

COCONUT OIL



“Life Coaching For Your Individual Greatness”

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ABOUT ONE 80 TURN, LLC

One 80 TurnSM is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as assist them in forming good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 TurnSM was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

DOCUMENT INFORMATION

2.1 Description

The information in this document, on coconut oil, is taken from various internet sources and is provided in this compiled format for easy reading.

2.2 Objectives

Provide general information about, and on the use of, coconut oil.

2.3 Suggested Users

Any person desiring to increase their knowledge about coconut oil as they make choices for their individual nutrition/exercise needs/requirements.

DOCUMENT CONTENT

3.1 Coconut Oil

Coconut oil is an edible oil that has been consumed in tropical places for thousands of years. Studies done on native diets high in coconut consumption show that these populations are generally in good health, and don't suffer as much from many of the modern diseases of western nations.

Coconut oil was once prevalent in western countries like the United States as well. With a long shelf life and a melting point of 76 degrees, it was a favorite in the baking industry. But a negative campaign (which started as early as 1934) against saturated fats in general, and the tropical oils in particular, led to most food manufacturers abandoning coconut oil in recent years in favor of hydrogenated polyunsaturated oils that come from the main cash crops in the US (particularly soy) and contain trans fatty acids. These polyunsaturated oils were not a big part of the diet of previous generations, so how has the health of Americans changed now that polyunsaturated oils are for the most part all one finds on supermarket shelves across the US?

The health benefits of coconut oil include hair care, skin care, stress relief, maintaining cholesterol levels, weight loss, increased immunity, proper digestion and metabolism, relief from kidney problems, heart diseases, high blood pressure, diabetes, HIV and cancer, dental care, and bone strength. These benefits of coconut oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and its properties such as antimicrobial, antioxidant, antifungal, antibacterial, soothing, etc.

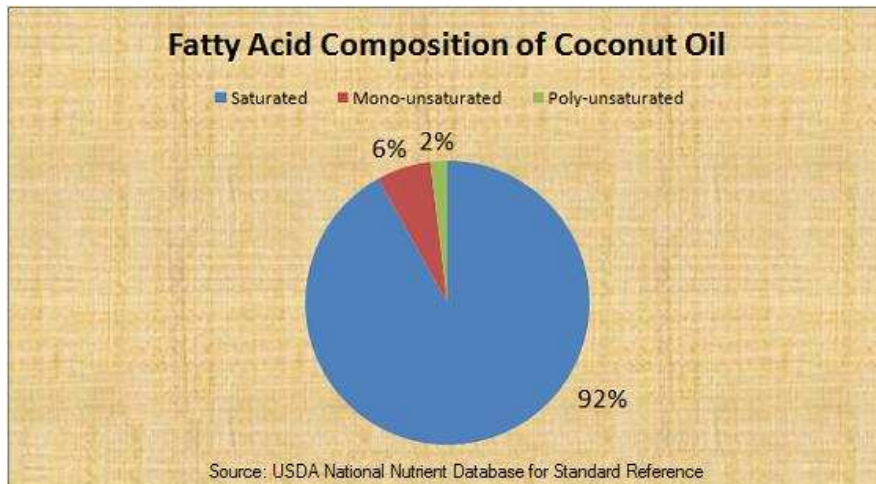
HOW IS LAURIC ACID USED BY THE HUMAN BODY?

The human body converts lauric acid into monolaurin which is claimed to help in dealing with viruses and bacteria causing diseases such as herpes, influenza, cytomegalovirus, and even HIV. It helps in fighting harmful bacteria such as listeria monocytogenes and helicobacter pylori, and harmful protozoa such as giardia lamblia. As a result of these various health benefits of coconut oil, though its exact mechanism of action was unknown, it has been extensively used in Ayurveda, the traditional Indian medicinal system. [The Coconut Research Center](http://coconutresearchcenter.org) (coconutresearchcenter.org) has compiled various references on [scientific research done on coconut oil](#).

