



King coconut water

Re-hydration Energy
Booster

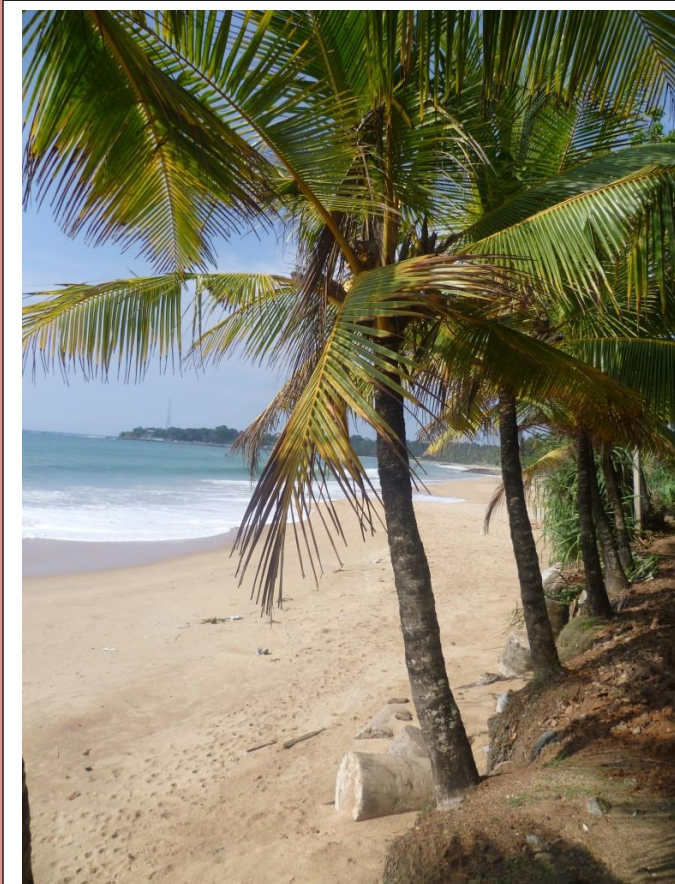


Coconut Story----why you should eat?

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The Coconut Tree has been commonly referred to not only as the "Tree of Life", but also as the "Jewel of the Tropics"; "the King of Trees"; "Tree of Abundance"; "Tree of Heaven" and the "Signature Tree of The Tropics". In Sanskrit, coconuts are called "Kalpa Vriksha", which means: "the tree that gives all that is necessary for living".

Coconut meat

Coconut oil

Coconut cream

Coconut water

Benefits

SO MAYBE COCONUT OIL ISN'T SO GREAT AFTER-ALL?

(PUBLISHED IN 'DAILY LIFE')

Zoe Hinchliffe



Coconut oil

A leading heart health expert has backed oily fish or fish supplements as vital while dismissing claims about the health benefits of coconut and krill oil.

Associate Professor David Colquhoun, a cardiologist at the University of Queensland School of Medicine along with Wesley and Greenslopes Private Hospitals, said the value of fish oil and its health benefits have recently been questioned.

"My research review confirms oily fish or fish supplements are important for heart health and should be a regular part of our weekly diet," Associate Professor Colquhoun said.

According to the Heart Foundation, healthy adults should consume two to three serves of oily fish a week and if not, should take fish oil supplements.

Associate Professor Colquhoun's findings retract the superiority often associated with krill oil.

"Krill oil is a good source of omega-3s however it is no better for you than fish oil and is usually more expensive," he said.

He encouraged buyers to take little notice of organic, sustainable or eco-friendly krill oil.

"The current harvesting of krill is less than one per cent of what is in the ocean, so it is all wild and sustainable".

He then ceased all claims regarding the benefits of coconut oil.

"There have also been bizarre claims that coconut oil lowers cholesterol, cures Alzheimer's disease and even prevents heart disease, however the research does not support this.

Associate Professor Colquhoun said coconut oil is full of unhealthy saturated fat which raises bad cholesterol levels, clogs the arteries and increases the risk of heart disease. "With over 90 per cent saturated fat I would definitely be keeping coconut oil off the menu."

According to a report published in the American Journal of Clinical Nutrition, the professor's findings support studies following a specific methodological process occurring in reports published between January 1970 and December 1998.

The subjects of the selected studies were required to be 17 years or older, have a thoroughly controlled food intake and constant Cholesterol intake.

Those who had disturbances of lipid metabolism or diabetes were not included in the selection of studies.

Associate Professor Colquhoun presented his findings at the Heart Foundation Conference held in Adelaide from May 16- 18.

Coconut oil does not cure Alzheimer's Disease.

