagen fibers. This property of coconut milk ensures a proper flow of blood in the blood vessels and minimalizes fluctuations in blood pressure. Helps prevent anemia Anemia , one of the most common diseases caused due to nutrient deficiencies, is a lack of iron in the body. This can be overcome by drinking a glass of coconut milk regularly. It is said to provide our bodies with almost one-fourth of our daily recommended dose of iron per day. It is also useful for preventing fatigue related to anemia. Controls diabetes The virgin coconut oil that is prepared from coconut milk affects the blood glucose levels positively. It contains antioxidant properties that improve the insulin secretion in the body. Another paper researched in Thailand talked about the benefits of coconut oil for diabetes. It suggested that virgin coconut oil increases the efficiency of cellular response to insulin, reduces blood sugar levels, stimulates metabolism, and decreases the glycaemic index of food, thereby controlling diabetes. These medium-chain triglycerides are easily absorbed by the liver and get converted to ketones. Helps in lowering inflammation and helps relieve arthritis In coconut milk, the medium-chain fatty acids, or MCTs are known to help lower inflammation. Inflammation is also associated with many types of health issues, including arthritis,

muscles aches and joint pains, which means adding coconut milk to your diet can help reduce both swelling and pain. Coconut milk instead of sugar is helpful for people with arthritis because sugar is a pro-inflammatory and linked to low immunity, worsened pain and swelling. Among all those nutrients is zinc, an element that helps to maintain the health of the prostate gland and reduce the risk of prostate cancer. The prostate gland already contains a high amount of zinc in its soft tissues, but drinking coconut milk regularly makes sure that the zinc levels in the body are replenished. Helps prevent ulcers If you are suffering from stomach ulcers , drinking coconut milk can help in significantly reducing and preventing ulcers altogether. Coconut milk contains anti-ulcer and antibacterial properties that fight the bacteria causing the ulcers. Drinking a glass of coconut milk at least once a week can give positive results in no time. A study was carried out in Chennai, India, to test the efficacy of a polyherbal cream, containing coconut milk as one of its main ingredients, on diabetic patients with foot ulcers. The study suggested that due to the anti-inflammatory and antibacterial properties of coconut milk and some other ingredients, this cream was highly effective in healing the ulcers. Has Antibacterial, Antiviral, And Antifungal Properties Several studies have been conducted on coconut and its various forms to test their abilities on inflammation and microbes. Virgin coconut oil, the pure form of oil extracted from coconut milk, is rich in MCTs and lauric acid. Due to this, virgin coconut oil has excellent anti-inflammatory, antibacterial, antiviral, and antifungal properties. Another study performed in Chiang Mai, Thailand, investigated the pharmacological effects of virgin coconut oil. The results suggested that the oil possessed anti-inflammatory, analgesic, and antipyretic properties. Improves digestion and relieves constipation Feeling constipated? Having trouble with digestion? Coconut milk can help. This milk contains a wide range of vitamins and minerals, which provide the necessary electrolytes and good fats that help move the food along the intestinal tract and leave the body at regular intervals. A good hydrated digestive tract is important for preventing or treating constipation. Coconut milk helps in nourishing the digestive lining due to its electrolytes and healthy fats, improving gut health and preventing conditions like IBS. Healthy skin and hair Coconut milk is highly nutritious when consumed and these nutrients may help moisturize and condition skin and hair as well. In coconut milk, the fatty acids are natural antiseptic and may help treat dandruff, skin infections, wounds, and dry, itchy skin. Also, the high fatty acid content in coconut milk serves as a natural moisturizer for healthy skin and may help repair wrinkles and sagging in aging skin. Provides Electrolytes and Prevents Fatigue Though coconut water is a higher source of electrolytes, coconut milk also provides important minerals needed to maintain blood volume, regulate heart health, and prevent dehydration or diarrhea. Especially in hot weather, following exercise or after being sick, electrolytes help prevent exhaustion, heat strokes, heart problems, muscle aches or cramps, and low immunity. Coconut milk also has the types of MCTs that are easily used by your brain for energy, without even needing to be processed through your digestive tract with bile acids like some other fats.

