

The ketone **connection**

The Health Café team's research found that many Alzheimer's patients have experienced improvement in their conditions after including virgin coconut oil in their diet. Others, however, report that no improvement was seen.

It is important to remember that the diagnosis of Alzheimer's covers a wide spectrum of internal conditions. In the patients, whose Alzheimers is mainly caused by their insulin resistance causing their neurons to be starved of glucose (which is the energy form that the brain cells feed on), the ketones from the coconut oil would become an alternate energy. These are the patients who might be showing

improvement on the coconut oil. Other patients, whose condition may be aggravated or caused mainly by other causes, may be the ones who report no change. Also, since this is a disease that make sections of the brain 'wither away' or become dead, if the patient is in an extremely advanced stage of deterioration, too much damage may have already been done. But the bottom-line for most caregivers is that since the coconut oil causes no harm, most are willing to try it out. Living with an Alzheimers patient is difficult physically, and extremely frustrating and emotionally trying. Anything that causes even a slight improvement is a welcome change.

Top cardiologist all for **coconut oil**

Dr. B.M. Hegde is better known as the 'people's doctor'. A Padma Bhushan awardee in 2010, Dr. Hegde has long been a proponent of coconut oil. The doctor is an eminent physician, former vice-chancellor of Manipal University, former visiting professor of Cardiology at London University. On coconut oil, he writes, "coconut oil is a low calorie fat and as such helps control body weight. In addition, coconut oil stimulates metabolism to get itself metabolized fast to supply quick energy unlike all other fats. This also helps control body weight. Changing the food fat to coconut oil could help reduce weight in obese individuals. It also helps to control blood fat levels in diabetics." Touching upon the fact that coconut oil is good for infants, Dr. Hegde writes, "the best alternative food fat for the infant when mother's



milk is not available is coconut oil." And on the great cholesterol debate, he writes, "coconut oil's regular use in diet would regularize blood fats and is known to increase the hdl cholesterol fraction while decreasing the ldl and triglycerides significantly; disproving the myth that coconut oil increases cholesterol and triglycerides."