

## Coconut Oil for Alzheimer's

by Dr. Carolyn Dean

(NaturalNews) My world is full of coconuts, including coconut oil and coconut milk. That's not unusual because I live on Maui. But I'm happily seeing coconut oil all over the internet as the treatment for dozens of conditions and possibly hundreds of symptoms.

My first clue as to the wonders of coconut oil came during my AIDS research in New York in the very early 1990's. Anecdotal reports started to pop up throughout the AIDS community about miraculous cures using coconut oil. To my mind, that's when the whole [coconut oil](#) industry opened up.

Before then, [coconut](#) oil was considered a "dangerous" saturated [oil](#) by the margarine promoters who set out to demonize butter. We know that ended in tears when it finally came out that the [trans fats](#) in margarine proved to be much more dangerous than any saturated fats.

My latest clue is the new [book](#) by Dr. Bruce Fife Stop [Alzheimer's](#) Now! that I just finished reading It's Dr. Fife's 9th book on the incredible [benefits](#) of coconut. Each year the [research](#) catches up with what he's known all along about the [power](#) of coconut oil and its completely non-toxic nature.

Dr. Fife's book presents a breakthrough in the [treatment](#) of Alzheimer's and other neurological diseases. The introduction by my friend Dr. Russell Blaylock is glowing with praise for Dr. Fife's work. And the [body](#) of the book gives a thorough overview of Alzheimer's and related diseases and then offers immense hope to [people](#) with these conditions.

As Dr. Fife's says on his website ([www.coconutresearchcenter.org](http://www.coconutresearchcenter.org)) "Coconut is highly nutritious and rich in fiber, vitamins, and [minerals](#). It is classified as a 'functional food' because it provides many [health](#) benefits beyond its nutritional content. Coconut oil is of special interest because it possesses healing properties far beyond that of any other [dietary](#) oil and is extensively used in traditional [medicine](#) among Asian and Pacific populations. Pacific Islanders consider coconut oil to be the [cure](#) for all illness. The coconut palm is so highly valued by them as both a source of food and medicine that it is called 'The Tree of Life.' Only recently has modern medical science unlocked the secrets to coconut's amazing healing powers."

Dr. Fife says that "Nearly one third of the world's population depends on coconut to some degree for their food and their economy. Wherever the coconut palm grows the people have learned of its importance as an effective medicine. For thousands of years coconut [products](#) have held a respected and valuable place in local folk medicine."

Coconut oil differs from other [oils](#) because it's rich in medium chain [fatty acids](#) that are utilized readily by the body for [energy](#).

Fats and oils are called fatty acids and they are saturated, monounsaturated or polyunsaturated fatty acids. They can also be classified as short-chain (SCFA), medium-chain (MCFA), and long-chain fatty acids (LCFA). Another term you will often see in reference to fatty acids is triglyceride. Three fatty acids joined together make a triglyceride, so you may have short-chain (SCT), medium-chain (MCT), or long-chain [triglycerides](#) (LCT).

Most dietary fats and oils you eat, whether they are saturated or unsaturated or are sourced from animals or plants, are composed of long-chain triglycerides. Almost 100% of all the fats we eat are LCT.

Now here's the point about coconut oil. It's mostly an MCT [fat](#). Medium-chain triglycerides are exceptionally easy to digest and absorb. In my experience they don't make you burp like other fats! They are easily digested and are used by the body as a quick source of energy. But at the same time these fats give your stomach a feeling of fullness allowing you to eat less.

Most MCT products are made from coconut oil. Since they are added to infant formulas and health recovery products and athletic products more research is being done on their beneficial effects of late.

Dr. Fife graciously allowed me to quote from his website the current research on coconut oil that confirms the following extensive list of benefits.

### **Anti-infective Properties**

\*Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, [AIDS](#), and other illnesses.

\*Kills bacteria that cause ulcers, throat [infections](#), urinary tract infections, gum [disease](#) and cavities, pneumonia, and gonorrhea, and other diseases.

\*Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, and other infections.

\*Expels or kills tapeworms, lice, giardia, and other parasites.

\*Helps prevent periodontal disease and tooth decay.

### **Energy**

\*Provides a nutritional source of quick energy.

\*Boosts energy and endurance, enhancing physical and athletic performance.

### **Digestion and Metabolism**

\*Improves digestion and [absorption](#) of other nutrients including vitamins, minerals, and amino acids.

\*Improves insulin secretion and utilization of blood glucose.

\*Relieves stress on pancreas and enzyme systems of the body.