Chapter 5 : 9 Coconut Milk Nutrition Benefits + Recipes - Dr. Axe

Coconut milk is not the liquid that is drained from a coconut when you cut it open like many people assume. In order to make coconut milk you will take the coconut and process the flesh, steeping it in hot water and squeezing the milk out through a cheesecloth.

Tweet on Twitter History Researchers have yet to determine with certainty the place of origin of the coconut tree, though most of them think coconut tree came from Southeast Asia. Featuring the ability to float, the fruits were dispersed by the sea to the land in many tropical countries where they have taken root in the sandy soil of the beaches. A habitat that is particularly suitable for this plant. For coastal populations, who did not always have access to drinking water, the liquid of its immature nuts was a gift of the gods. Over time, the coconut has colonized all parts of the planet lying between the two tropics. Several varieties have been selected for commercial exploitation, but the wild form persists in many places where the fruit is the main source of fat, protein and a number of minor, but essential, nutritional components. On this regard one can affirm that, without coconut, whole civilizations would have not emerged or, at least, would have not survived. In the West, we find little mention of the coconut before the fourteenth century, when the Italian Marco Polo reported on his famous travels in Asia. With the expansion of the Portuguese Empire in the fifteenth and sixteenth centuries, it became popular in Europe and later in North America. The benefits for the health of coconut milk The coconut milk is an excellent source of iron for men and women, while the desiccated coconut is a good source of iron in particular for for women, their needs being different. For its part, raw coconut is a source of iron. Each cell in the body contains iron. This mineral is essential for transporting oxygen and the formation of red blood cells. It also plays a role in the production of new cells, hormones and neurotransmitters messengers in the nerve impulse. It should be noted that the iron content in plants such as coconut is less well absorbed by the body compared to iron from animal foods. Its absorption is enhanced when used with certain nutrients, such as vitamin C. Coconut and coconut milk are excellent sources of manganese. Manganese acts as a cofactor of several enzymes that facilitate a dozen different metabolic processes. It also helps prevent damage caused by free radicals. The desiccated coconut and coconut milk are excellent sources of copper, while raw coconut is also a good source. As a component of several enzymes, copper is necessary for the formation of hemoglobin and collagen protein for the structure and tissue repair in the body. The coconut milk is a good source of phosphorus, while the whole coconut is also a source of it. Phosphorus is the second most abundant mineral in the body after calcium. It plays a vital role in the formation and maintenance of healthy bones and teeth. In addition, he participates among others in the growth and regeneration of tissue and helps maintain normal blood pH. Finally, phosphorus is one of the constituents of cellular membranes. Desiccated coconut is a good source of selenium, while raw coconut and coconut milk are also good sources of it. This mineral works with a major antioxidant enzymes, thus preventing the formation of free radicals in the body. It also helps to convert the thyroid hormone to its active form. The desiccated coconut and coconut milk are sources of magnesium. Magnesium is involved in bone development, construction of proteins, enzyme action, muscle contraction, dental health and functioning of the immune system. It also plays a role in energy metabolism and in the transmission of nerve impulses. The desiccated coconut and coconut milk are sources of potassium. In the body, it is used to balance the pH of the blood and stimulate the production of hydrochloric acid by the stomach, promoting digestion. In addition, it facilitates the contraction of muscles, including the heart, and is involved in the transmission of nerve impulses. The desiccated coconut and coconut milk are sources of zinc while raw coconut is a source of zinc for women only. Zinc participates including immune reactions, manufacture of genetic material, to taste perception, in wound healing and development of the fetus. It also interacts with the thyroid hormones. In the pancreas, it is involved in the synthesis, storage and release of insulin. The coconut milk is a source of vitamin B3. Also known as niacin, vitamin B3 is involved in many metabolic reactions and contributes particularly to the production of energy from carbohydrates, lipids, proteins and alcohol we consume. It also works in the DNA formation process, allowing normal growth and development. The desiccated coconut is a source of

