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Organic Virgin Coconut Oil

Virgin Coconut Oil Offers Better Benefits Than Other Cooking Oils



Virgin coconut oil is an edible oil extracted from the kernel or meat of matured coconuts. For many years, it was vilified and accused of causing heart disease and other health problems. But now, many health experts are recommending this oil, claiming it to be one of the most healthful found on Earth.

Virgin coconut oil is highly recommended for cooking because it is stable enough to resist heat-induced damage. It is even better than extra-virgin olive oil, which is great when used as a salad dressing or mixed in cold dips but can be a problem when heated. This is because olive oil's chemical structure also makes it susceptible to oxidative damage.

Coconut oil contains medium-chain fatty acids (MCFAs) or medium-chain triglycerides (MCTs). MCTs are smaller and more easily digested by your body, so they do not get stored as fat.

Meanwhile, vegetable cooking oils contain long-chain fatty acids or long-chain triglycerides (LCTs). LCTs are larger and are difficult to break down, adding to your body's toxic burden.

Almost 50 percent of the fat in coconut oil is also made of lauric acid, a compound with unique health promoting properties. Lauric acid is converted in your body to monolaurin, which has antibacterial, antiviral, and antiprotozoal properties.

So, the next time you're planning to use vegetable oil for your meals, reach for virgin coconut oil instead. Not only is it better, nutritionally-speaking, but it also boasts a richer, sweeter flavor that will certainly complement any dish.



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Choosing a High-Quality Virgin Coconut Oil

However, not all coconut oil brands sold today are created equal. Some commercial coconut oils are made from the dried-up meat called copra, which is cheaper, production-wise. However, this copra-grade coconut oil may not be sanitary and may not be fit for human consumption.

What's more, these inferior, mass-produced coconut oil brands are refined, bleached, and deodorized. The process they undergo removes the beneficial nutrients in the oil, and also adds in unhealthy bleaching agents and chemical solvents.

Therefore, make sure you know where the coconut oil you buy comes from and how it is processed. The best coconut oils are made from fresh coconuts and are cold-processed. This process leaves the oil's nutrients intact while leaving out harmful additives and solvents.

Health Benefits of Virgin Coconut Oil (cold press)

- 1. Thyroid-stimulating:** Research shows that coconut oil contains a medium-chain fatty acids accelerate that stimulates metabolism, gives you more energy.
- 2. Get candida in check:** Coconut oil has a good quantity of caprylic acid in it which is well known to kill off excess candida by targeting harmful bacteria.
- 3. Lowers cholesterol:** It is rich in lauric acid which protects your heart by reducing total cholesterol and increasing good cholesterol.
- 4. Helps with weight loss:** Here is an interesting fact about coconut oil; even though it is a fat, it actually helps with weight loss! Read more here: [Weight Loss With Coconut Oil](#). The healthy medium chain fatty acids do not circulate in the bloodstream like other fats; they are sent directly to the liver and are converted into energy. Thus the body does not store the fat in coconut oil as fat; it uses it to produce energy instead.
- 5. Helps keep diabetes in check:** It does not produce an insulin spike in your bloodstream. Instead it helps control blood sugar by improving the secretion of insulin. Note: This is not a free pass to eat a lot of [sugar](#) and other [dumb carbs](#).



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6. Reduces heart disease: studies on people in the Pacific Islands found that their total caloric intake included thirty to sixty percent from fully saturated coconut oil. These Pacific Islanders have nearly non-existent rates of cardiovascular disease.

7. Gastrointestinal malabsorption diseases: Combining Vitamin E supplements with coconut oil through the skin proved to be a good alternative for those with gastrointestinal malabsorption diseases. [Study in Canada](#) 1999 University of Western Ontario

8. Supports the immune system. It is rich in lauric acid, a nutrient that supports the body's immune system.