

## Diabetes & Coconut Oil

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The excerpt below is taken from the book ***The Healing Miracles of Coconut Oil*** by Bruce Fife, N.D. and relates to the beneficial effects of coconut oil for diabetics.

"The biggest culprit, however, seems to be polyunsaturated oil. [13] Studies have shown that when polyunsaturated fats from the diet are incorporated into cellular structure, the cell's ability to bind with insulin decreases, thus lowering their ability to get glucose. [14] In other words, the "locks" on the cells which open the door for glucose to enter degrade when too much polyunsaturated oil is consumed in the diet. Insulin is then unable to open the door. Polyunsaturated oils are easily oxidized and damaged by free radicals. Fats of all types, including polyunsaturated oils, are used as building blocks for cell membranes. Oxidized

polyunsaturated fats in the cell membrane can adversely affect the cell's function, including its ability to allow hormones, glucose, and other substances to flow in and out of the cell. Therefore, a diet high in refined polyunsaturated vegetable oils promotes diabetes. A diet low in such oils helps alleviate symptoms. Because all fats also promote weight gain, it's best to avoid them as much as possible."

"There is one fat that diabetics can eat without fear. That fat is coconut oil. Not only does it not contribute to diabetes, but it helps regulate blood sugar, thus lessening the effects of the disease. The Nauru people consumed large amounts of coconut oil for generations without ever encountering diabetes, but when they abandoned it for other foods and oils the results were disastrous."

"As mentioned earlier in this chapter, coconut oil puts less of a demand on the enzyme production of the pancreas. This lessens the stress on the pancreas during mealtime when insulin is produced most heavily, thus allowing the organ to function more efficiently. Coconut oil also helps supply energy to cells because it is easily absorbed without the need of enzymes or insulin. It has been shown to improve insulin secretion and utilization of blood glucose. [15, 16] Coconut oil in the diet enhances insulin action and improves binding affinity compared to other oils. [17, 18] The *Journal of the Indian Medical Association* has reported that Type II diabetes in India has increased as the people have abandoned traditional oils, like coconut oil, in favor of polyunsaturated vegetable oils which have been promoted as "heart-friendly." The authors comment on the link between polyunsaturated oils and diabetes and recommend increasing coconut oil consumption as a means to prevent diabetes. [19]"

"One of the consequences of diabetes is a lack of energy. This is due to the inability of cells to get needed glucose. Without the glucose to power cellular activity, metabolism slows down and the entire body becomes tired."

"Exercise has been recommended as a means to help diabetics control blood sugar. One of the reasons exercise is beneficial is that it increases metabolism. A faster metabolic rate stimulates increased production of needed insulin and increases absorption of glucose into cells, thus helping both Type I and Type II diabetics."

"Another advantage of increasing metabolism is that more calories are burned. Coconut oil raises metabolic rate causing the body to burn up more calories and thus promoting weight loss. Yes, you can actually lose excess weight by adding coconut oil to your diet. The MCFA in coconut oil are sent directly to the liver for conversion into energy and not into body tissues as fat."

"If you are diabetic or borderline diabetic, consumption of most fats should be avoided. Coconut oil, on the other hand, is different. Because it helps stabilize blood glucose levels and aids in shedding excess body weight, it is probably the only oil a diabetic should eat."