COMPOSITION OF COCONUT OIL

Coconut oil consists of more than ninety percent of saturated fats with traces of few unsaturated fatty acids, such as monounsaturated fatty acids and polyunsaturated fatty acids—but do not panic. Read and your opinion may change. Virgin coconut oil is no different from this. The breakdown is:

- **Saturated Fatty Acids:** Most of them are Medium Chain Triglycerides, which are supposed to assimilate well. Lauric Acid is the chief contributor, with more than forty percent of the share, followed by Capric Acid, Caprylic Acid, Myristic Acid and Palmitic.
- **Polyunsaturated Fatty Acids:** Linoleic Acid.
- **Monounsaturated Fatty Acids:** Oleic Acid.
- **Poly-phenols:** Gallic Acid, which is phenolic acid. These poly-phenols are supposed to be responsible for the fragrance and the taste of coconut oil. Virgin coconut oil is rich in these poly-phenols.
- Certain derivatives of fatty acid like Betaines, Ethanolamide, Ethoxylates, Fatty Esters, Fatty Polysorbates, Monoglycerides and Polyol Esters.
- Fatty Chlorides, Fatty Alcohol Sulphate and Fatty Alcohol Ether Sulphate, all of which are derivatives of Fatty Alcohols.
- Vitamin E and vitamin K and minerals such as Iron.



REFINED VS UNREFINED COCONUT OIL

Unrefined Coconut Oil, as the name suggests, is the crude coconut oil that has been obtained right from the expeller; unrefined, unfiltered and without any additives. Sometimes, it is also called the Pure Coconut Oil to mark its differences with the Refined Bleached Deodorized Coconut Oil, commonly called the Refined Coconut Oil. Virgin Coconut Oil, Organic Coconut Oil and the Organic Virgin Coconut Oil can be unrefined too.

What are the advantages of Unrefined Coconut Oil? Let's check them:

- **Taste:** Unrefined Coconut Oil is tastier than the Refined Coconut Oil as it is neither bleached nor refined.
- **Flavor:** Again, Unrefined Coconut Oil has a beautiful flavor of that of fresh coconuts which is absent in Refined Coconut Oil, since it is deodorized.
- **Nutrients:** It is more nutritious than the refined one, being the least processed and subjected to less heat. It is richer in proteins (this is almost absent in refined oil), vitamins and anti oxidants.
- **Natural:** It does not undergo any chemical processing, unlike Refined Coconut Oil which is treated with Sodium Hydroxide and bleached. So, it has that more natural touch.
- **Wholeness:** It is wholesome coconut oil.

What are the disadvantages of Unrefined Coconut Oil? Here is the other side:

- **Hygiene:** It is less hygienic than the Refined Coconut Oil, since it does not undergo any refining and may contain dust particles and other unwanted stuff.
- **Therapeutic Uses:** It may not be suitable for therapeutic uses.
- **Internal Applications:** The Refined Coconut Oil is better in this respect, being more hygienic.
- **Cost:** Despite being less processed, it is bit costlier than the refined one, since most of the coconut oil produced is converted to refined oil and hence there is much less crude oil in market than the refined one. Further, it is less in use too.
- **Availability:** Unrefined Coconut Oil is less easily available than the refined grade.

If unrefined coconut oil is to be used as an edible oil, it should be heated well, to eliminate contaminations if any. *Raw consumption should be avoided.* It is best suited for external applications such as for massaging and for hair. Unrefined coconut oil is also used in soap and cosmetics industries.

Crude unrefined coconut oil has been in use, both as edible oil and otherwise, for centuries in India and countries like Philippines, Burma, Sri Lanka etc. (they were unaware of any process called refining and that did not make any difference). There have been no reports of any harm done to anybody for

consuming unrefined coconut oil (perhaps due to its own anti microbial and anti fungal properties). On the contrary, these people look younger and healthier by their skin and hair.

Brand	Approximate Cost
Spectrum 16 oz.	\$7 - \$9
Nutiva 15 oz.	\$7
Nature's Way 16 oz.	\$9



**Spectrum Brand
"Unrefined"**



**Spectrum Brand
"Refined"**



3.2 Health Benefits

ATHLETES

Coconut oil is often preferred by athletes and body builders and by those who are dieting. The reason behind this being that coconut oil contains fewer calories than other oils, its fat content is easily converted into energy and it does not lead to accumulation of fat in the heart and arteries. Coconut oil helps in boosting energy and endurance, and enhances the performance of athletes.

HAIR CARE

Coconut oil is one of the best natural nutrition for hair. It helps in healthy growth of hair providing them a shiny complexion. Regular massage of the head with coconut oil ensures that your scalp is free of dandruff, lice, and lice eggs, even if your scalp is dry. Coconut oil is extensively used in the Indian sub-continent for hair care. It is an excellent conditioner and helps with the-growth of damaged hair. It also provides the essential proteins required for nourishing damaged hair. It is therefore used as hair care oil and used in manufacturing various conditioners, and dandruff relief creams. Coconut oil is normally applied topically for hair care.

