

HEALTHY FACTS ABOUT COCONUT

Coconut oil is a powerful 'Natural Germ Killer'!

The coconut oil either applied over skin or ingested gets broken down to 'Lauric acid' and 'Monolaurin', that possesses antibacterial and antiviral properties.

In Philippines and other countries, clinical studies have shown that coconut oil is effective in fighting against various viruses and bacteria.

Coconut oil is rich in 'Lauric acid' which is the component of mother's milk

Lauric acid, a MCT found in coconut oil (around 50%) is also found in mother's milk and is responsible for increasing immunity of infants.

People of Polynesian islands obtain over 60 % of their energy needs from coconuts and cardiovascular diseases are uncommon there!

People of Polynesian islands near equator (Pakapuka and Tokelau islands) obtain up to 63% of their energy need from coconuts. Importantly, there is no evidence of harmful effects due to intake of high saturated fat of coconut oil in these populations and vascular disease is uncommon there.

Tribal people of Brazil rainforest use coconut porridge as part of fever treatment.

In Rainforest of Brazil, fever is a common disease. Tribal people of these forest areas where there is no modern medicine available, use porridge made of coconut as part of treatment.

Coconut oil helps faster absorption of nutrients

Coconut oil helps faster absorption of calcium and magnesium and helps in the absorption of vitamins, minerals and amino acids.

In current COVID 19 crisis, along with other recommended measures simple ayurvedic procedures including coconut oil nasal application and oil pulling are recommended by Ministry of Ayush!

1. **NASAL APPLICATION** - Apply coconut oil in both the nostrils (Pratimarsh Nasya) in morning and evening.
2. **OIL PULLING THERAPY** - Take 1 tablespoon coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

References:

1. 'Coconut oil and immunity: what do we really know about it so far', article in The Journal of Association of Physicians of India.
2. 'The Coconut oil Miracle', Book written by Dr. Bruce Fife C.N
3. www.coconutboard.in, official website of Coconut Development Board of India.
4. <https://bit.ly/3egvY7i> (Ministry of Ayush Ayurveda's Immunity Boosting Measures for Self Care During Covid 19 Crisis)

