

## 9 Reasons to Use Coconut Oil Daily

*Source: The Alternative Daily*



**Here's a newsflash I'm sure won't surprise you... nothing concocted in a laboratory can ever replace the value of what is found in nature!**

Mother Nature is incredibly generous in the way she provides - offering a bounty of fruits and vegetables rich in vitamins, minerals and nutrients to nourish your body so you can enjoy a long healthy life.

One fruit in particular - the coconut - is so abundant in its healing properties it's referred to as "the tree of life." And before World War II, people living in island countries, like the Philippines, consumed a diet that consisted mainly of rice, root crops, vegetables and an abundance of the ultra-healing superfood, the coconut.

The coconut is a "functional food" rich in vitamins, minerals and fiber - the essential nutritional building blocks for perfect health.

For generations, island people considered it "The Cure for All Illness" and consumed the meat, milk and coconut oil daily. Although this diet was high in saturated fat, Western conditions like diabetes, cancer and heart disease were virtually unheard of.

Filipinos and islanders were instead rewarded with a lovely youthful complexion, soft wrinkle-free skin, **almost no skin cancer** - even with excessive exposure to year round sun - and abundant good health.

**Coconut oil in particular has been shown to protect you from viruses, bacteria, infection, cancer, thyroid, brain and heart problems... plus beautifies your skin - and even burns fat!**

Coconut oil - a saturated fat - is chock-full of health-promoting properties - and is in no way responsible for high cholesterol, obesity, heart disease and the bad effects you've been led to believe.

Finally, modern medicine and science are starting to realize this fundamental truth... and it's been a long time coming. But sadly not before heart disease, cancer, diabetes, obesity and a whole host of other catastrophic diseases have reached epidemic proportions!

### **The Saturated-Fat Myth That Robbed You of Your Good Health!**

**Before World War II, the miracle-healing coconut had been used to help alleviate:**

- **Coughs**
- **Constipation**
- **Malnutrition**
- **Skin infections**
- **Toothaches**
- **Earaches**
- **Flus**
- **And more!**

But that all changed when the war ended and the United States proclaimed hydrogenated oils to be the "healthier oils." By the 1960s, a weak scientific theory claimed that saturated fats-like those found in butter, eggs, milk, red meat and coconuts - increased "bad" LDL cholesterol and were dangerous to consume.

**Nothing was further from the truth!** But this "health scare" was enough to push the public away from saturated fats and instead to refined vegetable oils. This was perfect for food manufacturers because they were far cheaper to produce.

It wasn't long before Western-style diets made their way to the islands and the old ways were forgotten.

Cheaper, mass-produced hydrogenated foods replaced traditional foods, like the versatile and all-healing coconut oil that had kept the islanders healthy for generations.

And for the first time ever, diseases that had become prevalent among Americans... heart disease, diabetes, cancer and obesity started to plague the island nations.

## The Four Unhealthy "Healthy Oils" You Should Never Consume!

Decades ago when food processing first began, it became regular practice to alter that which nature provided. **Thus began the era of "frankenfoods."**

Whole, nutritious natural foods that mostly came straight from the farm to the table were replaced by over-processed, refined and chemical laden, mass-produced convenience foods.

And fats were no different. Over four decades healthy sources of fats were replaced with vegetable oils that were thought to be "better-for-you." We now know they've done more harm than good.

The following four are the worst offenders you should avoid at all costs:



**Canola** - Animals and insects avoid it in nature, here's why you should too...



There is no such thing as a canola in nature. Canola oil is actually a modified version of rapeseed oil. Asian and Indian cultures used rapeseed oil for centuries, but it was never consumed in the large quantities that Americans do.

The rape plant (in the mustard family) contains cyanide-containing compounds and wild animals and even insects avoid it in nature.

The refining process of deodorizing and bleaching to become canola oil involves exposing rapeseed oil to high heat, which greatly reduces the omega 3 content (perhaps it's only original redeeming factor).

Consumption of this "GMO Oil" has been linked to **muscular disorders and fatty degeneration of the heart, kidneys, adrenals and thyroid gland.** To avoid it, check labels closely - even in so-called healthy products - because it's practically everywhere.