SKIN CARE

Coconut oil is excellent massage oil for the skin as well. It acts as an effective moisturizer on all types of skins including dry skin. The benefit of coconut oil on the skin is comparable to that of mineral oil but, unlike mineral oil, there is no chance of having any adverse side effects on the skin with the application. Coconut oil therefore is a safe solution for preventing dryness and flaking of skin. It also delays wrinkles, and sagging of skin which normally become prominent with age. Coconut oil also helps in treating

various skin problems including psoriasis, dermatitis, eczema and other skin infections. The presence of antiseptic fatty acids prevents any fungal and bacterial infection. Some of the infections it helps fight on a regular basis are acne, ringworm, herpes, boils, athlete's foot and warts.

- -Paste of mehendi (henna) with little oil should be applied on your face to lighten black spots
- -Apply the mixture of coconut water and thick pineapple juice for a glowing skin
- -For soft skin make a paste of red sandal powder with coconut milk. Apply it on your face. Rinse it later.
- -Coconut oil mixed with crushed garlic when applied at night helps to cure plantar warts and athlete's foot
- -Coconut butter can be used as lip balm
- -Massage your face with coconut oil before going to bed this would help in premature ageing

If you are allergic to any of the ingredients—DO NOT USE!

HEART DISEASE

There is a misconception spread among many people that coconut oil is not good for the heart. This is because it contains a large quantity of saturated fats. However, coconut oil is beneficial for the heart. It contains about 50% lauric acid, which helps in preventing various heart problems including high cholesterol levels and high blood pressure. The saturated fats present in coconut oil are not harmful as it happens in case of other vegetable oils. It does not lead to increase in LDL levels. It also reduces the incidence of injury in arteries and therefore helps in preventing atherosclerosis.

WEIGHT LOSS

Coconut oil is very useful in reducing weight. It contains short and medium-chain fatty acids that help in taking off excessive weight. It is also easy to digest and it helps in healthy functioning of the thyroid and enzymes systems. Further, it increases the body metabolism by removing stress on pancreases, thereby burning out more energy and helping obese and overweight people reduce their weight. Hence, people living in tropical coastal areas, who eat coconut oil daily as their primary cooking oil, are normally not fat, obese or overweight.

DIGESTION

Internal use of coconut oil occurs primarily as cooking oil. Coconut oil helps in improving the digestive system and thus prevents various stomach and digestion related problems including irritable bowel syndrome. The saturated fats present in coconut oil have anti microbial properties and help in dealing with various bacteria, fungi, parasites, etc., that cause indigestion. Coconut oil also helps in absorption of other nutrients such as vitamins, minerals and amino acids.

IMMUNE SYSTEM

Coconut oil is also good for the immune system. It strengthens the immune system as it contains antimicrobial lipids, lauric acid, capric acid and caprylic acid which have antifungal, antibacterial and antiviral properties. The human body converts lauric acid into monolaurin which is claimed to help in dealing with viruses and bacteria causing diseases such as herpes, influenza, cytomegalovirus, and even HIV. It helps in fighting harmful bacteria such as listeria monocytogenes and helicobacter pylori, and harmful protozoa such as giardia lamblia.

HEALING

When applied on infections, it forms a chemical layer which protects the infected body part from external dust, air, fungi, bacteria and virus. Coconut oil is most effective on bruises as it speeds up the healing process by repairing damaged tissues.

INFECTIONS

Coconut oil is very effective against a variety of infections due to its antifungal, antiviral, and antibacterial properties. According to the [Coconut Research Center](http://coconutresearchcenter.org) (coconutresearchcenter.org), coconut oil kills viruses that cause influenza, measles, hepatitis, herpes, SARS, etc. It also kills bacteria that cause ulcers, throat infections, urinary tract infections, pneumonia, and gonorrhea, etc. Coconut oil is also effective on fungi and yeast that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, etc.

LIVER & KIDNEY

The presence of medium chain triglycerides and fatty acids helps in preventing liver diseases as they substances are easily converted into energy when they reach the liver, thus reducing work load on the liver and also preventing accumulation of fat. Coconut oil helps in preventing kidney and gall bladder diseases. It also helps in dissolving kidney stones.

