

The War On Coconut Oil

Prior to World War II coconut oil was a common cooking oil and an ingredient in many food products. During World War II the Japanese occupied the Philippines and other South Pacific islands. They cut off the U.S.'s supply of coconut oil, and so, American manufacturers used vegetable oils instead. The vegetable oil industry then used advertising to promote vegetable oil as the healthier alternative to tropical oils.

For some time now science has been urging us to rethink our coconut oil stance, and many now consider it a heart-healthy ingredient. But companies selling coconut oil are finding themselves being attacked for claiming that coconut oil is healthy. The FDA does not allow such a claim, even if scientific studies and public awareness back it up. Companies are facing class actions lawsuits as attorneys take advantage of the FDA's Ruling on Saturated Fats.¹

Related: 35 Things You Could Do With Coconut Oil – From Body Care to Health to Household

Lawsuits – Businesses Affected

- Nutiva, 1/8/2016
- Nature's Way, 3/19/2016
- BetterBody Settlement, 5/24/2017
- Carrington Farms, 5/4/2017
- All Market's Vita Coconut Oil, 12/1/2016
- Costco Coconut Oil Settlement, 7/26/2017

American Heart Association's Presidential Advisory

The main sources of saturated fat to be decreased are dairy fat (butter), lard (pork), beef tallow, palm oil, palm kernel

oil, and coconut oil. Polyunsaturated fats are contained in canola oil, corn oil, soybean oil, peanut oil, safflower oil, sunflower oil, and walnuts. However, original high-linoleic varieties of safflower and sunflower oils are uncommon. High-oleic varieties of safflower and sunflower oil, olive oil, avocados, and tree nuts such as almonds, cashews, hazelnuts, pistachios, and pecans have mainly monounsaturated fats and are low in saturated fat. – AHA

Recommended: *How Himalayan Salt Laps Work*

What's Wrong with the AHA's Stance?

Saturated fats are not the problem. They got it wrong when we linked saturated fats to heart disease. There are pros and cons to animal saturated fats, and science is working it out, but saturated fats from plants like coconut oil do not seem to have any health drawbacks.

In the 1940's farmers tried coconut oil to fatten their animals but discovered that it made them lean and active and increased their appetite. Coconut oil stimulates the thyroid." – HealthStatus

What Science Says About Coconut Oil

- Promotes weight loss, raises metabolism ²
- Helps balance cholesterol ³
- Does not clog arteries ⁴
- Supports your immune system ⁵
- Supports the endocrine system ⁶

Recommended: *Diatomaceous Earth – Mother Nature's Secret Weapon: What Is It, How to Use It, Where to Find It*

While research shows coconut oil contains higher amounts of saturated fat and does increase total cholesterol, those

amounts do not increase your heart attack or stroke risk. In fact, one study among lean, heart disease- and stroke-free Pacific Islanders who consumed up to 63 percent of their calories from coconut fat found total cholesterol rose but so did their “good” HDL. Other studies found lipid profiles improve on high-fat diets containing coconut oil. Researchers concluded it wasn’t saturated fat from coconuts that negatively impacted cholesterol profile. Instead, the coconut oil’s overall effect raised HDL while lowering triglycerides and small LDL cholesterol particles, which is definitely a good thing.” – Dr. Hyman

Recommended Reading:

- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*
- *How to Make the Healthiest Smoothies – 4 Recipes*
- *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*
- *How to Cure Lyme Disease, and Virtually Any Other Bacterial Infection, Naturally*

Sources:

1. *War on Coconut Oil: California Companies Attacked to try and Prevent the Sale of Coconut Oil – Health Impact News*
2. *How Coconut Oil Can Help You Lose Weight and Belly Fat – HealthLine*
3. *Is Coconut Oil bad for Your Cholesterol? – Dr. Mark Hyman*
4. *Does saturated fat clog your arteries? Controversial paper says ‘no’ – CNN*
5. *Three Ways Coconut Oil Can Boost Your Immune System – Primal Paleo*
6. *Will Coconut Oil Help with Thyroid Problems? – Wellness Mama*