## **Cottonseed Oil - An industrial plant saturated with pesticides...**



Thousands of commercially produced foods contain cottonseed oil; everything from canned foods to chips and other packaged items. It is even in beverages such as Gatorade. However, cotton is not a food crop, and is therefore not treated like an edible crop but an industrial one.

Virtually anything can be sprayed on cotton plants to ward off insects and induce growth. Dangerous poisons such as trifluralin, cyanide, dicofol, propargite and naled are used on cotton crops. These work their way deep into the plants, literally transforming them into toxic organisms.

While it may be ok for making pants and shirts, cottonseed oil is truly not safe to consume. The majority of cotton plants are genetically modified - altered at the molecular level. Even though we are not eating the cotton plant directly, the extracted oil contains the same properties as the plant.

Besides a high amount of omega-6 fatty acids, cottonseed oil has a similar protein structure to peanuts, so people who are allergic to peanuts may have a serious allergic reaction to this oil, as

well. However, the FDA does not require an allergy label on the oil - even though peanut oils can be fatal.



**Safflower** - Studies show an increase of Omega-6 also increases the rate of death by heart disease, reason enough to avoid this oil...



If you still believe that saturated fat and cholesterol are a direct cause of heart disease then safflower oil probably seems like a healthy swap.

Previous studies had found that by substituting animal fats with vegetable oils such as safflower, cholesterol levels would indeed drop.

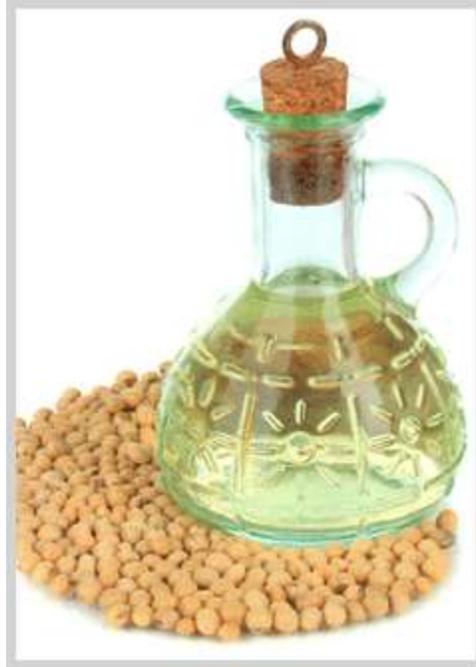
However, what the earlier studies failed to evaluate was the high ratio of omega-6 to omega-3 fats in these oils and that the amount of omega-6 fatty acids in the American diet was growing astronomically.

Researchers now have evidence that it **may not be cholesterol that kills, but omega-6's**. When a group of individuals replaced animal fats with omega-6-rich safflower oil, their cholesterol levels decreased, however, the rates of death from cardiovascular disease and coronary artery disease increased significantly as compared to those consuming the animal fats.

These results prompted researchers to **re-evaluate their theories on saturated fat, cholesterol and heart disease** and point the finger at the formerly dubbed "heart-healthy" omega-6 fatty acid.



**Soybean** - The GMO, hormone disrupting nightmare "health" food they keep telling you is safe...



Oh, the ever-questionable soybean. While marketers will have you believe that soy is beneficial because our healthy Asian counterparts consume it regularly, this is arguably one of the **biggest nutritional myths** out there. Asians enjoy soy in its fermented state and in considerably smaller quantities than we do.

Ninety-three percent of American soy is GMO and most of the soy we consume is in its unfermented state. This highly processed soy has been linked to numerous conditions including **thyroid damage and hormone disruption** thanks to its large quantities of estrogen-like compounds called phytoestrogens. As for soybean oil, up to **80 percent of the oil we consume today is soybean oil.**

It's highly processed and heavily hydrogenated and found in a vast majority of products on supermarket shelves. And don't think choosing organic soy makes you any safer... as some so-called "organic" soy farms have been found to be fraudulent... passing off the GMO-product for the real thing. It's best to avoid soybean oil completely.

We can almost guarantee you have one of these oils or foods containing these oils sitting in your pantry right now. Maybe you even used one of these oils when you cooked your dinner last night. And today you're coming to the sad realization that **YOU'VE BEEN LIED TO BY THE FOOD MANUFACTURING INDUSTRY.**

Actual healthy foods have been vilified-and your "so-called" healthy food choices have been manipulated by manufacturers getting richer by the day. All while your diet has grown more and more nutritionally-void every day!