DIABETES

Coconut oil helps in controlling blood sugar, and improves the secretion of insulin. It also helps in effective utilization of blood glucose, thereby preventing and treating diabetes.

BONES & DENTAL CARE

As mentioned earlier, coconut oil improves the ability of our body to absorb important minerals. These include calcium and magnesium which are necessary for development of bones. Thus coconut oil is very useful to women who are prone to osteoporosis after middle age. Calcium is an important element present in teeth. Since coconut oil facilitates absorption of calcium by the body, it helps in getting strong teeth. Coconut oil also stops tooth decay.

3.3 Consumption

You can take coconut oil both internally and externally. Those who are proponents of coconut oil do both. The typical amount to take internally per day is 3 tablespoons. It is recommended that you take 1 tablespoon with every meal. Coconut oil apparently gives an instantaneous energy lift and may help you give up caffeine! Many sports nutrition bars and drinks include coconut oil for its energizing properties.

****WARNING: Coconut Oil is NOT recommended for those with hypertension / high blood pressure! But if you suffer from low blood pressure, this is a great remedy for you to try.****

3.4 Coconut Oil Testimonials

ACID REFLUX

Cheryl from San Juan, Trinidad: "I started using Coconut oil about three days ago for my heartburn. I did my own test by specifically eating the foods that causes me heartburn and to my amazement I can honestly say it really works! Next I am going to try it for weight loss and see how that works out."

June from Adelaide, South Australia: "After reading on this site the positive comments regarding coconut oil, I managed to purchase some excellent coconut oil and started taking one tablespoon before each meal, although I did miss at times. My indigestion/reflux disappeared almost immediately as did my desire for coffee and alcohol. I am also using it externally. As it is only three weeks ago that I started I will wait to give a report on my hair, skin etc."

ADRENAL FATIGUE/HYPOTHYROID

Gail from North Bend, WA: "VIRGIN COCONUT (VCO) OIL FOR HYPOTHYROID AND ADRENAL EXHAUSTION SYMPTOMS. I have been experiencing hypothyroid symptoms as well as adrenal exhaustion symptoms for 6 months. My Medical Doctor did blood and urine tests as well as an MRI because I was experiencing headaches, low body temperature, extreme fatigue, earaches, muscle and joint pain. All tests came back normal. Liver function normal, thyroid normal, B12 normal, iron normal. Naturopath did allergy testing, autoimmune and thyroid tests. Thyroid TSH, T3 and T4 all were in optimal ranges. No allergies to foods. Negative to autoimmune test. I began on my own taking nutritional support for my Adrenals. I purchased a book and took all the recommended supplements for Severe Adrenal Fatigue. My morning temperatures were consistently in the lower 97 degree F. I ate well, eliminating junk food and sugary foods. My morning temperature dropped into the 96 degree F range. In desperation, I began taking Virgin Coconut oil, starting with 2 teaspoons on day 1, then 3 teaspoons on day 2. 3 Tablespoons on day 3. After 4 days of VCO 3 tablespoons a day I was able to do light exercise. Before that I was barely able to make it through a day. My legs felt like lead. I worked 4 days a week at a sit down job and would be in bed for 3 days. After 9 days of 3 tablespoons of Virgin Coconut Oil a day I had nerve zapping in my right leg and right shoulder at night. Since that time I have had no nerve zaps and the pain in my left shoulder due to Adrenal Fatigue is 98% better. I have been able to exercise vigorously. If I reduce to 1 tablespoon a day my body aches. At 3 tablespoons a day I have energy and have no body aches. My morning temperatures have gone up a degree, 97-98 F. I've been taking Virgin Coconut Oil for a month and a half."

Lori from Saint Cloud, FL: "Most definitely VCO is soothing to the thyroid. My best friend has Graves' disease, she swears by it. She mixes it in her AM shakes and cooks with it."

Megan from Oklahoma City, OK: "I have been using extra virgin coconut oil for awhile now. I use it both topically for acne and moisturizer/conditioner as well as take 3 tablespoons per day. I also use it in soaps, shampoos, etc. I would recommend coconut oil to anybody! I also use it for adrenal fatigue and hypothyroidism. It has been one of the best things I have done as far as treatment of my symptoms goes. I am only taking supplements and treating my disease naturally. Coconut oil is my number one and apple cider vinegar. Both used for adrenal/thyroid problems in addition to my supplements."