pantothenic acid. Also called vitamin B5, pantothenic acid is part of a key coenzyme allowing us to adequately use the energy in the food we eat. Desiccated coconut also participated in several steps of the production of steroid hormones, neurotransmitters messengers in the nerve impulse and hemoglobin. The desiccated coconut is a source of vitamin B6. Vitamin B6, also called pyridoxine, is part of coenzyme involved in the metabolism of proteins and fatty acids and the synthesis manufacturing of neurotransmitters messengers in the nerve impulse. It also helps to manufacture red blood cells and allows them to carry more oxygen. Pyridoxine is also necessary for the conversion of glucose into glycogen and is working towards the proper functioning of the immune system. Finally this vitamin plays a role in the formation of certain components of nerve cells and in modulating hormone receptors. The coconut milk is a source of folate. Folate vitamin B9 is involved in the production of all body cells, including red blood cells. This vitamin plays an essential role in the production of genetic material DNA, RNA, in the functioning of the nervous system and immune system, as well as in the healing of wounds and sores. As it is necessary for the production of new cells, an adequate intake is essential during periods of growth and development of the fetus. A fatty food, but interesting from a nutritional point of view. Yet, if not abused, due to its fiber content, coconut milk can be an effective way to help control weight. The fat in coconut milk also increases metabolism and, when integrated into a diet low in calories, it helps in weight loss¹. To enjoy the benefits of coconut, specifically on this aspect, it still would be better to consume the coconut milk, containing more protein and less fat. We will certainly not use it in the same way but if you want to take advantage of its fiber, coconut milk will be fat enough: It contributes substantially to the construction and bone strength. As explained above, the coconut milk contains selenium, which is an antioxidant which relieves the symptoms of arthritis. In fact, selenium helps to control free radicals and reduces the risk of inflammation of the joints. Coconut milk benefits for hair Just like coconut oil, coconut milk can help your hair. It is often used in hair masks and fills your hair with proteins. Thus, it offers benefits for your hair in the following way: The application of coconut milk on your scalp gives a feeling of freshness. It nourishes the hair giving you a natural moisture. You can apply some fresh coconut milk made at home. Leave it for 20 minutes and then rinse your hair as usual. This allows you to stimulate hair follicles and hair growth, which is particularly advantageous for hair restoration when they are dry, damaged, weakened, brittle and fragile as well as split ends. Coconut milk is used with certain other organic compounds to be extremely beneficial for hair growth. For this purpose you can mix 50 ml of coconut milk with ml of still water and add a few tablespoons of camphor oil to the mixture. The mixture is very useful for people with hair loss problems. Massage your scalp including bald spots with this mixture and leave for several hours by placing a towel over your head, and then rinse with warm water. Coconut milk acts as a conditioner for your hair, all you have to do is rub a little coconut milk while combing your hair. Just rub a small amount of coconut milk where the tangles are and comb through them. Coconut milk will not only help mitigate the nodes, but also make your hair smooth and shiny. You can take equal amounts of coconut milk and shampoo in your hands and rinse your hair as usual. Coconut milk will make your shampoo foam as you have never seen like coconut oil, so you use less shampoo and do something good for your hair! Coconut milk benefits for the skin Whether ingested or applied locally, coconut milk is great for your skin. It is rich in vitamin A, C, calcium, iron and natural proteins that contribute to a healthy and radiant skin. The various benefits of coconut milk for the skin are the followings: Because of its soothing, coconut milk is an excellent moisturizer for dry skin. Try adding a cup of rose petals, half a cup of rose water and a cup of coconut milk in a warm bath water. Soaking in the bath for about 15 minutes will help restore moisture to dry skin. You can directly rub coconut milk on your skin and leave for 30 minutes. This will help combat dryness and promote healthy, glowing skin. But make sure that you use fresh coconut milk prepared at home. The application of crude coconut milk is effective in the treatment of the skin damaged by the sun. All you need to do is apply a thin layer of fresh coconut milk to the area burnt by sunburn, fat and oil in the milk will help reduce redness and restore moisture to the skin burnt by the sun. Consumption or coconut milk application improves the elasticity of the skin due to its copper content and vitamin C. Thus, it prevents wrinkles, sagging skin, and aging spots. Thanks to its moisturizing, coconut milk can ease the symptoms of psoriasis, dermatitis, and eczema. Natural fatty acids in milk that may help treat dry and irritable skin and remove harmful bacteria from your skin. Combine two parts

