



EXTRA VIRGIN COCONUT OIL

www.niulife.com

Is Virgin Coconut Oil really the healthiest oil on earth?

FREQUENTLY ASKED QUESTIONS

1. Why do some say coconut oil is bad for you?

While this claim has been widely disproved in many scientific studies and journals, unfortunately the perception still persists that coconut oil will harm your health! You may be surprised at how much research is funded by companies with a vested interest in the results, which affects the integrity of the research. (Even the CSIRO is caught up in this commercial reality.)

The tropical oils were very popular in the USA food industry prior to World War II. However, the USA is the largest exporter of soybeans. The well oiled marketing machinery, funded by the soy bean and corn industry and supported by the American Heart Association, was committed to changing the American Diet. Not unexpectedly they called for the substitution of saturated fats with polyunsaturates. The Prudent Diet, as it was called, left a legacy which still haunts us today. Forty years on, this conceptual change in the eating habits of Americans has negatively influenced and changed the dietary regimes of societies all around the world. Even small island nations in the South Pacific were converted by this powerful marketing machine to change centuries-old dietary traditions of tropical oils to importing polyunsaturated fats. Today heart disease is still on the increase while diabetes and obesity, linked to the "new" American diet, are major problems worldwide that have governments worried about escalating health care costs. Unfortunately here in Australia we are racing to catch up to our US allies, with a large percentage of our population now overweight.

Studies attempted to show that saturated fats, including coconut oil, were bad for one's health because they raised serum cholesterol levels. However, these studies were done on refined and hydrogenated coconut oil, and all hydrogenated oils produce higher serum cholesterol levels, whether they are saturated or not. (Recent

research shows that it is the presence of trans-fatty acids that is causing many of the health problems blamed today on saturated fats. These are fatty acid chains that have been altered from their natural form during the oil-refining process.) Although many studies at the time showed results to the contrary, the mud stuck, and by the mid 60's the reputation of all saturated oils in America, and then in Australia, was destroyed.

Critical modern research is starting to show that dietary changes based on the evidence presented by these early studies were at the very least premature and at worst placed the health of millions of people at risk. However, only time will tell whether the greatest crime of this initiative was the bundling together of all saturated fats, whether from meat, dairy or vegetable sources, under the one label: Deadly Diet.

The travesty of this action is that one of nature's most amazing resources, tropical oils, and especially coconut oil with all its functional, nutritional and pharmaceutical possibilities, has been lost to modern medicine for decades. Although saturated, coconut oil is structurally, pharmaceutically and behaviourally different from any other natural oil or fat.

A key feature of coconut oil is that it is the richest natural source of Lauric acid (50%). Lauric acid is a major component in women's breast milk, is rapidly turned into energy, and boosts the immune system. It is anti-fungal, anti-viral and anti-bacterial. Promising studies have been done on patients suffering from immune deficiency diseases, such as AIDS. Since polyunsaturated seed oils have now largely replaced coconut oil in Western diets, there is a huge deficiency of the lauric acid that was present prior to World War II. (See article by Mary Enig PhD for more info: www.westonaprice.org/knownyourfats/oiling.html)

2. How much coconut oil should I take?

Researchers¹ state that the optimal amount for an adult is approximately 3 to 4

tablespoons per day. This equates to the amount of medium chain fatty acids a nursing child would consume in one day from mother's milk. It is best to use coconut oil three times a day at meal times. We suggest that you begin with a smaller amount and gradually build up to the recommended dosage. Avoid before bed time as any increase in metabolism may keep you awake.

2. What about shelf life? Does coconut oil need to be kept in the fridge?

Because coconut oil is a saturated fat and because of its antioxidant properties it is naturally very stable. Furthermore, because DME virgin coconut oil is produced so quickly, its free fatty acid (FFA) level is less than 0.1% at production. This oil has an almost indefinite shelf life when kept under preferred storage conditions. Store out of direct sunlight in a cool dry place. It is not necessary to refrigerate. If you do it becomes rock-hard. VCO solidifies naturally at 24°C. For some applications it is better liquid and for others solid. Melt the oil by standing the container in warm water. Do not microwave.

4. What happens when virgin coconut oil is heated? Will it become hydrogenated?

Coconut oil is not easily damaged by heat. It has a smoking point of 177°C. VCO does not readily oxidise like unsaturated oils do when heated, leading to free-radical formation. It is the ideal oil for deep frying and is safe to use several times over. Hydrogenation is not caused by heating coconut oil during cooking. Hydrogenation is an industrial process where hydrogen is introduced into an oil to artificially saturate it so that it will be solid at room temperature. It alters the chemical structure of the oil and creates harmful trans-fatty acids. It is perfectly safe to heat coconut oil for cooking.

5. Is the coconut heated when producing DME Extra Virgin Coconut Oil?

Our process does involve heat in the sense that we semi-dry the raw material before pressing out the oil. This heating process is gentle in that the material is constantly turned and tossed into the air to speed up the drying process. This stage takes about 20 to 30 minutes (depending on the humidity, temperature, breeze, etc). It is not subjected to the high temperatures of most other oil extraction systems. The coconut is usually between 45°C (110°F) and 60°C (130°F) immediately before pressing. This is "cold" by oil standards. No heat is generated in the gentle hand-pressing of our single-pressed Extra Virgin Coconut Oil. The oil is not heated at all after pressing.

