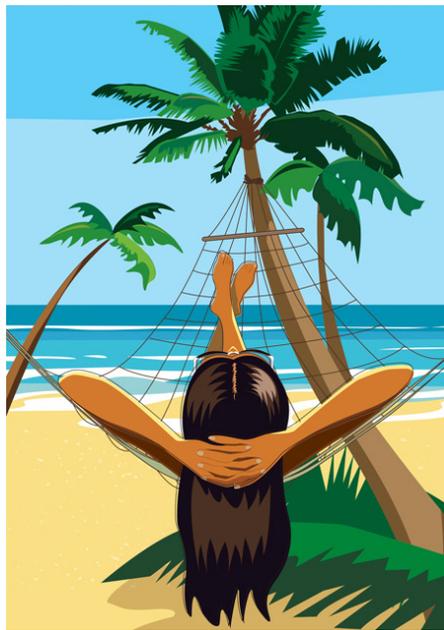


Coconut Oil as Medicine



Researched and Compiled by

Dr George Dangel
Master Pranic Healer

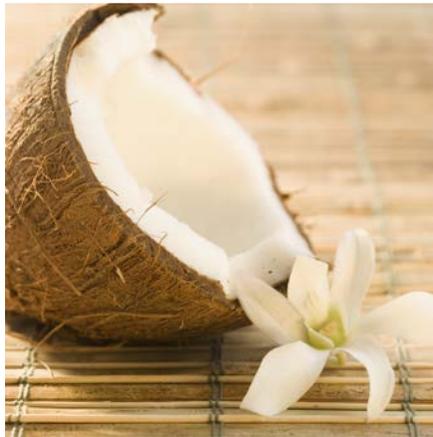


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1. Extract taken from *The Healing Miracles of Coconut Oil* by Bruce Fife, N.D., Bookman Health, Australia.
2. Wikipedia free on-line Encyclopaedia
3. Text of a talk and paper, “*Coconuts: In Support of Good Health in the 21st Century*”, presented by Dr Mary Enig at the Asian Pacific Coconut Community (APCC) meeting held in Pohnpei in the Federated States of Micronesia in 1999.

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About Coconut Water

Coconut water contains high potassium and mineral content. In fact, one cup-full of coconut water contains more electrolytes than most sports drinks and more potassium than a banana. Coconut water is sterile until opened.

It mixes easily with blood, so for this reason it was used during World War II in emergency transfusions.

It contains sugar, fiber, proteins, antioxidants, vitamins and minerals, and provides an isotonic electrolyte balance, making it a nutritious food source. It is used as a refreshing drink throughout the humid tropics, and is used in isotonic sports drinks. Mature fruits have significantly less liquid than young immature coconuts, barring spoilage.



About Coconut Milk

Coconut milk is made by processing grated coconut with hot water or milk, which extracts the oil and aromatic compounds. It should not be confused with coconut water, and has a fat content around 17%. When refrigerated and left to set, coconut cream will rise to the top and separate from the milk. The milk is used to produce virgin coconut oil by controlled heating and removing the oil fraction. Virgin coconut oil is found superior to the oil extracted from copra for cosmetic purposes. The leftover fiber from coconut milk production is used as livestock feed.



About Coconut Oil

Coconut Oil is extracted from the kernel or meat of matured coconut harvested from the coconut palm (*Cocos nucifera*). Throughout the tropical world it has provided the primary source of fat in the diets of millions of people for generations. It has various applications in food, medicine, and industry. Coconut oil is very heat stable so it makes an excellent cooking and frying oil. It has a smoke point of about 360°F (180 °C). Because of its stability it is slow to oxidize and thus resistant to rancidity, lasting up to two years due to high saturated fat content.

The coconut provides a nutritious source of meat, juice, milk, and oil that has fed and nourished populations around the world for generations. On many islands coconut is a staple in the diet and provides the majority of the food eaten. Nearly one third of the world's population depends on coconut to some degree for their food and their economy. Among these cultures, the coconut has a long and respected history. It is highly nutritious and rich in fiber, vitamins, and minerals. It is classified as a "functional food" because it provides many health benefits beyond its nutritional content. 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. The coconut palm is so highly valued by them as both a source of food and medicine that it is called "The Tree of Life." Only recently has modern medical science unlocked the secrets to coconut's amazing healing powers.

If there was an oil you could use for your daily cooking needs that helped protect you from heart disease, cancer, and other degenerative conditions, improved your digestion, strengthened your immune system, protected you from infectious illnesses, and helped you lose excess weight, would you be interested? This is what coconut oil can do for you.

What Coconut Oil Does:

- Reduces risk of atherosclerosis and heart disease
- Reduces risk of cancer and other degenerative conditions
- Helps prevent bacterial, viral, and fungal (including yeast) infections
- Supports immune system function
- Helps control diabetes
- Provides an immediate source of energy
- Supports healthy metabolic function
- Improves digestion and nutrient absorption
- Supplies important nutrients necessary for good health
- Supplies fewer calories than other fats
- Promotes weight loss
- Helps prevent osteoporosis
- Has a mild delicate flavour
- Is highly resistant to spoilage (long shelf life)
- Is heat resistant (the healthiest oil for cooking)
- Helps keep skin soft and smooth
- Helps prevent premature aging and wrinkling of the skin
- Helps protect against skin cancer and other blemishes
- Functions as a protective antioxidant

What Coconut Oil Does NOT Do:

- Does not increase blood cholesterol level
- Does not promote platelet stickiness or blood clot formation
- Does not contribute to atherosclerosis or heart disease
- Does not contribute to weight problems

