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## **Coconut oil “Amazing!”**

Over the last six months in my clinic I have come across some absolutely amazing events. One of those is the healing benefits I have seen and heard of from the consumption of virgin coconut oil.

About last November I was sitting in my clinic room waiting for my next client when a gentleman I had seen some time ago popped his head around my door and asked me to look at a book he had been reading. I read a few pages here and there and said “it’s fantastic!” in fact I ordered it on line that day, it is called *Grain Brain* by Dr Pearl Mutter. The book was about Alzheimer’s disease, the healing properties of coconut oil and much more. This gentleman’s wife has Parkinson’s disease and it was quite aggressive, she had trouble walking and wouldn’t go out etc. After consuming three tablespoons of coconut oil per day for a period less than two months her condition improved remarkably, she now walks normally, much to the surprise of her specialist.

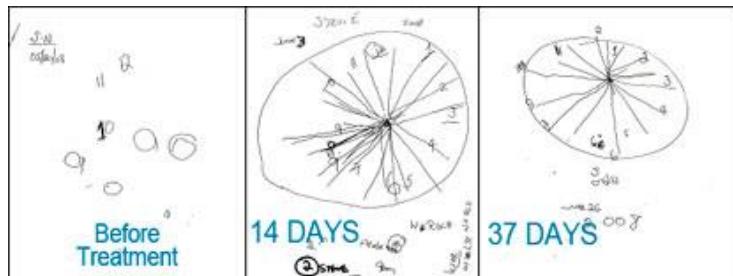
Shortly after this event, I watched a u-tube video on my computer about the benefits of virgin coconut oil in relation to Alzheimer’s, the speaker was Dr Mary Newport and the story was about her husband Steve who was in the advanced stages of Alzheimer’s. After doing a Mini-Mental Status Exam Test Mary found her husband’s score was

too low to be accepted into the study for a new vaccine, he was also asked to draw a clock; the drawing had several random numbers and circles that didn't resemble a clock at all, so after doing a lot of research Mary came across a press release about an alternative energy source for the brain. The research indicated that in individuals with Alzheimer's, the uptake of glucose in certain areas of the brain may be inhibited due to the receptors on the brain cells becoming insulin resistant, and as glucose is the primary energy source for the neurons (brain cells) they may suffer irreparable damage. I found this interesting because sugar cravings seem to be quite common in individuals with Alzheimer's. Insulin resistance doesn't only affect people with Alzheimer's but also individuals with dementia, multiple sclerosis, diabetes, Parkinson's, ALS, even autism.

During Mary's research she discovered that neurons could also use medium chain fatty acids as a source of energy which are readily available in coconut oil. Medium chain fatty acids are partially metabolised by the liver to Ketones which then enter the bloodstream. Ketones increase circulation to the brain and have the ability to readily cross the blood brain barrier so they can be used by the brain as fuel. After thoroughly looking into this Mary thought she had nothing to lose, although like many of us we tend to think of saturated fats as "artery clogging oils". This is partly due to the studies done on coconut oil around the 1940's, they were done using hydrogenated coconut oil which should not be consumed. Only virgin organic coconut oil is to be consumed, it is very stable and can stay stable at room temperature for around two years and in fact it can raise your HDL's good cholesterol which reduces plaque in the arteries and lower LDL's the so called bad cholesterol.

Mary started her husband on two and a half tablespoons of coconut oil in his oatmeal, and later that day he sat another test in which he had markedly improved. By the end of the week he said it felt like someone had switched on a light, Mary continued to add a little more than two tablespoons of coconut oil to his breakfast every day.

Steve's face became animated again, he became more alert, started to cut the lawn again, empty the dishwasher etc. After two weeks on coconut oil Mary asked Steve to draw a clock again, he drew a circle with all the numbers around it and lines going out to the numbers, much more like a clock and after 37 days on coconut oil it was even better again, his gait was better and he just continued to improve in other ways as well.



Mary has continued to research about MCT oil and Ketones and has found a world-renowned researcher on Ketones Richard L. Veech, M.D. a metabolic specialist at the National Institutes of Health in Bethesda, Maryland. Dr Veech is hoping to eventually provide individuals with Alzheimers and other neurological disorders with a more stable and constant blood level of Ketones by using a "ketone ester" that packs an ever greater punch than regular coconut oil, however this is not available to the public yet. I feel I must say that we need to remember that we are all unique individuals and what works for one doesn't always work for another but coconut oil has definitely made an impression on me. And just maybe it can help someone dear to you. If you would like to read more about this fascinating subject Mary T. Newport has written a book titled:

**Alzheimer's disease: What If There Was a Cure?**

Lynne Singlewood has taught Iridology and herbal medicine at Endeavour College, she also lectures Emotional Iridology at WEA. She has a passion to help the community with their health and well being. Her deep love of iridology and herbal medicine is infectious.

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