## Coconut Oil Will Set You Free — and Improve Your Health!

### Do you feel cheated?

We did when we realized everything we had been told about saturated oils was a lie... and just exactly how much better coconut oil was for all of us.

But that's just the tip of the iceberg! That's why we decided to write and publish the exclusive e-Book, **The Coconut Oil Secret: Nature's #1 Best Healing Superfood** - so you too could separate the truth from the lies and experience the world of health that coconut oil offers!

In *The Coconut Oil Secret: Nature's #1 Best Healing Superfood*, we fully expose the Saturated Fat Myth - in layman terms - so you can feel confident that choosing coconut oil is the right decision!

### You'll discover:

- Why the **Lipid Hypothesis (the theory that scared us off of saturated fats) doesn't make sense** and what modern medicine has to say about the cholesterol & heart disease connection!
- The **fats that you truly must avoid** to hold onto your health!
- The **truth about margarine** and how it doubles your risk of **heart disease!**
- Why the French have the **lowest rate of coronary heart disease** of any Western country, **despite their high fat diet!**
- The type of fat found mostly in clogged arteries and **why it will shock you!**
- And so much more!

**But the healing revelations don't stop there...**

### Coconut Oil Contains the Healthiest Substance on Earth!

It's no secret breast feeding is about the best thing a mother can do to boost her child's immune system. What makes mother's milk so healthy is that it contains high amounts of lauric acid.

Outside of mother's milk there are only three dietary sources of lauric acid - and coconut oil is the most concentrated of the three!



**In *The Coconut Oil Secret: Nature's #1 Best Healing Superfood*, you'll find out about:**

- **The unique quality that helps coconut oil readily fight viruses, bacteria and even yeast!**
- The special reason The Health and Science Institute proves **coconut oil can promote colon health!**
- **A complete list of parasites, infections, and viruses that coconut oil has been shown to be effective against!**
- **The recommended dosage of coconut oil to consume, based on weight, for health purposes!**
- **And so much more!**

**Hit a brick wall with weight loss? Not anymore, because...**

**Coconut Oil Fuels Your Metabolism!**

Researchers have discovered that in cultures where unrefined coconut oil is a part of the everyday diet, there is less obesity and less lifestyle-related disease.

Unfortunately, very little coconut oil is consumed in the U.S. and metabolic syndrome—along with its symptoms of obesity, diabetes and heart disease—is reaching epidemic proportions!

**In *The Coconut Oil Secret: Nature's #1 Best Healing Superfood*, you'll discover:**



- **The secret ingredient in coconut oil that burns fat quickly** to fuel the **body!**
- **Why coconut oil makes you feel fuller longer** and reduces food cravings!
- **The islanders who ate a diet of 50% fat but were slim and trim**—and healthy!
- **The so-called “heart friendly oils” you should avoid** that increase your risk of heart disease and type 2 diabetes.
- How consuming one ounce of coconut oil a day helped a group of women **decrease BMI (body mass index) and waist circumference!**
- **And so much more!**

**Feeling run down all the time? Here's great news...**

### **Coconut Oil Boosts Your Thyroid!**

Over 13 million Americans suffer from low thyroid function with little understanding of the cause. It's really no wonder because most processed foods contain iodine blockers—and iodine is essential for optimum thyroid function! **If you're cooking with vegetable oil—it's time to stop for your thyroid's sake!**

Plus, without a healthy thyroid, weight loss is nearly impossible—especially for women.

Find out if your thyroid is malfunctioning and how coconut oil can get it up to speed in *The Coconut Oil Secret: Nature's #1 Best Healing Superfood*. Discover:



- **The numerous symptoms that may indicate your thyroid is deficient**—Including fatigue, weight gain, depression, constipation, loss of sex drive and more!
- **The two foods that are the worst** iodine blockers that could be wreaking havoc for your thyroid health!
- **Why refined oils are especially damaging to your thyroid** and contribute greatly to weight gain and fatigue!
- How virgin coconut oil can **completely turn around your thyroid health and increase your energy!**
- **And so much more!**

Now, want to look as good as you feel? You will, because...

