

Coconut Oil Saturated Fat Myths

What you need to know

LEARN

you asked...

“ I saw that new report that says Coconut oil is a saturated fat... isn't that bad for me? ”

“ I am so confused about what fats are good and what fats are bad for me... My best friend is a huge fan of coconut oil and is trying to get me to use it. She is taking it mostly for weight loss, however also uses it instead of any other fat in her diet because she says it's really healthy for you. Recently, I have seen some news reports that coconut oil is a saturated fat and can increase my cholesterol levels. Is this true? ”

Not all fat is created equal! Coconut is definitely a saturated fat, which we have been told to stay clear of for many years; however, this saturated fat behaves very differently in the body than all other saturated fats! I have seen some of these news articles from The American Heart Association (AHA) and it is nothing new that any (if not all) natural supplements/foods get good and bad feedback. You can't please everyone. I believe the AHA authors are oversimplifying the situation. So let's talk about coconut oil:

Coconut oil can raise LDL levels, but what the report fails to mention is that coconut oil can also raise HDL, or “good” cholesterol levels, too. The reason the American Heart Association is advising against coconut oil is because they say LDL cholesterol increases the risk of heart disease. But a very different study of more than 12,000 people found low cholesterol — not high — actually increased a person's risk of dying early.



The truth about saturated fat is that we need it!

At least 50% of our cell membranes are made of saturated fatty acids. This does everything from enhancing the immune system to protecting the liver from toxins. I know this is a hard pill to swallow, but we have years of research now that disputes the old theory that all saturated fats are bad for you and that they'll cause heart disease. This is simply not the case. Let's have a look at coconut oil and how it behaves differently in the body than other saturated fats.

So, how is it possible that this fat is actually good for us? It's because of the MCT or MCFA oil coconut oil contains. MCFA stands for medium chain fatty acids. Unlike LCFA's (long chain fatty acids) that you get from liquid oils, dairy and fatty meats, MCT's are metabolized differently in the body. The statement from health officials that ALL saturated fats are bad for you and can cause heart disease is outdated. Newest studies show that this information is seriously flawed.

- MCTs are smaller and easily digested
- MCTs are sent directly to your liver where they are immediately converted into energy rather than being stored as fat
- MCTs help to stimulate your metabolism leading to weight loss
- MCTs are not manmade fats – they are natural saturated fats
- Manmade fats are hydrogenated, they take a good fat and make it bad, which is also called Trans Fat

Some foods contain trans fats:

- Deep fried foods
- Margarine
- Cookies, cakes & pies
- Crackers
- Microwave popcorn
- Donuts
- Biscuits
- Breakfast sandwiches
- Frozen pizza

More Benefits of Adding Coconut Oil to Your Diet:

- Coconut oil stimulates metabolism and burns fat
- Coconut oil is actually amazing at raising the good HDL cholesterol
- Alzheimer's disease protection
- Provides energy
- Heart healthy
- Brain health
- Skin health
- Immune system support
- Thyroid support
- Anti-viral
- Anti-bacterial
- Anti-protozoal
- Anti-microbial



EAT

How Do I Get Coconut Oil in My Diet?

- Put it in your hot drinks, including coffee and hot chocolate...it tastes great
- Put it in your smoothies
- Bake with it
- Fry with it
- There are tons of recipes using coconut oil. One of my favorites are “coconut fat bombs”



Ingredients:

- 1 Cup Coconut Oil
- ½ Cup Cocoa powder
- ½ Teaspoon Vanilla bean powder
- Pinch of Salt
- 1 Teaspoon Peppermint Extract or 1-2 Drops of Organic Peppermint Essential Oil
- 5 Drops of Liquid Stevia, raw honey or natural sweetener of choice (optional)

Instructions:

1. Process all the ingredients together in a food processor until the mixture is smooth and creamy.
2. Pour into ice cub trays or silicone molds (like these) and freeze.
3. Once frozen, pop the coconut oil fat bombs out of the molds and store them in a freezer zip lock or jar. Enjoy!

Yields 1-1/2 cups of coconut oil fat bombs.

Author: The Coconut Mama: www.thecoconutmama.com/coconut-oil-fat-bombs

ASK

Question: Customer from nutrition house, Lynden Park, Brantford

“ I am looking for a fat burner as I have to lose 30 pounds for health reasons. I have high blood pressure so I cannot take anything with stimulants and I have diabetes as well. What would you suggest? ”

Answer:

Thank you for sending in your inquiries to nutrition house. Fortunately, there are many products on the market for weight loss that are stimulant free AND can be helpful for diabetes. One of them is PGX Daily by Natural Factors. This is simply good fats and fiber. The fiber makes you feel full and reduces food cravings. The only time you don't think about eating is when you're full. Fiber will latch onto fat from your meals so you absorb less fat. Fiber also helps to slow the absorption of the sugars in your food so it helps to control and balance blood sugars. In fact, it can reduce the glycemic index of your meals by up to 60%. Good fats break down bad fats and fats give you the feeling of satiety. It is completely natural and stimulant free.

I would also like to recommend that you add more good fats to your diet, like coconut oil and use MCT oil with apple cider vinegar as your salad dressing. MCT oils are burned for energy right away rather than be stored in fat cells. Apple cider vinegar has been very popular lately for fat burning as well as blood sugar balance.



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