CELLULITE

Veronika from Frankfurt, Germany: "I just want to quickly join this wonderful post and thank you all from the bottom of my heart for sharing your experiences. ecently, I started to use coconut oil internally and also as a moisturizer due to my dry skin and slight cellulite on my thighs. he cellulite disappeared within 2-3 weeks. What a joy! owever, I got very ill. From your experiences I know now that the coconut was detoxifying my digestive system. was miserable for two weeks, not knowing what was happening to me. realize now how much I needed it. salute to the coconut oil."

J writes: "I saw a reduction (though not a total elimination) of the cellulite I've had on the back of my legs since I was 18 (I'm 28 now). I ate a very poor diet high in refined flours and no amount of high-intensity cardio and rigorous dieting would reduce the rolls on the backs of my legs. I saw results in about a month. I also used it on the tiny red bumps on my arms and saw results in a week. I just this week started using it as a moisturizer on my face -- I have painful cysts around my chin. I had been using Proactiv, which worked for about a year, but the cysts came back. Also, I was concerned about what I was hearing about benzoyl peroxide damaging the skin. So I've been applying a thin coat of Extra Virgin Coconut Oil to my skin morning and night. So far, the results have been... bad. I've had about a dozen tiny pimples and several old spots that I thought had healed flared back up. I'm not sure if my skin is healing itself and getting all sorts of junk out, or if I'm just clogging up my pores. I'm going to try to stick it out for another week or so and will update if it improves. I'm wondering which is worse... a few painful cysts around my chin or numerous tiny pimples all over my forehead and chin?"

DRY SKIN

Lisa from Salt Lake City, Utah: "I have been using coconut oil on my face and legs for about a month I also take a tablespoon daily along with oil pulling with sesame oil. The results are fantastic. Where I live is very dry and my skin has taken a beating for years. Dry patches on my cheeks and nose, legs so dry that I was embarrassed to wear shorts. But with the coconut oil I have glowing healthy looking skin.

Quick tip--If you have a problem taken coconut oil internally because of the taste or texture, here is a great recipe: Mix two tablespoons of coconut oil, 1 tablespoon of Cocoa Powder and sweeten with honey. It has a frosting type consistency and is delicious."

Sondra from Rialto, California: "Coconut oil cured my dry skin irritation. last 10 years or so I have been developing some sort of scaly skin on the lower portion of my legs happening in the winter months more so. The Dr. had no idea what it was, I was using victoria secrets lotions and aveena body wash and lotions. store brand harsh soaps, changed all my products to a healthier soap and now I virgin coconut oil as my all over lotion, this is the first yr I have not seen any irritation. VCO IS MY FRIEND FOR LIFE"

ECZEMA

Tracy from Phoenix, Arizona: "I developed eczema (atopic dermatitis) as a result of intense exposure to allergens roughly 2.5 years ago. Several dermatologists and allergists were unable to offer anything beyond antihistamines and steroids. At one point I was taking 5 different antihistamines a day. I was so itchy and miserable I could barely function. But since I was awake for hours at night, I used the time to search the internet for possible answers/cures. Here is what ultimately worked for me: topical use of coconut oil several times a day (I actually make my own blend of coconut and olive oils now as well as a body butter by adding beeswax) and oral use of 1 evening primrose oil capsule per day (EPO contains GLA, which is good for eczema). I also try to cook with coconut oil and use it whenever possible instead of butter or olive oil (makes great popcorn). It took over two years to figure this all out, but my eczema has been gone for two months now and I feel like a new/normal person without taking a bunch of drugs."

Marietta from Montpelier, Vermont: "Virgin Coconut Oil: My teenage son had raw, red and cracked skin where the ear meets the head. I remembered reading somewhere that VCO cures eczema, so I spread some on the backs of his ears after he showered. Amazingly, the very next day (after only ONE application) they were completely healed; no raw, red, no cracks! We also eat it often, on popcorn, straight off the spoon and in stir-fries. Yum!!!"

SOURCES

1. <http://www.coconutoil.com/>
2. <http://www.organicfacts.net/organic-oils/organic-coconut-oil/health-benefits-of-coconut-oil.html>
3. <http://www.earthclinic.com>
4. <http://www.ayurhelp.com/articles/Coconut>