That was American way of promoting products-ketone bodies supplements.

There are unhealthy saturated fats as in meat

Tropical fruit coconut has medium chain carbon atoms, healthy saturated fat

Is Coconut oil linked to Heart Disease in Asian countries?



Coconut oil has a bad reputation and is claimed to be full of unhealthy saturated fat, which raises bad cholesterol levels and increases the risk of heart disease

As coconut oil is extensively consumed in the Philippines, Indonesia, Sri Lanka, Kerala and the Pacific islands, people should be dropping dead like flies from heart attacks but this is simply not the case.

COCONUT OIL AND HEART DISEASE

by Bruce Fife, N.D.-Philippines

Scientists have recently discovered a powerful new weapon against heart disease. As surprising as it may seem, this new weapon is coconut oil. Yes, ordinary coconut oil. Eating coconut oil on a regular basis can reduce your chances of suffering a heart attack!

Studies in the 1970s and 1980s indicated that coconut oil is heart friendly even though saturated fat at the time was being accused of promoting heart disease. Coconut oil consumption was found to have many factors associated with a reduced risk of heart disease compared to other dietary oils namely, improved cholesterol readings, lower body fat deposition, higher survival rate, reduced tendency to form blood clots, fewer uncontrolled free radicals in cells, low levels of blood and liver cholesterol, higher antioxidant reserves in cells, and lower incidence of heart disease in population studies.

Heart disease, stroke, and atherosclerosis account for nearly half of all the deaths in the United States. Statistically, one out of every two people you know will die from one of these cardiovascular conditions. In countries where people eat a lot of coconut products cardiovascular disease is much less frequent. In Sri Lanka, for example where coconut oil has been the primary dietary fat, the death rate from heart disease has been among the lowest in the world.⁶ In recent years, however, coconut oil consumption in Sri Lanka has declined, being replaced by polyunsaturated oils and margarines. Consequently, heart disease rates have risen. In areas of India, where coconut oil has been largely replaced by other vegetable oils, cardiovascular disease is on the rise. People have been encouraged to switch from their traditional cooking oils, such as coconut oil, in favor of vegetable oils that are promoted as "heart-friendly." Researchers involved with studies on diet and heart disease in India are now recommending the return to coconut oil to reduce the risk of heart disease. This recommendation is based on their findings showing an increase in the occurrence of heart disease as coconut oil is replaced by other vegetable oils.

It appears that by simply using coconut oil in your daily diet in place of other oils you can achieve a remarkable degree of protection from heart disease and stroke.

Kerala research studies

Source

Department of Medicine, Medical College, Kerala, South India

Coronary heart disease (CHD) is common in India and, recently, an increase in the incidence of CHD was reported from the South Indian state of Kerala. The traditional Indian diet is low in fat content. The high incidence of CHD in Indians is, therefore, in contrast to western studies that have correlated high fat, saturated fat and cholesterol intake to CHD. Consumption of coconut and coconut oil that contain high amounts of saturated fat and are thought to be strongly atherogenic, are believed to be one of the main reasons for the high incidence of CHD in Kerala. To explore this presumed link, we studied 32 CHD patients and 16 age and sex matched healthy controls. Consumption of coconut and coconut oil was found to be similar in both groups. The groups did not differ in the fat, saturated fat and cholesterol consumption. The results imply no specific role for coconut or coconut oil in the causation of CHD in the present set of Indian patients from Kerala. The exact reason for the high and increasing incidence of CHD among Indians is still unknown.

Thailand Findings- Low incidence of Heart Disease

The delicious, spicy cuisine of Siam is rich in saturated fat from **coconut** oil and lard, relatively low in fiber and features many and varied animal foods. Yet a comparison of autopsy reports on a group from Bangkok with a group from the US found that coronary occlusion or myocardial infarction was eight times more frequent in the US, diabetes was ten times more frequent and high blood pressure about four times more frequent.⁽⁴⁾ Even more intriguing is the fact that Thailand has the lowest rates of cancer, for both men and women, of all the 50 countries studied by the World Health Organization.⁽³⁾ Here is yet another paradox-Le Paradoxe Thailandais-that the "experts" would rather ignore than explain.

"Thai cooking is an artform," writes the author of a Thai cookbook ⁽⁸⁾, and as anyone who has frequented a Thai restaurant knows, a particularly delicious artform. Mouthwatering curries and soups made from chicken or fish broth, and creamy with whole **coconut** milk, offer the palate a variety of delicious spices and flavors, including coriander, anise, cumin, nutmeg, lemon grass, chiles, ginger, turmeric (a variety of ginger), basil, mint, garlic and lime. Seafoods are plentiful in the diet, including fresh saltwater and freshwater fish, mackerel, shrimp, crab, eels, salted fish and dried fish. Fish sauce and shrimp paste are used frequently as seasonings. Pork and beef are consumed by those who can afford them, often raw or pickled. Other animal foods less likely to be featured on restaurant menus, but consumed in the villages, include duck and chicken and their eggs, water buffalo and more unusual items like snails, caterpillars, lizards, frogs, rats, snakes, squirrels and other small animals.

