



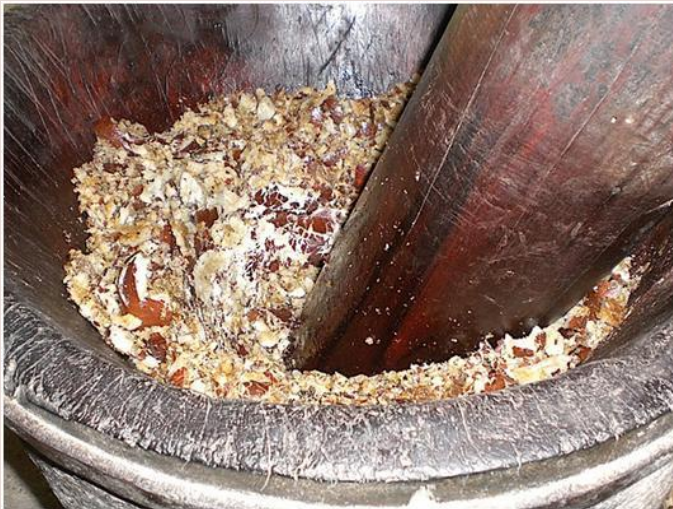
*“Turning Possibilities into Realities”*

2011 “WINNING FOR SEYCHELLES”

## **A Healthy Nation is a Wealthy Nation (part 4)**

### **Obesity**

### **The benefits of Coconut Oil**



My fat scares me – it’s a ticking time bomb.  
Carrie Latet

### **Obesity Today**

Obesity is rapidly becoming one of the greatest health challenges of the 21<sup>st</sup> century.

No disease is more common and caused more unnecessary illness or early death than obesity.

And there is no other single problem that so reduces the quality of life or increases the demand for healthcare services.

## Defining Obesity



Can I define Obesity? You bet I can! It is a result of an imbalance involving excessive calorie consumption and inadequate physical activity.

In other words, eating more calories than you exercise off!

Another fact about portliness - It cuts the average Americans life expectancy by as much as 5 years. The amount of people suffering from being overweight today equals the amount of people suffering from hunger in the world!

Stop to think about that for a moment. Can you agree that something must be done? Well, that something begins with you! Read on.

Regular physical activity will reduce many of the illnesses associated with being extremely overweight. It also helps to maintain weight loss and prevent weight gain.

Source: [www.overcome-obesity-today.com](http://www.overcome-obesity-today.com)

## Coconuts – Overcoming Obesity

### The Amazing Oil That Trims Women's Waistlines

A study has shown that dietary supplementation with coconut oil may result in a reduction in waist circumference and other benefits.

A randomized, double-blind clinical trial of 40 women divided into two groups -- one that received daily dietary supplements of **soybean oil (group S)** and another than received a similar amount of **coconut oil (group C)**. Both groups were instructed to follow a balanced hypocaloric diet and to walk for 50 minutes each day.

*According to the study, only group C exhibited a reduction in [waist circumference] ... Group S presented an increase ... in total cholesterol, LDL and HDL ratio, whilst HDL diminished ... Such alterations were not observed in group C. It appears that dietetic supplementation with coconut oil does not cause dyslipidemia and seems to promote a reduction in abdominal obesity."*

The soybean oil group presented:

- Increased total cholesterol
- Increased LDL (bad cholesterol)
- Increased LDL/HDL ratio
- Decreased HDL (good cholesterol)
- No reduction in waist circumference/abdominal obesity

The coconut oil group presented:

- Increased levels of HDL (good cholesterol)
- Decreased LDL/HDL ratio
- Reduced waist circumference/abdominal obesity



## The Truth about Soybean Oil

Polyunsaturated fats (**soybean - and other vegetable oils**) tend to go rancid (become oxidized) during cooking and processing, and once this happens, the free radicals created can wreak havoc in your body, attacking cell membranes and damaging DNA/RNA strands. Arterial plaque is the result of free radical damage in your blood vessels, which is the hallmark of **cardiovascular - and heart disease**.

Excess consumption of polyunsaturated fats has also been *linked to other diseases and health problems*, including:

- ⊗ Increased cancer risk
- ⊗ Immune system dysfunction
- ⊗ Liver and lung damage
- ⊗ Damage to reproductive organs
- ⊗ Digestive disorders
- ⊗ Reduced learning ability
- ⊗ Stunted growth
- ⊗ Weight gain

Several years ago, in response to the increased demand to reduce trans fats in food, and the mandatory labeling of trans fats, **the food industry began switching over to a modified soybean oil** from so-called '**low linolenic soybeans**.' This low-linolenic oil does not require hydrogenation, a process that increases shelf life and flavor stability, but also creates trans-fat. How much of the food supply now contains this low-linolenic type of soybean oil is unknown, but I think it's fair to guess that the prevalence would be quite high.