### **Coconut Oil Protects and Beautifies Your Skin!**

People living in the tropics have beautiful, wrinkle-free skin because coconut oil is not only part of their diet—but also their beauty regimen!

Coconut oil is a naturally moisturizing cleanser—and an effective sunscreen, blocking out 20 percent of harmful rays... thanks to the medium-chain fatty acids that protect and heal the skin at the same time.

In *The Coconut Oil Secret: Nature's #1 Best Healing Superfood*, We'll share...



- The perfect oil to mix with coconut oil to moisturize **and kill bacteria due to dermatitis!**
- **The secret ingredient that makes coconut oil effective against acne**—without the drying and flaking of over-the-counter acne cleansers!
- **The important relationship between coconut oil, vitamin E and vitamin D!**
- Taking care of a baby with diaper rash? **Throw out the ointment and grab the coconut oil!**
- How to **treat yourself to a spa-like Tropical Skin Exfoliant treatment!**
- **And so much more!**

**You can have a beautiful mind too, because...**

### **Coconut Oil Can Save Your Brain!**

Alzheimer's is on the rise—but you can do something now to protect your brain from the devastating effects of this savage disease!

How? By helping your body produce ketones—an alternative energy source for your brain! When MCTs—medium chain triglycerides—are metabolized by the body, ketones are created.

Just where can you find MCTs? In coconut oil, of course! In *The Coconut Oil Secret: Nature's #1 Best Healing Superfood*, you'll discover:



- **Why ketones are imperative to fight off Alzheimer's, Parkinson's, Huntington's, multiple sclerosis and many other debilitating diseases!**
- **Real life, inspiring stories that prove coconut can turn brain health around!**
- **What the FDA knows about the effects of MCTs found in coconut oil!**
- **Brain scans that prove this natural alternative halts the progression of brain-killing plaque!**
- **And so much more!**

**Does the word “cancer” terrify you? Don't let it, because...**

### **Coconut Oil Fights Cancer!**

Cancer cells feed and grow in our body until the illness can eventually take over and ruin our health. And that's only if it doesn't kill us.

Don't be terrified by cancer anymore! Because researchers have discovered it's possible to actually “starve” cancer cells—and this pro-active defense leaves the body more able to fight the disease than being assaulted with chemotherapy!

**In *The Coconut Oil Secret: Nature's #1 Best Healing Superfood*, you'll discover:**

- **The alternative fuel your body can thrive on, but starves cancer cells—found in abundance in coconut oil!**
- **The 7 foods you should be eating to keep the threat of cancer at bay—and hint, coconut oil is one of them!**

- **The four lifestyle changes you must adhere to for optimum health**—and to avoid cancer!
- **The specific foods you must remove from your diet**—because they help cancer thrive!
- **And so much more!**

Heard about important health benefits of detoxing? Well, listen up, because...

### Coconut Oil is the **Ultimate Detox!**



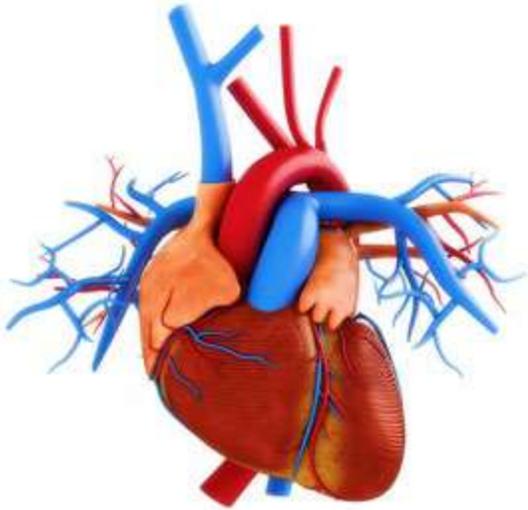
Detoxing is quite popular these days—but beware! Many detox methods found on the internet are not grounded in science but are instead “fad” diets meant to make someone else a lot of money!