But the most protective factor in the Thai diet-and one most ignored by investigators-is the lauric acid found in coconut products. Coconut oil contains almost 50% of this 12-carbon saturated fat, which the body turned into monolaurin, a substance that efficiently kills parasites, yeasts, viruses and pathogenic bacteria in the gut.

Coconut oil provides additional benefits. It strengthens the immune system and promotes optimal development of the brain and nervous system. It protects against cancer and heart disease, and promotes healthy bones. Finally, coconut oil seems to be the best fat for ensuring the proper uptake of omega-3 fatty acids into the tissues ⁽⁹⁾. This may explain the beautiful, velvety skin tone of the Thais.

Drink Coconut Water and feel the difference

Tropical sultry countries are blessed with a miraculous functional versatile tree, where every part is beneficially utilized by mankind, and protected by nature, even with that past worst Tsunami. That is what we saw on Dec 26th few years ago. Why these tall swaying flexible palm trees grow specifically in the tropics and the Pacific basin is something to think about: never grows or grown in the US. and UK.

In the United States the oil obtained from imported coconut fruit (meat) was used for cooking and baking purposes in the food industry prior to the nineteen fifties. Ancel Key, scientist, in 1958 has been telling us on research study, the 'Seven Countries study', that saturated fats were major cause of a new disease called heart disease

Following this discovery, Keys made it his mission to encourage people to eat less saturated fat, lower their cholesterol and prevent heart attacks. He became so well known that he once said, "There's a little hotel in Brussels that my wife and I stop at now and then, and every time I go in there the maître d', a lady in her sixties, says, 'Ah, Monsieur Cholesterol!'"

Coconut oil being considered a saturated fat became so unpopular especially due to propaganda spread by Soy and Corn oil producing giants, stating that both corn and Soy oils being unsaturated, quite heart healthy. Sale of coconut oil in United States dropped to less than one percent, only used in the soap and cosmetic industry.

Today, the table has turned over, when Mary Enig, Nutritionist and consulting editor to the "Journal of the American College of Nutrition". said that the coconut industry has suffered more than five decades of abusive rhetoric from the American Soybean and Corn Associations and other members of the edible oil industry, and from those in the medical and scientific community due to misinformation from these activists. Imports of coconuts from the Philippines dropped less than 1 %

Coconut oil having medium chained fatty acids, has been now proved to cause no increase of blood cholesterol levels, having more health benefits, and is again becoming acceptable in the food industry in the US. and in homes as the main cooking oil.

There are even coconut diets for slimming, advertised in the papers and women's magazines in America.

They have gone even further promoting coconut water as a refreshing drink that reduces your heart disease and also 71% of those who drank the water, lowered their blood pressure. It is a popular sports energy drink today.

When we visit Sri Lanka annually, coconut water from the coconuts in our property would be the first demand to revitalize us. It has a great rejuvenating feeling, especially in the tropics when you tend to become dehydrated pretty fast.

We find that green coconut shelled young fruit (kurumba), seem to be more refreshing than the orange colored skin ones (tambili) freely available on the wayside boutiques, hung in bunches (King coconuts). The green shell coconuts are scarce on the way side as they are mostly matured on the tree for home cooking purposes, using the milk extract from the meat, and making oil from the dried meat (copra). It is now fashionable to add the coconut water into the curries without wasting it.

The water from the young immature coconuts offers a long and growing list of health benefits.

It is a powerhouse having natural electrolytes, vitamins, minerals, trace elements, amino acids, enzymes, antioxidants and phytonutrients. Water in both green coconuts and orange skin coconuts have the same equivalents of nourishment.

Coconut water is about 95 percent clear water. It is secreted by the meat (endosperm or kernel) the white thick fleshy meat attached to the inside of the shell. The kernel or the endosperm is soft and jelly like in the immature coconut and becomes more hard and fibrous which is normally scraped off to extract the milk for curry preparations.

Jelly like meat of the young green coconut added on to the coconut water makes it a most nourishing, energizing drink, especially when cooled in the frig for a few hours.

"Thambili", (king coconut) short in stature and commonly found in Sri Lanka, and the nuts of which Sri Lankans regard as a "living pharmacy" is the most versatile and medically practical form of the coconut plant available. Sri Lankans sell and consume thousands of them on a daily basis.