\*Reduces [symptoms](#) associated with pancreatitis.

\*Helps relieve symptoms and reduce health risks associated with diabetes.

\*Reduces problems associated with malabsorption syndrome and cystic fibrosis.

- \*Improves calcium and [magnesium](#) absorption and supports the development of strong bones and teeth.
- \*Helps protect against osteoporosis.
- \*Helps relieve symptoms associated with gallbladder disease.
- \*Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers.
- \*Improves [digestion](#) and bowel function. (Clients tell me that taken 20 minutes before a meal, it relieves symptoms of heartburn and GERD.)
- \*Relieves pain and irritation caused by hemorrhoids.

### **Boosts the Immune System**

- \*Supports and aids immune system function.
- \*Reduces inflammation.
- \*Supports tissue healing and repair.
- \*Helps protect the body from breast, colon, and other cancers.
- \*Functions as a protective [antioxidant](#).
- \*Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do.
- \*Helps to protect the body from harmful free radicals that promote premature [aging](#) and degenerative disease.
- \*Does not deplete the body's antioxidant reserves like other oils do.
- \*Improves utilization of essential fatty acids and protects them from oxidation.
- \*Helps relieve symptoms associated with chronic fatigue syndrome.
- \*Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement).

### **Heart Health**

- \*Is heart [healthy](#); improves cholesterol ratio reducing risk of [heart](#) disease.
- \*Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.

### **Organ Support**

- \*Helps protect against kidney disease and bladder infections.
- \*Dissolves kidney stones.

\*Helps prevent liver disease.

\*Supports thyroid function.

\*Reduces epileptic seizures.

### **Balances Body Weight**

\*Promotes loss of excess weight by increasing metabolic rate.

\*Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats.

\*Helps prevent obesity and overweight problems.

\*Is lower in calories than all other fats.

### **Creates Healthy Skin and Hair**

\*Applied topically helps to form a chemical barrier on the skin to ward off [infection](#).

\*Reduces symptoms associated the psoriasis, eczema, and dermatitis.

\*Supports the natural chemical [balance](#) of the skin.

\*Softens [skin](#) and helps relieve dryness and flaking.

\*Prevents wrinkles, sagging skin, and age spots.

\*Promotes healthy looking hair and complexion.

\*Provides protection from damaging effects of ultraviolet radiation from the sun.

\*Helps control dandruff.

I've also heard many anecdotal stories of coconut being used externally and internally for pets. Dogs and cats with debilitating skin rashes can be cured within days by applying coconut oil to their skin. If they lick it off, they get more benefits, not side effects as they would with cortisone creams.

What kind and how much coconut oil can you take to treat and prevent Alzheimer's and many other health conditions and treat hundreds of symptoms? The dosage used in most Alzheimer's studies is about 5 TBSP per day of extra virgin coconut oil. However, Dr. Fife told me that 1-3 TBSP is his recommendation for minor ailments and for maintenance.

How do you use coconut oil? You can substitute it in most recipes calling for oil; put it in your smoothie or protein powder drink (which is how I take it); or take it straight from the spoon.

Here's my favorite coconut recipe. Heat a TBSP each of coconut oil, [coconut milk](#), cacao and a half teaspoon of honey and coat a frozen banana. You can roll it in coconut flakes and ground macadamia [nuts](#) then freeze for another 30 minutes. It makes a delicious coconut-

saturated frozana!

**About the author:**

Dr. Carolyn Dean is a medical [doctor](#) and naturopathic doctor. She has been in the forefront of the [natural medicine](#) revolution for over 30 years. She is the author / coauthor of 22 [health books](#) (print and eBooks) including The Magnesium Miracle, [IBS](#) for Dummies, IBS Cookbook for Dummies, The Yeast Connection and Women's Health, Future Health Now Encyclopedia, Death by Modern Medicine, Everything Alzheimers, and Hormone Balance. Dr. Dean is Medical Director of the Nutritional Magnesium Association. She has a free newsletter and a valuable online 2-year Wellness program called [Completement Now!](#) and a telephone consulting practice. Find out more at [www.drcarolyndean.com](http://www.drcarolyndean.com)

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Dr. Dean is Medical Director of the Medical Anti-Aging Clinic and Pharmacy in Dubai Health Care City and Medical Director of the Nutritional Magnesium Association.

Dr. Dean has a free newsletter and a valuable online 2-year wellness program called Future Health Now! and a telephone consulting practice. Find out more at [www.drcarolyndean.com](http://www.drcarolyndean.com)

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