of olive oil with some coconut oil and apply on the skin to gently remove makeup while moisturizing the skin. This is a much healthier alternative to most commercial cleansers that are alcohol based. Journal of Nutrition and Metabolism. Volume , Article ID , 11 pages.

Chapter 6 : Coconut Milk Health Benefits | Healthy Eating | SF Gate

Health Benefits of Coconut Milk and How to Cook with Coconut Milk. Coconut milk is made from a brew of coconut meat and water. But don't confuse it with lower-calorie coconut water. Rich and thick and more like cream than milk, coconut milk packs an eye-opening calories and 48 grams of fat (43 grams saturated) per cup.

Is Coconut Milk Good for You? Nowadays, coconut milk becomes more and more popular; not only in restaurant cuisine, but also as a replacement of a regular milk. Despite the fact that milk from coconuts contains more fats and calories caloric content is kcal , dietitians prefer using it except of animal origin milks. Basically, the benefits of coconut milk are contained in enzymes, which are useful for a digestive system. In addition, coconut milk is good because of its high content of omega-3, 6 and 9, which together with the amino acids make it possible to replenish the daily nutrients required by a person with just one glass of the drink. Find out more about coconut milk: Coconut milk nutrition Coconut milk is rather useful for prevention of gastrointestinal diseases. This milk does not cause allergic reactions; it will not lead to diarrhea or stomach colic. In addition, it contains phosphorus, which means it provides your body with phosphates that are key substances involved in the construction of bones. Coconut milk helps to balance the level of sugar, thanks to the presence of manganese in its composition. It heals the inflammatory processes of the joints, because of the presence of antioxidants and lowers the pressure due to the presence of potassium. Today, the harm of coconut milk for health is virtually unknown. However, scientists actively discuss its positive qualities. There is the most optimal level of vitamin C for the immune system in coconut milk. This means that the drink can be used to prevent colds. In addition, it increases hemoglobin, due to the high concentration of iron. The plenty of magnesium in coconut milk helps to neutralize the hyperactivity of nervous system, relieves muscle tension and soreness of the joints. Potential harm of coconut milk is mainly associated with the conservation of a canned one. Manufacturers often add a stabilizer, guar gum, to the drink, which is difficult to digest and adversely affects health due to its toxicity. There is no guar gum in powdered coconut milk though. It is a nice and easy-to-store variant. To sum up, let us set a list of the most beneficial properties of coconut milk, as there are plenty of them: Coconut milk helps in strengthening immunity. It restores energy and strength after physical and mental stress. The consumption of coconut milk excludes allergic reactions, gastric colic and diarrhea. Hyperactivity of the nervous system is healed due to the presence of magnesium in coconut milk. Coconut milk also positively affects the functioning of the thyroid gland. It promotes fast saturation, but with no excess fat. Thanks to antibacterial properties, coconut milk is beneficial for skin and hair. Coconut Milk A sweet food product called coconut cream or coconut paste is slightly thicker than classic coconut milk. These two have a very similar taste. Coconut cream, like milk, is made from the pulp of a mature coconut. Depending on the number of squeezes, the consistency of the final product may vary: For example, after the first squeeze, a thick coconut cream is obtained, and after using the pulp soaked in water, coconut milk becomes more like a juice. In cooking, coconut cream often forms the basis for the preparation of some varieties of sauces that are served to fish and meat, as well as desserts and sweets. In addition to excellent gastronomic qualities, the benefits of coconut cream for human health are also evident. It is so, because this product contains many oils, vegetable fats and protein. It is saturated with vitamins of group B, ascorbic acid, iron and manganese. Coconut cream is a nice and powerful remedy for those who suffer from cardiovascular diseases. In addition, this delicious product is useful for people who have depression and nervous disorders. Anyway, there is almost no difference between coconut milk and cream. Both of these products are extremely healthy. The nutrition content is quite similar for them, meaning you can diversify your diet by adding some cream to sauces and sweets. Coconut Water Coconut water, unlike milk or cream is not made by squeezing. It is naturally formed inside of a nut. All you need to get it is break a coconut. It is believed that thanks to the high content of antioxidants, coconut water prevents the aging of skin and internal organs. It rejuvenates cells, helps to improve the complexion, makes epidermis softer and more elastic. In addition, this liquid successfully fights free radicals. Coconut water helps to remove toxins from the body including mercury and slags. This drink favorably affects the work of the gastrointestinal tract and its microflora, improves metabolism,