Compared to the aerated waters that are usually artificially colored and flavored, the natural coconut drink refreshes and purifies the body. In many Sri Lankan Ayurveda remedies the king coconut has been prescribed to cure many ailments related to impurities in the system.

King coconut water has been used from time immemorial as an Ayurveda cure. One of the most common cures is a mixture of "aralu" powder (myrobalan) added to the water of one king coconut. This concoction acts as a very effective laxative. This blood purifying wonder was discovered centuries before the modern chemical and herbal alternatives.

The water of the king coconut is naturally sterile and therefore it is a good substitute for saline. In World War 2 both American and Japanese military doctors injected king coconut water into a patient's veins instead of sterile glucose solutions.



In the nineteen sixties, we ran short of saline and dextrose given intravenously for dehydration and other medical conditions, in Sri Lanka. I personally, used the nine month old green coconut to infuse into the veins of patients, including children who required rehydration. Coconut water is rich in natural vitamins, mainly the B vitamins, minerals and trace elements, including zinc, selenium, iodine, sulfur and manganese.

Though mainly a carbohydrate fruit, the kernel contains amino acids, enzymes, antioxidants and phytonutrients. Very rich in magnesium and potassium, hence cardio-protective and helps regulate blood pressure, improve circulation, reduces plaque formation in arteries.

Though mainly a carbohydrate fruit, it is low in sugar, fat free and low calorie, suitable for dieting and also ideal drink for diabetics for thirst and rehydration.

The water contains cytokinins or plant hormones, having anti-aging and anti-cancer properties.

Natural electrolytes

Saline given as infusions is a man-made electrolyte sterile solution, whilst the coconut water has inorganic compounds (electrolytes) that become ions in solution and have the capacity to conduct electricity. Fresh coconut water is one of the richest natural sources of electrolytes and can be used to prevent dehydration from strenuous exercise, vomiting, or diarrhea. You lose electrolytes (especially sodium and potassium) when you sweat, which must be replenished with food and water intake. Because coconut water naturally contains so many electrolytes, it's been called "Nature's Gatorade."

Those who are visiting Sri Lanka during the X mas holiday vacation, please drink plenty of coconut water daily, to feel fresh and hydrated and your holiday would be enjoyable even if you suffer a trace of gastric upsets eating too much of chillies'.

Who said, "I always take life with a grain of salt, plus a hot chili curry and a shot of old arrack with coconut water"

Some reference to Help your heart, Dr Mercola Nov 27,1211

COCONUT OIL AND CANCER

Extract from Mary G.Enig, Ph.D. talk presented at the AVOC Lauric Oils Symposium, Ho Chi Min City, Vietnam -1996

Lim-Sylianco (1987) has reviewed 50 years of literature showing anti-carcinogenic effects from dietary coconut oil. These animal studies show quite clearly the nonpromotional effect of feeding coconut oil.

In a study by Reddy et al (1984) straight coconut oil was more inhibitory than other oils to induction of colon tumors by azoxymethane. Chemically induced adeno-carcinomas differed 10-fold between corn oil (32%) and coconut oil (3%), in the colon. Both olive oil and coconut oil developed the low levels (3%) of the adenocarcinomas in the colon, but in the small intestine animals fed coconut oil did not develop any tumors while 7% of animals fed olive oil did.

Studies by Cohen et al (1986) showed that the non-promotional effects of coconut oil were also seen in chemically induced breast cancer. In this model, the slight elevation of serum cholesterol in the animals fed coconut oil was protective as the animals fed the more polyunsaturated oil had reduced serum cholesterol and more tumors. The authors noted that "...an overall inverse trend was observed between total serum lipids and tumor incidence for the 4 [high fat] groups."

This is an area that needs to be pursued.

Most articles written condemning coconut oil are from researchers never seen a coconut tree, neither have they experience living in a tropical country.

They wouldn't know the taste of 'Pol Sambol' and a glass of coconut toddy.

That would be the day!

What about the studies where coconut oil is part of the normal diet of human beings?

