

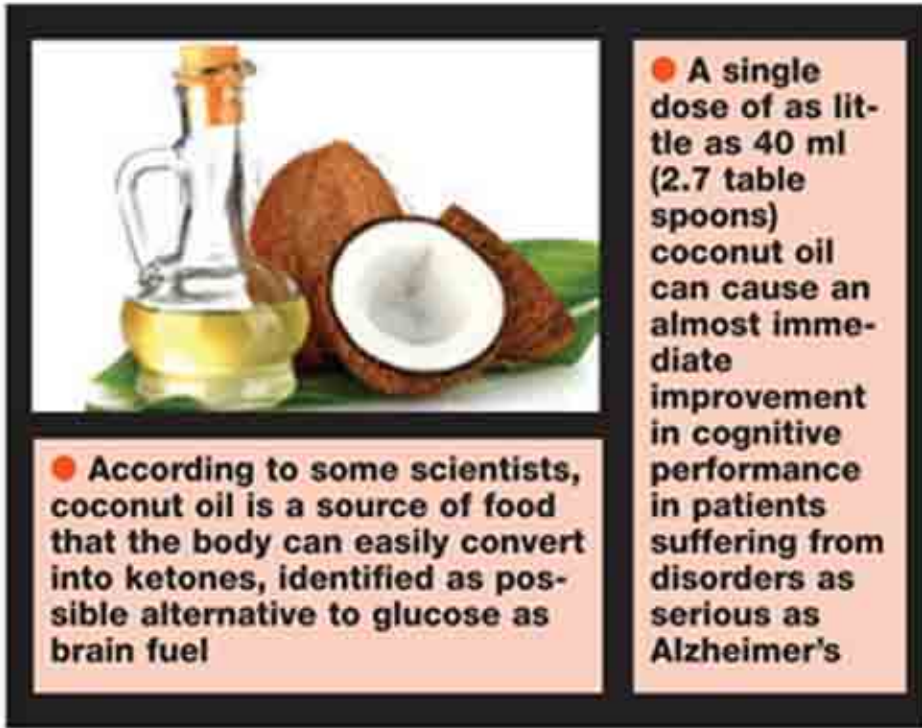
# Coconut oil antidote for memory loss!

■ **Can cause almost immediate improvement in cognitive performance**

DC CORRESPONDENT  
KOCHI, OCT 6

A study has found that medium chain triglycerides (MCTs), the primary type of fat found in coconut oil can boost brain functions of people suffering from disorders as serious as Alzheimer's. According to a report in the latest edition of Indian Coconut Journal (ICJ), a mouthpiece of the Coconut Development Board, a single dose of as little as 40 ml (2.7 table spoons) coconut oil can cause an almost immediate improvement in cognitive performance in such patients.

The ICJ report was based on a paper published in the



international journal, Neurobiology of Aging. The study

involved 20 subjects with Alzheimer's disease or mild cog-

nitive impairment, who on separate days were given either emulsified MCTs (40 ml coconut oil blended with 152 ml heavy whipping cream to create the sample) or a placebo. Subsequent cognitive tests on the subjects revealed that those who took the MCTs had improved their performance.

The research was also sparked by the five-year efforts of US-based Dr. Mary Newport, who claimed that she began seeing improvements in her husband's Alzheimer's after she started giving him four teaspoons of coconut oil per day. According to some scientists, coconut oil is a source of food that the body can easily convert into

ketones, identified as possible alternative to glucose as brain fuel.

Their explanation is rooted in the unique metabolic needs of the brain and in the configuration of MCTs themselves. Whereas the primary fuel source for the energy-hungry brain is glucose, when insulin resistance and suboptimal metabolism (hypometabolism) develops in the brain, both the brain's structure and function are compromised. Ketone bodies provide a much needed alternative fuel source to glucose that can recharge metabolic processes within the brain, resulting in an almost immediate improvement in cognitive function.