eliminates digestive problems and gastritis. To achieve the best result, drink coconut water on an empty stomach and with your regular meals. In addition, it regulates blood pressure, so it is especially recommended to drink for hypertensive patients. Coconut juice helps to balance the blood sugar level and normalize the amount of insulin, so it is OK to drink for diabetics. Coconut water strengthens the immune system. This drink helps the body to recover from serious illnesses and after surgical operations. It promotes the regeneration of tissues and bone splicing. Is Coconut Milk Fattening? Coconut milk became especially popular with nutritionists. The reason for its frequent use as a dietary product lies in the fact that it contributes to rapid saturation, so it is recommended for people suffering from obesity. Even though there are many fats in the nutrition content of milk, these are only vegetable ones. Moreover, there are almost no carbs. Summing up, coconut milk is very nutrient, but not fattening at all. The composition of enzymes and fatty acids makes it a nice thing used to lose some excess weight. And the taste is rather cool as well. Is Coconut Milk a Laxative? We have discussed a few paragraphs above that coconut milk does not lead to diarrhea or stomach colic. This product is extremely beneficial for gastrointestinal tract. It normalizes the work of it. On the other hand, you might have some problems with the digestion of coconut milk, if you have personal intolerance or stomach illness. If you face something like this, ask your doctor about drinking the beverage. Is Coconut Milk High in Cholesterol? All dairy products contain cholesterol. This is because of its animal origin. However, coconut milk comes from nuts, and there is no cholesterol in it. That is, by the way, one of the most beneficial properties of this product, especially for using on a diet. Cholesterol is not only bad for your figure. It also leads to blood circulation problems and affects your heart work in a bad kind of way. Therefore, you should replace dairy products with coconut milk, if you have some disease of cardiovascular system. Coconut milk, due to a large number of vitamins contained in it, perfectly nourishes hair; therefore, it will be especially useful for dry, fragile and damaged ringlets. It is also famous for its moisturizing and antibacterial properties. There are many recipes of masks and hair conditioners made with coconut milk. However, it is better to use this product as is. Since it is hard to wash your hair in some liquid, buy coconut cream and apply it on your ringlets before bathing. All types of hair will look better with it. It might not contain that much vitamins, but is definitely much more beneficial. There are many contraindications to consuming dairy products, but almost none for coconut milk, cream and water. Thus, coconut is one of the best things nature can give us!

Chapter 7 : 15 Nutritional and Health Benefits of Coconut Milk - ExtraChai

There have been a lot of talks lately about coconut milk, as well as various other coconut products on the market, such as coconut water, coconut cream, and coconut oil. While each of them is slightly different, it is important to understand the distinctions, as well as the potential health benefits that coconut milk holds.