Coconut oil has amazing detox abilities and bolsters your energy during a detox program! In ***The Coconut Oil Secret: Nature's #1 Best Healing Superfood***, you'll discover:

- **The five essential elements of a healthy and effective detox program!**
- **How to feel full during a detox** but stay true to your goal!
- **The effective and easy ten-minute detox** you can do every day!
- **What you should always do** before beginning any detox program!
- **And much more!**

**Don't let your doctor make you sicker with conventional heart treatments!**  
**Try this instead, because...**

## Coconut Oil is **Amazing for Heart Health!**



Heart disease is a scary disease often treated with even scarier drugs—like statins! Statins (cholesterol lowering drugs) deplete the body of vital heart-nourishing nutrients and can do more harm than good!

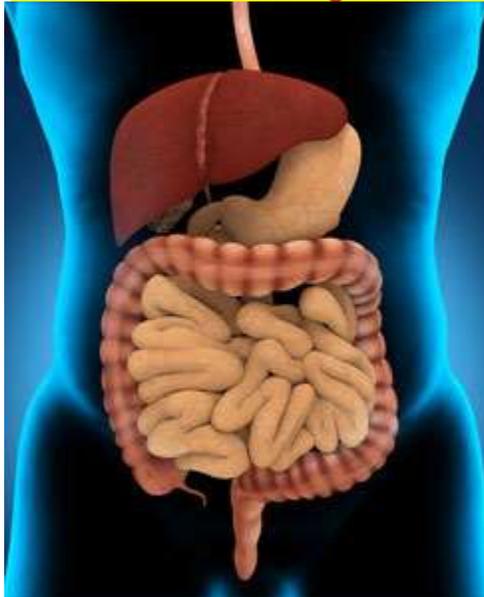
Coconut oil is full of heart-healing benefits and can help prevent the need for such drugs—and even help keep you from getting sick in the first place!

In *The Coconut Oil Secret: Nature's #1 Best Healing Superfood*, you'll discover:

- Why statins are prescribed in 75 percent of cases though research shows **they do nothing to increase life expectancy!**
- **The effect coconut has on the LDL/HDL ratio** and how it could save your life!
- **The unique ability coconut oil has to reduce blood clots**, free radicals and improve liver health!
- How **low grade infections contribute to heart disease** and how you can avoid them!
- **And so much more!**

**Bothered by yeast? Millions are! But guess what...**

## Coconut Oil Makes Yeast Yield to **Its Health-Promoting Powers!**



Everyone has a small amount of yeast living in their mouth and intestines. It serves an important role when it comes to digestion and nutrient absorption, but when it overpopulates—watch out!

It actually breaks down the walls of the intestines and seeps into the bloodstream, where it releases toxins. This leakage can cause a number of health conditions!

In fact, more people have illnesses related to yeast, or Candida, than realize... maybe you're one of them. In *The Coconut Oil Secret: Nature's #1 Best Healing Superfood*, you'll discover:

- **How to find out if yeast is making you sick** with this simple test you can do at home!
- **The top eight food culprits that unleash yeast in your body**—you must avoid them!
- **Encourage healthy bacteria growth in your body** with this list of foods—hint coconut oil is one of them!
- The surprisingly annoying—and debilitating—**symptoms of yeast overgrowth!**
- **You didn't know Candida could cause depression?** Find out what else it's doing to your body!
- **And so much more!**

### **WARNING: Not ALL Coconut Oil is Created Equally!**

It may sound too good to be true, but we promise you—and mountains of research proves—coconut oil can do wonders for your health! As you've seen here, this one simple oil you can purchase right off the shelf at your local grocer can:

- **Improve and protect your skin!**

- **Help you burn fat!**
- **Provide your body with the healthiest nutrients found in nature!**
- **Increase your energy!**
- **And help you avoid heart disease, cancer, thyroid-related problems and so much more!**

**But there's still some very important things you MUST know to benefit the most from coconut oil...**

Firstly, not all coconut oil is created equal—some are better than others. As was the case when coconut oil was used heavily in the food processing industry years ago, there is still a lot of refined coconut oil in circulation. Obviously, the more processed the oil, the less health benefits it possesses.



***The Coconut Oil Secret: Nature's #1 Best Healing Superfood*** will help you find the best coconut oil for optimum health:

- Cold-pressed, expeller-pressed or raw—why it matters!
- Coconut oil in capsule form—when it's a good idea and when you should steer clear!
- What processing methods ensure the nutrients you need remain in the coconut oil you buy!

- Solid or liquid? Why both are beneficial!
- And more!