6. What is the difference between virgin and extra virgin coconut oil?

The cheapest coconut oil is made from copra, the dried flesh of coconuts, and must be industrially Refined, Bleached and Deodorised (RBD) in order to make it edible. Virgin coconut oil is made directly from fresh coconuts and is normally not further refined. We call Niulife Coconut Oil 'Extra Virgin' because, like the best traditional cold pressed olive oil, it is made from the first and only pressing. The Direct Micro Expelling (DME) system we invented is one of the quickest in the world, producing delicious hand-pressed oil less than one hour after opening a coconut. This process locks in all the natural flavour and goodness and produces top quality oil. No further processing is required and we believe 'extra virgin' is a legitimate description of this 100% pure and natural, cold pressed coconut oil.

7. How do I use virgin coconut oil?

As mentioned earlier there is more and more evidence that the long chain polyunsaturated fats are contributing to many of the health problems Westerners face today. There are many ways to use coconut oil and incorporate it into one's diet. Since it is a stable cooking oil, one can simply replace unhealthy oils with VCO. Some people, who do not like the coconut taste, mix coconut oil with olive oil, natural palm oil or butter for cooking. Sometimes they mix it with a nut-butter (like peanut, almond, or cashew butter) or with honey as a spread. Since it is a solid most of the time at room temperature, it can be a butter or margarine substitute for bread spreads. This coconut oil greatly enhances the flavour of baked foods, making them mouth-wateringly good. Wherever a recipe calls for butter, margarine, or any other oil, VCO can be substituted. Many people simply eat it by the spoonful. Blend it in shakes and smoothies; stir into porridge; prick potatoes and other vegetables and roast in coconut oil; makes great popcorn. If food sticks, blend with a little butter or olive oil in the pan. (Not suitable for cold salad dressings because the liquid oil will become solid when mixed with cold ingredients). It is also great for your pets!

Add coconut oil to their food for a nice shiny coat and for general good health. VCO even helps in controlling a dog's bad breath. See article on our Niulife website Pet Corner.

8. On the Skin

VCO is very good for your skin. It creates a friendly environment for good skin flora, and a harmful environment for pathogenic bacteria. It will give you a certain amount of protection from sunburn, help wrinkles to fade, and make your skin baby soft. Research shows that it may help improve skin conditions such as acne, warts, dermatitis, psoriasis and eczema. Coconut oil is also an excellent massage oil. People with dandruff or red spots on their scalp should douse the scalp with coconut oil and leave it for about 20 minutes. Then shampoo. It can also be used to get rid of Head Lice and Nits. You will absorb a certain amount of the oil through your skin if you use it as a moisturiser so this is another way to consume it. Use as a baby oil - for skin, nappy rash & cradle cap.

9. Could there be side effects when first starting to use virgin coconut oil?

Virgin coconut oil is a safe food but people who are used to a low-fat diet, or who are generally unhealthy, might experience some side effects at first. There could be a "die-off" effect as coconut oil does contain high levels of lauric acid which is a strong anti-viral, anti-bacterial and anti-fungal agent. As these microbes are killed and eliminated from the body, they can cause temporary side effects like diarrhoea. It is best to build up to the recommended daily dosage gradually over a couple of weeks. Reduce your intake if there are any side effects. It is unlikely, but some people could possibly have an allergic reaction to coconut oil - but keep in mind that it has been used safely by millions of people in tropical communities for thousands of years.

10. What is the Lauric Acid content of DME coconut oil?

The DME coconut oil from the South Pacific that we have tested has had Lauric acid between 49 and 51%. The amount of Lauric acid is determined primarily by the variety of coconut palm, but may also be due to the specific growing conditions and the age of the coconut. Often companies will state their oil has 50% or more lauric acid, when in fact it only occasionally reaches this level. So you can't always believe that the oil you purchase really has 50+% of lauric acid. However you should not judge an oil by its lauric acid content anyway. Lauric acid is only one of the medium-chain fatty acids (MCFA) in coconut oil. Some people have the mistaken impression that it is the most important fatty acid. That is not so. All of the fatty acids are important. If the lauric acid content goes up then some other fatty acids must decrease. This is not particularly good. All of the MCFA are good and some are better than others at certain things. Capric and caprylic acids

digest better than lauric acid and therefore would be better for weight loss, thyroid function, digestive function, etc. The big benefit of lauric acid is that it has the strongest antimicrobial activity. That's true in general. Caprylic acid is traditionally used for fungal infections because it has proven to be very effective. There are certain organisms that are killed better by caprylic or capric acid than by lauric acid. The strength or effectiveness of several different fatty acids are better than any one because they all work synergistically together. So if you increase lauric acid you are reducing the other fatty acids and may REDUCE the overall effectiveness of the coconut oil.²

Want to learn more?

Visit our website www.niulife.com to read more detailed articles about the health benefits of virgin coconut oil. Also available are a number of coconut-related books and products, such as coconut flour, soaps, lip-balms, etc..

We recommend and sell the following books:

Books by Bruce Fife, N.D.

Coconut Cures - Preventing and Treating Common Health Problems with Coconut.

Coconut Lover's Cookbook

The Healing Miracles of Coconut Oil

Eat Fat, Look Thin - A Safe and Natural Way to Lose Weight Permanently

Cooking with Coconut Flour - A delicious Low-carb, gluten free alternative to wheat.

Coconut Water - for Health and Healing

Oil Pulling Therapy - Detoxifying and Healing the Body Through Oral Cleansing

The New Arthritis Cure - Eliminate Arthritis and Fibromyalgia Pain Permanently

RX: Coconuts! Vermin M. Verallo-Rowell, M.D. (The Perfect Health Nut)

For independent information visit:

www.coconutresearchcenter.org

www.westonaprice.org/knowyourfats

www.coconutoil.com

1. Mary G. Enig, Ph.D. is an expert in lipid chemistry and Fellow of the American College of Nutrition.

2. Bruce Fife, N.D. author of 'The Healing Miracles of Coconut Oil'

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