

Fighting Alzheimer's with coconut oil

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KOCHI: Malayalam film 'Thanmatra' had portrayed the devastating effect endured by a nuclear family when father is afflicted by Alzheimer's. A disease that invades the memory power, it affects millions of lives across the world.

As remedy eludes, researchers have been focussing on alternatives to delay the progression of the disease. Coconut oil has emerged as a potential material to perform the act. It may even be able to prevent the disease, according to the findings of a U.S.-based physician, Mary Newport, whose husband, Steve Newport, afflicted with the disease, had reportedly shown improvement after administering coconut oil in his diet.

The story was telecast on CBN news recently, the details of which are available online.

Mr. Newport's Alzheimer's has slowed considerably and some of his symptoms have even reversed, the report

• **U.S. physician finds benefits in the oil**

• **It was included in patient's diet**

says. The prescription to include coconut oil in his diet was made by his wife who works for a hospital in Florida.

At an Alzheimer's test in which the patient is asked to draw a picture of a clock, Mr. Newport drew circles and several numbers randomly which did not have resemblance to the clock. The diagnosis revealed that his condition was beyond moderate.

It spurred Mrs. Newport to learn more about the disease. "It appears to be a type of diabetes of the brain and it's a process that starts happening at least 10 or 20 years before you start having symptoms and it's very similar to type 1 or type 2 diabetes in that you develop a problem with insulin," the report said, quoting Mrs. Newport.

"In this case, insulin prob-

lems prevent brain cells from accepting glucose, their primary fuel. Without it, they eventually die. But there is an alternative fuel, ketones, which the cells easily accept. Ketones are metabolized in the liver after you eat medium chain triglycerides, found in coconut oil," she said.

Good response

Mrs. Newport added coconut oil to her husband's diet. The clock test was carried out two weeks later and improvement was noticed. One week later, the response was better. Apart from intellectual improvement, there was emotional and physical betterment.

"He could not read for about a year-and-a-half, but after two or three months (of administering coconut oil in diet), he was able to read. Instead of being very slug-

gish, not talking very much in the morning, he would come out in the morning with energy, talkative, and joking, and he could find his water and his utensils," she said.

Success story

She has documented his success in a book titled 'Alzheimer's disease: What if there was a cure?' which describes the dietary intervention.

Quoting Beverly Teter, a biochemist researcher at the University of Maryland, the report said years ago, coconut oil was criticised for raising cholesterol.

But scientists have since learned there are two kinds of cholesterol - LDL, the bad kind, and HDL, which is very good for you.

"HDL, the good cholesterol, is the kind that coconut oil raises." People with Parkinson's disease, dementia, epilepsy, autism and even schizophrenia could derive benefit from consumption of coconut oil, according to the researcher.