On many islands coconut is a staple in the diet and provides the majority of the food eaten. Among these cultures the coconut has a long and respected history. Coconut is highly nutritious and rich in fiber, vitamins, and minerals. Coconut oil is of special interest because it possesses healing properties far beyond that of any other dietary oil and is extensively used in traditional medicine among Asian and Pacific populations. Pacific Islanders consider coconut oil to be the cure for all illness. Coconut In Traditional Medicine People from many diverse cultures, languages, religions, and races scattered around the globe have revered the coconut as a valuable source of both food and medicine. Wherever the coconut palm grows the people have learned of its importance as a effective medicine. For thousands of years coconut products have held a respected and valuable place in local folk medicine. In traditional medicine around the world coconut is used to treat a wide variety of health problems including the following: Coconut In Modern Medicine Modern medical science is now confirming the use of coconut in treating many of the above conditions. Published studies in medical journals show that coconut, in one form or another, may provide a wide range of health benefits. Some of these are summarized below: Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhea, and other diseases. Expels or kills tapeworms, lice, giardia, and other parasites. Provides a nutritional source of quick energy. Boosts energy and endurance, enhancing physical and athletic performance. Improves digestion and absorption of other nutrients including vitamins, minerals, and amino acids. Improves insulin secretion and utilization of blood glucose. Relieves stress on pancreas and enzyme systems of the body. Reduces symptoms associated with pancreatitis. Helps relieve symptoms and reduce health risks associated with diabetes. Reduces problems associated with malabsorption syndrome and cystic fibrosis. Improves calcium and magnesium absorption and supports the development of strong bones and teeth. Helps protect against osteoporosis. Helps relieve symptoms associated with gallbladder disease. Improves digestion and bowel function. Relieves pain and irritation caused by hemorrhoids. Supports tissue healing and repair. Supports and aids immune system function. Helps protect the body from breast, colon, and other cancers. Is heart healthy; improves cholesterol ratio reducing risk of heart disease. Protects arteries from injury that causes atherosclerosis and thus protects against heart disease. Helps prevent periodontal disease and tooth decay. Functions as a protective antioxidant. Helps to protect the body from harmful free radicals that promote premature aging and degenerative disease. Improves utilization of essential fatty acids and protects them from oxidation. Helps relieve symptoms associated with chronic fatigue syndrome. Relieves symptoms associated with benign prostatic hyperplasia prostate enlargement. Helps protect against kidney disease and bladder infections. Is lower in calories than all other fats. Promotes loss of excess weight by increasing metabolic rate. Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats. Helps prevent obesity and overweight problems. Applied topically helps to form a chemical barrier on the skin to ward of infection. Reduces symptoms associated the psoriasis, eczema, and dermatitis. Supports the natural chemical balance of the skin. Softens skin and helps relieve dryness and flaking. Prevents wrinkles, sagging skin, and age spots. Promotes healthy looking hair and complexion. Provides protection from damaging effects of ultraviolet radiation from the sun. Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do. Has no harmful or discomforting side effects. Is completely non-toxic to humans. See Research to read some of the published studies regarding the above mentioned uses of coconut products. Once mistakenly believed to be unhealthy because of its high saturated fat content, it is now known that the fat in coconut oil is a unique and different from most all other fats and possesses many health giving properties. It is now gaining long overdue recognition as a nutritious health food. What makes coconut oil so good? What makes it different from all other oils, especially other saturated fats? The difference is in the fat molecule. All fats and oils are composed

of molecules called fatty acids. There are two methods of classifying fatty acids. The first you are probably familiar with, is based on saturation. You have saturated fats, monounsaturated fats, and polyunsaturated fats. Another system of classification is based on molecular size or length of the carbon chain within each fatty acid. Fatty acids consist of long chains of carbon atoms with hydrogen atoms attached. The vast majority of fats and oils in our diets, whether they are saturated or unsaturated or come from animals or plants, are composed of long-chain fatty acids LCFA. The size of the fatty acid is extremely important. Because our bodies respond to and metabolize each fatty acid differently depending on its size. The saturated fatty acids in coconut oil are predominately medium-chain fatty acids. Both the saturated and unsaturated fat found in meat, milk, eggs, and plants including most all vegetable oils are composed of LCFA. They do not have a negative effect on cholesterol and help to protect against heart disease. MCFA help to lower the risk of both atherosclerosis and heart disease. It is primarily due to the MCFA in coconut oil that makes it so special and so beneficial. There are only a very few good dietary sources of MCFA. By far the best sources are from coconut and palm kernel oils.

