

Health Benefits of Coconut Oil

Researchers at McGill University, in Quebec, Canada are now advocating the use of a special type of dietary fat to treat and prevent obesity.

- Provides a source of quick energy
- Boosts energy and endurance enhancing physical and athletic performance
- Improves digestion and absorption of fat soluble vitamins and amino acids
- Improves insulin secretion and utilization of blood glucose which equals more energy
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth.
- Is heart healthy; does not increase blood cholesterol or platelet stickiness
- Functions as a protective antioxidant
- Helps prevent high blood pressure
- Helps to protect the body from harmful free-radicals that promote premature aging and degenerative disease
- Does not deplete the body's antioxidant reserves like other vegetable oils do
- Improves utilization of essential fatty acids and protects them from oxidation
- Is lower in calories than all other fats
- Supports thyroid function
- Promotes loss of excess weight by increasing metabolic rate
- Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats
- Helps prevent obesity and overweight problems
- Applied topically helps to form a chemical barrier on the skin to ward off infection and reduces symptoms associated with psoriasis, eczema, and dermatitis. It supports the natural chemical balance

of the skin, softens skin, and helps relieve dryness and flaking. It prevents wrinkles, sagging skin, and age spots

- Promotes healthy-looking hair and complexion
- Provides protection from the damaging effects of ultraviolet radiation from the sun
- Helps control dandruff and dry scalp
- Helps you look and feel younger
- Is resistant to oxidation so it has a long shelf life
- Does not form harmful by-products like other vegetable oils

Have You Struggled With Weight-Loss Diets Without Lasting Success?

Statistics tell us that two-thirds of the people who lose weight on low-fat diets gain it all back within one year. After five years 97% regain their weight—that's an incredible 97% failure rate!

Chances are the reason you are overweight is because *you aren't eating enough fat*. Yes, you read that correctly. We eat less fat now than ever before. In the past people ate whole milk, butter, and eggs, and relished in the fat in meats. Everything was cooked in lard and butter. Nowadays we avoid fats like a plague. Over the past 30 years fat consumption has decreased by 11%, total calorie consumption has decreased by 4%. Despite the fact that fat and calorie intake has decreased, we are heavier than ever before.

Nearly 60% of Americans are now overweight.

Thirty-one percent are obese, this is double the percentage of two decades ago. Even our children are getting fatter. Among young people, 15 percent of those ages 6 to 19 are seriously overweight. Since the low-fat craze began in the 1970s we have been growing bigger and bigger. Those who reduce the most and eat the least seem to have the hardest time losing weight.

The simple truth is that **low-fat diets don't work**—

not **permanently**. Consequently, most people eventually revert back to old eating habits. When they do, the weight comes back.

Research has shown that those who get an adequate amount of fat in their diets generally eat less than those who try to reduce fat intake. The less you eat the fewer calories you consume. **Getting an adequate amount of fat in the diet is essential for effective and permanent weight loss.** When people become hungry soon after a meal they tend to overeat at the next. One of the reasons why **fat** is necessary for successful weight loss is that it **satisfies hunger**, thus reducing appetite and lowering total food consumption. Fat slows down the emptying of the stomach so that you feel full longer. When you are less hungry during the day you will cut down on snacks and eat less at mealtimes.

While all fats suppress appetite, some are much better than others as aids in weight loss. They recommend a fat rich in medium-chain triglycerides (MCT).

The vast majority of fats in our diet are composed of long-chain triglycerides (LCT). As the name implies, LCT are larger in size than MCT. The size of the fat molecule is very important because our bodies process and metabolize fats differently depending on their size. Most all the vegetable oils, as well as animal fats, used in cooking and food preparation are composed entirely of LCT. This includes corn, safflower, soybean, canola, and other typical cooking and salad oils. The only significant natural source of MCT are found in coconut and palm kernel oils. **Coconut Oil** is composed predominately of MCT and its effects on the body are characterized by these fats.

Medium-chain triglycerides in Coconut Oil are smaller than other fats and, therefore, digest very quickly, so quickly in fact, that the body uses them as an immediate source of fuel rather than pack them away in storage inside our fat cells. MCT are

used to produce energy much like carbohydrates and, therefore, they do not circulate in the bloodstream like other fats. For this reason, they *do not* supply fat to fat cells or contribute to weight gain.

The foods we eat are burned up at a higher rate, so that fewer remain to be packed away as body fat.

A Good Saturated Fat?

Once mistakenly believed to be bad for the heart because of its saturated fat content, coconut oil is now known to contain a unique form of saturated fat that actually helps *prevent heart disease, stroke, and hardening of the arteries* as well as provide many other health benefits. Asian and Polynesian people who rely on coconut and Coconut Oil as a part of their daily diet have the lowest heart disease rates in the world.

What many people don't realize is that there are many different types of saturated fat, just as there are different types of polyunsaturated fat. Each has a different effect on the body. The saturated fat in Coconut Oil is unlike the fat found in meat or even other vegetable fats. It is *identical to a special group of fats found in human breast milk called medium-chain fatty acids (MCFA)*. These special fatty acids have been shown to stimulate the metabolism, improve digestion, strengthen the immune system, and protect against bacterial, viral, and fungal infections as well as protect the heart and arteries from the conditions that cause heart disease. For these and other reasons, Coconut Oil, in one form or another, is now routinely used in hospital IV solutions and commercial baby formulas.

The fact that the fatty acids in Coconut Oil are used as fuel to generate energy rather than put into storage like other fats, provides many remarkable health benefits.

Patients suffering from vitamin B deficiencies have been helped simply by giving them Coconut Oil.

The oil itself doesn't supply any B vitamins but enhances the utilization of the vitamins already in the diet.

Coconut Oil has also been used to enhance absorption and retention of calcium and magnesium when a deficiency of these minerals exist. This is especially true in the case of rickets which involves a vitamin D deficiency and the demineralization of the bones. Children suffering from rickets have recovered simply by adding Coconut Oil to their diet. For those who are concerned about developing osteoporosis as they get older, Coconut Oil may also be useful in helping to slow down this degenerative process by improving mineral absorption.

It's no wonder nature put MCFA in breast milk. The unique fatty acids are easy to digest, supply a source of quick energy, support thyroid function (which enhances healing and immune system function), and improves nutrient absorption. In addition, medical research indicates Coconut Oil may be useful in protecting against heart disease, breast and colon cancer, liver disease, kidney disease, Crohn's disease, epilepsy, candida, herpes, influenza, and numerous other infectious diseases.

We can enjoy all of the benefits of MCFA by adding Coconut Oil to our diets.

LOSE WEIGHT AND FEEL GREAT!

Before taking this product, pause for a moment and *"Give God the Glory For Your Health."* Tell Him what you want the nutrients to do for you and *"Feel The Difference."*

*These statements have not been evaluated by the Food and Drug Administration. These statements and the products of this company are not intended to diagnose, treat, cure or prevent any disease. Consult your physician before taking this product.

Dr. LaMar's Products Co., Inc.

Emporia, KS 66801

800-941-2889

Website: www.drlamarsproducts.com

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Lose Weight Feel Great