

Virgin coconut oil is the key



DR JAISON PAULSON

✓ Coconut oil has the strappings of carbohydrates in your system. Packed with the added benefit of a fast-acting energy source minus the insulin spike in your body, virgin coconut oil has powerful and positive effect on blood sugar levels. When you have 2-3 tablespoons of virgin coconut oil directly from the bottle, your blood sugar levels will drop to normal in a couple of hours. Type 2 diabetes, being a lifestyle and diet issue, can be reversed without drugs. Restricting refined sugars, refined carbohydrates and alcohol while increasing healthy saturated fats and protein can reverse Type 2 diabetes. Longer chain polyunsaturated fats like corn and soybean oil when substituted with saturated fats of coconut oil can reduce cravings for refined carbohydrates.

On the other hand, Type 1 diabetes is an autoimmune disease that shuts down your body's insulin production. However, I have come across several testimonies that contribute to the efficiency of coconut oil's ability to control Type 1 diabetes. Advanced research has demonstrated that coconut oil increases the activity of the thyroid due to its metabolic effect. A sluggish thyroid is why it is difficult for some people to shed weight, no matter what they do. When your metabolic rate is boosted, weight loss and healing process is accelerated. Cell regeneration increases, and your immune system functions at its peak. Medical and scientific evidence states that coconut oil has powerful positive health benefits. For decades, therapists used it to treat stressed muscles. Coconut oil is excellent for skin care. It helps protect your skin from the aging effects of free radicals.

Heart disease is the number one silent killer. A heart attack is the precursor of heart disease but unfortunately, one third of heart attacks are fatal. Unsaturated fats play a significant role in heart disease. Polyunsaturated fats in vegetable and seed oils encourage the formation of blood clots by increasing platelet stickiness. Coconut oil helps to promote normal platelet function. Extra-virgin olive oil is a better monounsaturated fat for salad dressings. However, it should not be used for cooking. This is attributed to its chemical structure. Heat makes it susceptible to oxidative damage. Polyunsaturated fats, which include common vegetable oils like soy, safflower, sunflower and canola, are unsuitable oils for cooking. These omega-6 oils are highly susceptible to heat damage because of their double bonds.

There is only one oil that is stable enough to resist mild heat-induced damage, while helping to promote heart health and even supports weight loss and thyroid function — coconut oil. Mark my words — you will soon come across coconut oil as a 'model diabetes drug'.

A word of advice — stick to virgin cold pressed coconut oil only.

The writer is a holistic lifestyle guru. You can mail him at

jaison@jaisonsfitnessfirst.com

or call 0484 280 5345