However, please do not be fooled, because these so-called "healthier" vegetable oils are *still* a disastrous choice for most people, as they can significantly distort the sensitive omega-6/omega-3 ratio that controls many delicate biochemical pathways, resulting in **accelerating many chronic degenerative diseases**.

Besides this traditionally-bred 'low-lin' soybean, over 90 percent of all soy, corn, and canola oils are made from **genetically engineered seeds** created to withstand otherwise lethal doses of Monsanto's Roundup weed killer, which is yet another **reason to steer clear of these harmful vegetable oils**.

## Why Coconut Oil is "Special" Among Saturated Fats?

**Now on to coconut oil; a rare gem among saturated fats, with numerous health benefits.** First, did you know that multiple studies on Pacific Island populations who get 30-60 percent of their total caloric intake from fully saturated coconut oil have all **shown nearly non-existent rates of cardiovascular disease?**

Coconut oil can be helpful for pregnant women, nursing moms, the elderly, those concerned about digestive health, athletes (even weakened warriors), and those of you who just want to enhance your overall health. One of the explanations for its broad health applications is because it's rich in lauric acid, which converts in your body to monolaurin – a compound also found in breast milk that strengthens a baby's immunity.



Its medium chain fatty acids, or triglycerides (MCT's), also impart a number of health benefits, including raising your body's metabolism and fighting off pathogens such as viruses, bacteria and fungi. Capric acid, another coconut fatty acid present in smaller amounts, is another antimicrobial component.

Coconut oil is also **excellent for your thyroid**. Additionally, a very exciting and recent discovery is that **coconut oil may even serve as a natural treatment for Alzheimer's disease**, as MCT's are also a primary source of ketone bodies, which act as an alternate source of brain fuel that can help prevent the brain atrophy associated with dementia.

## Coconut Oil and Cholesterol

Most of the conventional advice relating to coconut oil and cholesterol are false and misleading. Coconut oil has been repeatedly shown to be beneficial rather than detrimental on cholesterol levels and heart health. As explained in a [previous article written by Ray Pete](#), it's been clearly established for over 80 years now that suppression of the thyroid raises serum cholesterol (**and increases mortality from infections, cancer, and heart disease**), while restoring the thyroid hormone brings cholesterol down to normal.

And coconut oil does *both*; it balances your thyroid and normalizes your cholesterol levels. *Coconut oil, added regularly to a balanced diet, lowers cholesterol to normal by promoting its conversion into pregnenolone,*" he writes. **"Coconut-eating cultures in the tropics have consistently lower cholesterol than people in the U.S."**



### Are You Ready to Make the Switch?

Generally speaking, foods that are likely to contain health-harming trans fats include deep-fried foods, processed baked goods, snack foods and processed foods, including fast foods. Aside from soybean oil, other varieties to avoid include corn and canola oil, so make sure to read the labels when shopping. If you want to avoid dangerous fats of all kinds, your best bet is to **eliminate processed foods** from your diet. From there, use these tips to make sure you're eating the *right* fats for your health:

- **Use organic coconut oil for all your cooking needs.** It is far superior to any other cooking oil and is loaded with health benefits. Make sure you choose an organic coconut oil that is unrefined, unbleached, made without heat processing or chemicals, and does not contain GM ingredients.
- **Use organic butter** (preferably made from raw milk) instead of margarines and vegetable oil spreads. Butter is a healthy whole food that has received an unwarranted bad rap.
- Be sure to eat raw fats, such as those from avocados, raw dairy products, and olive oil, and also take a high-quality source of animal-based omega-3 fat, such as krill oil.

Following such a comprehensive **nutrition plan** will also automatically reduce your trans-fat intake, as it will give you a guide to focus on healthy whole foods instead of processed junk food.

Sources: Green Med Info. Lipids July 2009;44(7):593-601



## Sustainable Living

Believe and Achieve

### The Benefits of the Tree of Life

It will be recalled that in its Newsletter No.19 of 12 November 2010, the importance of the Tree of Life and in particular Coconut Water as the New Big Health Drink was advocated.

Such a focus received raved reviews from our readers, whereby concrete steps are being taken by those of who share the same Vision with regards to the Revival of the Coconut Industry, for the further enhancement of our health, our sustainable livelihood and the sustainability of our many outer islands, especially now that a number of them have been declared as Protected Areas.

It is with much hope therefore that in this Era of Healthy Living the immense value of Coconut Oil as part of a healthy diet could be realised through the provision of more organic coconut oil and related products on the local market for our consumption and not the least our cherished visitors.

In so doing, we will be able to revive an essential part of our deep rooted Coconut Cultural Values, for the further enhancement of our Social, Moral and Spiritual Values, for the benefit of all.

**Yes, the Almighty has blessed us with an ABUNDANCE of a healthy, renewable resource and yes the time for us to renew our appreciation for the Tree of Life is now.**