Extract from Mary G.Enig, Ph.D. talk presented at the AVOC Lauric Oils Symposium, Ho Chi Min City, Vietnam -1996

Kaunitz and Dayrit (1992) have reviewed some of the epidemiological and experimental data regarding coconut-eating groups and noted that the available population studies show that dietary coconut oil does not lead to high serum cholesterol or to high coronary heart disease mortality or morbidity. They noted that in 1989 Mendis et al reported undesirable lipid changes when young adult Sri Lankan males were changed from their normal diets by the substitution of corn oil for their customary coconut oil. Although the total serum cholesterol decreased 18.7% from 179.6 to 146.0 mg/dl and the LDL cholesterol decreased 23.8% from 131.6 to 100.3 mg/dl, the HDL cholesterol decreased 41.4% from 43.4 to 25.4 mg/dl (putting the HDL values below the acceptable lower limit) and the LDL/HDL ratio increased 30% from 3.0 to 3.9. These latter two changes would be considered quite undesirable. As noted above, Kurup and Rajmohan (1995) studied the addition of coconut oil alone to previously mixed fat diets and report no significant difference.

Previously, Prior et al (1981) had shown that islanders with high intake of coconut oil showed no evidence of the high saturated fat intake having a harmful effect in these populations. When these groups migrated to New Zealand however, and lowered their intake of coconut oil, their total cholesterol and LDL cholesterol increased, and their HDL cholesterol decreased.

Lauric Acid in coconut oil

"Approximately 50% of the fatty acids in coconut fat are lauric acid. Lauric acid is a medium chain fatty acid, which has the additional beneficial function of being formed into mono-laurin in the human or animal body. Lauric acid is a monoglyceride and a harmless fatty acid, unlike trycerides. The fatty acids that circulate in the blood stream and stored in the body are the stable triglycerides. Excess triglycerides in the blood stream prevent HDL (good cholesterol) engulfing and taking the bad cholesterol (LDL) to the liver to minimise the bad cholesterol in the blood.

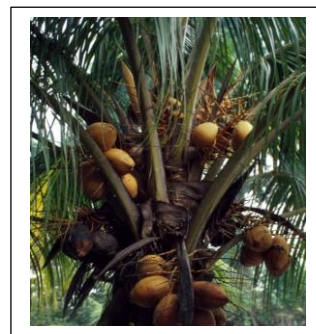
Mono-laurin is the anti-viral, antibacterial, and anti-protozoal mono-glyceride used by the human or animal to destroy lipid coated viruses such as HIV, herpes, cytomegalovirus, influenza, various pathogenic bacteria including listeria monocytogenes and helicobacter pylori, and protozoa such as giardia lamblia. Some studies have also shown some antimicrobial effects of the free lauric acid."

Coconut oil has a high smoking point- good for deep frying

The oil or fat you use for deep-frying should have a high smoke point — the temperature to which it can be heated without smoking. Butter and margarine have low smoke points, so they aren't good for frying but work for light sautéing. The best oils for deep-frying and high temperatures are coconut oil, refined safflower and sunflower oils, peanut, safflower and soy oils. Refined almond, avocado and cottonseed oil are also great if you can find and afford them, and canola oil is usually not a problem either.

Refined, is when oils are extracted from clean oilseed / oil cakes by solvent extraction for further refining to produce clear oil, free from rancidity and foreign matter. These oils are used as medium cooking oils (225°F - 350°F), high cooking oils (350°F - 450°F), and deep-frying oils (greater than 450°F).

If the oil you buy is bland and pale, you can be certain that it has been fully refined, bleached, and deodorized. In essence, refined oils have negligible flavor and aroma which can be useful in delicately flavored dishes. Use for baking and sautéing, stir-fry and wok-fry, and oven cooking; to sear, brown, deep fry, fry and for tempura.



- Coconut plant is a God-given gift, grown in the tropics, beneficial for survival and wellbeing of the inhabitants. Coconuts are functional foods, having health properties like no other fruit.
- The shell is used for fire and was used in irons in bygone days, when electric irons for ironing were not in existence.
- They were used as utensils and for making handicrafts and ornaments.
- The young coconut water with nature's balanced minerals, and sugar, is most refreshing to drink when thirsty.
- Nine month old coconut water was used as saline, given into the veins of dehydrated patients including children, when saline was in short supply, in peripheral hospitals in Sri Lanka during the post-war period.
- The kernel is used for most Asian curries.
- Young coconut flowers are used traditionally for decorations in weddings and religious ceremonies.
- The dried leaves are thatched and used to cover the roofs in most village homes
- The trunk is used in the building industry, and the roots are used in medicine and as tooth brushes.
- 'Tsunami' did not destroy a single coconut tree in any affected country that was devastated.

Uses of the coconut leaves



Photo by Mahil Wijesinghe

The much-awaited freedom has dawned in the North after three decades of terrorism. Here a carter transports cadjans in Jaffna in a bullock cart despite modern modes of transport are available

This is even today the cheapest mode of transporting goods. The dry inter-woven palm leaves are used to thatch the roofs of houses. Cheapest roofing and the coolest inside. Not fire proof.