Chapter 8 : Coconut Milk Nutrition Facts

The coconut craze has gone on long enough that we're ready to declare this trend a new dietary staple - and if you haven't started cooking with coconut milk yet, now's the time to start. Coconut milk is intensely creamy, thanks to the coconut's natural fat. And while its high calorie count means.

Beverage One cup of canned coconut milk contains calories and 48 grams of fat. The saturated fat content in 1 cup of canned coconut milk vastly exceeds the daily recommended intake put forth by the American Heart Association. According to a spokesperson for the American Dietetic Association, any form of coconut milk is high in saturated fat, but some coconut milk beverages may be a more healthful alternative to the traditional, canned variety. There are also canned options which are lower in fat. The Los Angeles Times reports at least one unsweetened coconut milk product, marketed as a beverage, has far fewer calories and saturated fat than traditional canned coconut milk, which is often used for cooking. Some of these beverage products are also fortified with calcium, vitamin D, vitamin B12 and other vitamins and minerals to make them a healthy, dairy-free alternative. MCFAs were subsequently studied as a potential tool for weight loss. According to a study published in by the American Diabetes Association, dietary supplementation with MCFAs, such as those found in coconut milk, could help fight obesity and prevent peripheral insulin resistance -- a condition in which certain tissues fail to respond to insulin. The Los Angeles Times reports despite studies promoting the weight loss potential of MCFAs, there is no evidence they are necessarily healthier for the heart than other saturated fats, which raise dangerous LDL cholesterol levels. **Minerals** Coconut milk is a rich source of certain minerals, including iron and potassium. One cup of canned coconut milk has 7. Most men require 8 milligrams of iron a day, while some women require up to 18 milligrams of iron daily. According to the Centers for Disease Control and Prevention, iron deficiency is the most prevalent nutritional deficit in the United States. Iron deficiency can result in impaired motor ability and mental function as well as birth-related complications for pregnant women. **Vitamins** Coconut milk also contains important vitamins like niacin and folate. One cup of canned coconut milk has 1. Niacin, also known as vitamin B3, helps the body create sex and stress-related hormones. It also assists circulation. While niacin deficiency is rare, it can be a problem for individuals with alcoholism. Folate aids the production and maintenance of new cells in the body and is especially critical for the body during times of rapid growth. This important vitamin can even help prevent changes in DNA that lead to cancer.

Chapter 9 : What Are the Benefits of Coconut Milk Powder? | Our Everyday Life

Health Benefits of Coconut Milk Some diet experts promote the health benefits of coconut milk. They say that real coconut milk (not blended with sugar and other ingredients), coconut cream, and coconut oil contain high levels of lauric acid, a saturated fatty acid.

