

Extra Virgin Coconut Oil

How to get *really* good oil -- and avoid the *really* bad stuff

Most coconut oil sold in the U.S. is refined, bleached, solvent-extracted and deodorized (Yes, that's the really bad stuff)

The Tragedy of "Junk" Coconut Oil. Most coconut oil sold in America is made from copra. Copra is the dried meat of the coconut which is left out in the open to dry. Mold may grow on it, flies may land on it, and the meat turns brown and rancid while it dries. The oil industry does not worry about this, as they plan to "clean the oil up" at the end of the final processing to remove the putrid taste and smell.

Solvents and Lye. Many companies also use solvents to help extract the oil from the meat. Once this crude oil is produced and the solvent "reclaimed", they then add lye to the oil. This step in the refining process will drop out free fatty acids, some of the vitamin E, as well as other precious nutrients and components.

Next, they put the oil through a bleaching process which will turn it from the brown, rancid color to a nice, whitish clear color. This process also eliminates more vitamin E and other nutrients. Lastly, they deodorize the coconut oil by bubbling gas through the oil at high temperatures while pulling the vapors off with a vacuum. This will eliminate the bad taste and smell. In the end, you have a tasteless, odorless coconut oil with chemically damaged fatty acid chains, "seasoned" with traces of solvents and residues from the refining process.

Why would companies be willing to "ruin" a healthy, natural oil with this toxic processing? You've probably already guessed the answer – money! This unnatural processing of the oil can yield almost *double* the amount of oil as natural processing.

Beware Junk "Organic" Coconut Oil. If you have used a coconut oil that does not smell or taste like coconuts, even though the label claims it to be organic and cold pressed, then most likely it is *not* virgin coconut oil, and most likely it is a refined, bleached, deodorized coconut oil – definitely not recommended for your best health. In fact, we recommend avoiding it altogether.

Extra Virgin Coconut Oil from Kerala, India is Different

Indian Coconut Oil – Simply the Best. We recommend ONLY the premium-grade, extra virgin, solvent-free coconut oil from the source that is world-recognized as the finest coconut oil in the world – Kerala, India - where the art of making extra virgin coconut oil has been perfected by traditional Ayurvedic methods through the centuries. In Kerala, extra virgin coconut oil is made from fresh coconuts (not old, moldy coconuts left on the ground) – which is often the case in making coconut oil from the South Pacific. (However, you must also beware – even in Kerala, you can get secondary grades of coconut oil that can be partially rancid.)

Gentle, Low-Temperature Processing. To make Indian extra virgin coconut oil, fresh coconuts are first de-shelled and then pressed. The pressing of the fresh meat yields a

coconut milk emulsion containing both the moisture and the oil of the coconut. Next, this emulsion is chilled. The chilling causes the oil to become a solid so the mixture can be centrifuged to remove the water layer, yielding a very top quality, excellent-tasting coconut oil that is smooth and creamy.

This coconut oil process uses the very least amount of heat of all virgin coconut oils made in the world, thus making it hands-down the favorite coconut oil of many people. It is well known for its health-giving, therapeutic properties and also has the smoothest, creamiest, "alive", delicious taste of any extra virgin coconut oil available.

Nature's Natural Infection Fighter

Medical Drugs: The Third Leading Cause of Death

Today, many people are suffering from diseases that 40 years ago were predicted to be wiped out by the miracle of antibiotics. We now know that using antibiotics is definitely not the miracle cure as once thought, and in fact, antibiotics are named on the list of medical drugs that are considered, as a group, to be the third leading cause of death in the U.S., presumably due to their widespread potentially negative side effects (reference: a 1999 study published in JAMA).

Other studies show that taking a single regimen of antibiotics (approximately 10 days) leaves an individual over 3 *times* more susceptible to another infection. In children, their immune system is not yet fully mature – using antibiotics can be particularly harmful – causing long-term secondary symptoms which may be difficult to clear. Indeed, antibiotic therapy has become part of the problem in creating weakened immune system defences of Americans.

Infectious Disease: The Third Leading Killer.

According to the World Health Report, in terms of disease processes, infectious diseases are now the third leading killer of Americans, second only to heart disease and cancer. Most pathogenic bacteria have now developed drug resistance due to overuse of antibiotics. In addition, newly developed anti-viral drugs only help to reduce the severity of an infection and cannot eliminate the virus completely.

One of the most notorious viral infections in modern times is AIDS, believed to be caused by the human immunodeficiency virus (HIV). This virus is capable of attacking the cells of the immune system, leaving an individual vulnerable to infection by many other opportunistic organisms. Infection by sheer numbers of these organisms eventually causes the victim's death. As yet, no antiviral drugs are capable of stopping it.

Deadly to Pathogens. On the other hand, **2-monolaurin (formed by the body from coconut oil) dissolves the lipid envelope that protects pathogenic viruses, bacteria and other microorganisms.**

This 2-monolaurin is selective, however, in its action. It will **not harm the normal gut flora** of the intestinal tract, although it is **deadly to pathogens**.