



Coconut oil; Hype or Valid?

By: Chad Noble

So, you don't want to eat your fat, or more specifically you don't understand why coconut oil is so strongly recommended. Dr. Oz did an episode about and hailed as the next big thing in health and weight loss. I think that coconut oil is suffering from an over inflated hype machine right now where its benefits have been over stated, which hurts to say because it definitely does have awesome benefits. So, lets actually break down the two real benefits that coconut oil has and why we recommend it- weight loss benefits, and general health.



Coconut Oil For Fat Loss?

So, let's start with the topic you really care about, fat loss, and how straight saturated fat (coconut oil is all saturated fat) will help you lose weight. The break down of the saturated fats in coconut oil are comprised of 40 percent LCT and 60 percent MCT. Now the high MCT or Medium Chain Triglycerides is what we want to focus on because that's really high for an oil and that is what gives a positive weight loss effect. Medium chain triglycerides are able to pass straight through the intestines to the liver where they are easily burned up for energy and provide an increase in your thermic effect of feeding provided you are not in a caloric surplus. So, eating more MCT raises your metabolism slightly through what's called the TEF (thermogenic effect of feeding)

The other real benefit here from a fat loss perspective is that consuming coconut oil helps you feel fuller longer. Saturated fats especially when paired with high fiber, high protein foods help take up space in your stomach and sets off the signaling processes to your brain to let you know you're full and kill that hunger signal after a meal. Thus coconut oil helps you lose fat by helping raise your metabolism and help keep you fuller for longer helping you avoid over eating.

Now we will move on into the other health benefits of coconut oil.

Coconut Oil Health Benefits

- Improves or Reverses Alzheimer's Disease
- Improves Type 2 AND Type 1 Diabetes
- Improves or Heals Many Skin Diseases
 - Fungal Infections
 - Acne
 - Eczema
 - Keratosis Polaris
 - Psoriasis
 - Rosacea
- Provides Peak Performance Energy
 - Drug-free Energy
 - Longer Endurance
- Kills Candida Fungus
- Helps with Hypothyroidism
 - Increases Metabolism
 - Raises Body Temperature
- Conditions and Strengthens Hair
 - Penetrates Roots
 - Kills Lice
 - Improves Dandruff
- Kills many Bacteria AND Viruses
- Promotes Weight Loss
 - Preserves Muscle Mass
 - Promotes Ketosis

Coconut Oil for Overall Health & Energy

Now general health, how in Gods green earth can something that has been vilified for the past 70 years (saturated fat) possibly have a general health benefit?

Well because coconut oil is special in comparison to most other saturated fats. Coconut oil is special because it will actually help raise your HDL cholesterol or high density lipoproteins. HDL cholesterol is your “good” cholesterol linked with healthy heart and long-life expectancy.

Coconut oil is also high in Lauric Acid a natural antibiotic and helps fight viral infections. Remember that super high MCT oil content in coconut oil that give you that metabolic boost, it also gives you more energy after you eat it. So eat more coconut oil got a healthier heart, better immune system, and improved energy.

Guide to MCT Oil

MCT OIL vs. COCONUT OIL

MCTs are medium-chain triglycerides, a form of saturated fatty acid that has numerous health benefits, ranging from improved cognitive function to better weight management.

Coconut oil is one great source of MCTs - roughly 62-65 percent of the fatty acids in coconut oil are MCTs.

WHY THE MCT HYPE IS REAL?

MCTs, also called MCFAs for medium-chain fatty acids, are believed to be largely missing from the diets of people eating "standard western" diets.

The public has been led to believe that all forms of saturated fats are potentially harmful.

But recently research has shown a lot of evidence about the real truth regarding saturated fats.

We now know that ideally coconut oil and other MCT oils should actually be consumed everyday.

THE BENEFITS OF MCTS

- They're digested easily and sent directly to your liver, where they have a thermogenic effect and the ability to positively alter your metabolism.
- MCTs are burned by the body for energy, or "fuel," instead of being stored as fat.
- Certain saturated fats, especially MCTs, are in fact easier to digest than long-chain triglycerides (LCTs).
- They're supportive of our gut environment, especially since they have the capability to combat harmful bacteria, viruses, fungi and parasites.
- They contain antioxidant properties, which is why coconut oil has far-reaching inflammatory benefits that include helping heart health, obesity prevention and brain health.

The MCT oil found in coconut oil has also proven to be very beneficial on people who do not tolerate carbohydrates well or have medical conditions such as dementia or Alzheimer's. It is well documented that the brain loves to run off fat as an energy source if the individual is fat adapted. Coconut oil also has no impact (as with any fat) on insulin levels so it can help those who do not tolerate carbohydrates well or help stabilize blood sugar levels. In a world FULL of sugar this is a very good aspect. Considering the MCT in coconut oil acts as a carbohydrate many people substitute a decent amount of their carbohydrates for calories in coconut oil especially during low calorie phases of their plan. This help keep energy up, energy fluctuations are not as prevalent, and hormones are kept in check.

There is also a body of research that states that very lean individuals or individuals on very lowfat diets may experience a disruption in their body's ability produce testosterone. We have had many clients over the years who

ave been very lethargic, weak, and run down and as little as 1 tsp of coconut oil knocked them right out of the funk! We have also seen great improvements in strength from individuals eating extremely low fat who have added in a few teaspoons of coconut oil.

It is important to factor in the added fat calories when supplementing with coconut oil and make sure that they fit into your plan. Remember that fat is double the amount of calories as protein and carbohydrates. A lot of supplement companies are taking advantage of consumers by adding large amounts of coconut oil into their products, coffees, drinks, bars, etc and really going too far above and beyond with it. For the normal healthy individual more is not better and again it needs to be factored into to your total fat and balanced out with poly and monounsaturated fats such as olive oil.



How to Eat Coconut Oil

Since Coconut oil is all saturated fat it is solid at room temperature very much like butter. This makes it easy to mix with berry preserves and substitute with butter on virtually anything (vegetables etc) Coconut has among the highest temperature tolerances so it is really good to cook with especially if cooking with high heat. Recently people have been adding a tsp to their morning cup of coffee which works well too. The oil will liquify when heated so anywhere you would use olive oil it will fit right in.

Our Recommendations

If feeling tired, run down, low libido, or on a very low fat diet start with 1 tsp of coconut oil averaged into your fat grams for the day and give it a week. Generally no more than 30% of your fat calories will need to come from coconut oil or other saturated fats for most people. We hope this was beneficial information for you and feel free to email topics to coaching@macromissionary.com and we will get them published for you!

