

CAN COCONUT OIL KILL YOU? ABSOLUTELY NOT!!

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We know from the research that saturated fat can in fact raise your cholesterol. However, it raises it in a good way. Evidence has shown if your LDL cholesterol contains a lot of small, dense particles and you also have high triglycerides, then you're setting the stage for heart disease. Those small, dense particles come from a diet that's high in carbs and low in fat. Reduce your carbohydrate consumption and increase the good quality fats, your cholesterol particle ratio of bad to good will almost certainly improve. However, if your LDL cholesterol is mostly made up of large, fluffy particles and your triglycerides are low; your risk of heart disease is much lower.

What makes the difference between dangerous small, dense LDL particles and safer LDL isn't the amount of saturated fat you eat. In fact, study after study shows that your fat and cholesterol intake have almost no impact on your blood cholesterol. It's the amount of sugar. The ADA estimates that the average person eats 20 teaspoons of sugar a day. Sugar raises your LDL cholesterol, lowers your HDL cholesterol and increases your triglycerides. It has been shown to increase insulin resistance and trigger inflammation. In fact, an important study in JAMA Internal Medicine in 2014 proved conclusively that high sugar consumption is closely linked to death from heart disease – and that link is far closer than it is for cholesterol, smoking, hypertension, or any other risk factors. That is the statistic – about the dangers to your heart and your health – is where the real headline scare should be.

There is no need to avoid saturated fat as long as it comes from a healthy, plant-based source. Coconut oil is definitely preferable to cheap, highly processed vegetable oil that has had their nutrients stripped away. Coconut oil has other health benefits as well. The main fatty acid in coconut oil is lauric acid, which has well-known antibiotic, anti-microbial, and anti-viral benefits.

It has been documented in clinical research that coconut oil can help heal brain health challenges along with feeding the brain with medium-chain Trans fatty acids. Patients with Parkinson's disease and senile dementia see excellent results with dramatic changes of their clinical symptoms and retarding the further advancement of the disease in question with the use of organic coconut oil on a daily basis.

Coconut oil also helps stabilize blood sugar and helps soothe digestive upsets. Eating a lot of coconut oil does, indeed, raise your cholesterol levels – in a positive way by raising HDL, (the good cholesterol), lowering triglycerides, and lowering the amount of small LDL particles.

So go ahead...use coconut oil in your cooking and take 1-2 Tablespoons with food daily.

Dr. Badanek has been and currently is 37 years into active/private practice in the Ocala/Marion County, Florida region. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151