Instead, such short and medium chain fatty acids have been found to provide instant energy to the body. Apart from these fatty acids, coconut milk contains many other essential nutrients, which can be attributed for several health benefits. Some of the most important benefits of coconut milk are explained below: A major part of the fats found in coconut milk is lauric acid, which has been found to exhibit antibacterial, antifungal and antiviral properties. This fatty acid can boost the immune system and its disease fighting ability. Lauric acid can also be helpful in maintaining the elasticity of the blood vessels and in keeping them clean, which can lower the risk for conditions like, atherosclerosis and heart disease. Coconut milk also contains several antioxidant compounds, which can provide protection against the harmful free radicals and their damaging effects on the body cells and tissues. Coconut milk can improve the health of the digestive system and promote digestion. It can relieve the symptoms of stomach ulcers and acid reflux disease as well. With such a high level of iron, it can help to treat anemia caused by iron deficiency. Apart from these, coconut milk may help to relax the nerves and the muscles, control blood sugar level, lower blood pressure and reduce joint inflammation. In fact, it is increasingly used for hair care of late. It contains vitamin E and fats, which can prove effective in moisturizing hair. Fresh coconut milk can nourish hair and promote hair growth. It can be used for controlling excessive hair fall as well. Benefits of Coconut Milk on Skin Along with hair care, coconut milk can be used for skin care as well. It can be used for cleansing the skin pores by removing dirt and excess sebum. When used for skin care, coconut milk can give soft and supple skin and a radiant complexion. Coconut milk can also remove the dead cells from the skin by acting as a gentle exfoliating agent. At the same time, it helps to keep the skin well hydrated and moisturized as well. The aforementioned information should now help you understand that the relationship between coconut milk and health is a good one, as well as various benefits of coconut milk for hair and skin care. Coconut milk is also soy and gluten free and so, people allergic to such substances can also use it. Coconut Milk and Health Facts Doctors recommend coconut milk for health. Coconut milk health benefits are mentioned in Traditional Medicine for the human body. It is also used for the treatment of mouth ulcers. Coconut milk has many minerals, vitamins and electrolytes such as calcium, potassium and chloride. Coconut is a dairy free alternative to those who are lactose intolerant and are also allergic to animal milk. This milk is also nut free, soy free and gluten free. It is known to relieve the symptoms of sore throat. It is good for the health of your skin and hair. Many cosmetic giants use it as a base in products for skin and hair. Apply coconut milk to the scalp to have dandruff free hair and condition your hair naturally. Coconut milk is a reservoir of antioxidants. Antioxidants help the body fight aging, low vision and low bone density. It also aids in digestion and is also used as a laxative. It can also be a remedy for urinary and kidney problems. If your skin has been exposed to the harsh rays of the sun for a long period and this has caused a rash or a sunburn; coconut milk is an instant healer. Have a bath in coconut milk or apply the milk to the rash and leave it overnight; the milk has cooling properties that will help get rid of the dryness and itchiness of the rash. Wash it off in the morning with cold water. Coconut milk is an excellent source of Vitamin E. It helps in the nourishment of the skin. You benefit from it in both ways by consuming or by applying the milk to your skin. The saturated fat content in coconut is made up of short and medium chain fatty acids. These fatty acids are quickly converted in to energy instead of storing as fat in the body. The medium chain fatty acids present in coconut milk are full of lauric acid. Lauric acid is anti fungal, anti viral and anti microbial. Coconut milk helps to boost your immune system. Lauric acid present in coconut milk, helps to keep the arteries of the heart clean and healthy. The sugar content of coconut milk is high. One glass of coconut milk fulfills the sugar need of the body. Coconut Milk Side Effects Coconut is a nutritious source of fiber and essential vitamins. The fruit provides coconut milk, oil, juice, water and flesh, which can be eaten fresh or dried. Although it provides a number of health benefits, coconut oil has high amount of saturated fat,

which can lead to high cholesterol or weight gain. In rare instances, consuming coconut may cause an allergic reaction. Consuming excessive amounts of coconut meat, oil or milk may lead to weight gain. Coconut flesh has calories per ounce, while coconut milk has calories per cup. High amounts of saturated fat in coconut may also contribute to weight gain. To avoid eating too much fat, limit your daily intake to 25 to 35 percent of your caloric intake. People who suffer from food allergies, especially tree nut allergies, should consume coconut with caution. Coconut is considered a tree nut by the U. Food and Drug Administration. Manufactured foods that contain coconut generally carry a warning that the product contains tree nuts. Most people who are allergic to coconut react to the proteins in the fruit, not the oil. Coconut oil allergies are rare, but may be life-threatening. High cholesterol levels can cause blockage in your arteries, which leads to cardiovascular issues. Coronary artery disease is caused by a blockage or narrowing of coronary arteries that pump blood to your heart. Limit your intake of foods that contain coconut oil if you suffer from high cholesterol or are at risk of cardiovascular disease. Avoid processed or fried foods that contain high amounts of coconut oil or excessive consumption of coconut meat or milk.