

by Elena Voropay



The Coconut Diet

Delicious, smooth, creamy, dreamy coconut with its heavenly aroma -- mmm, true paradise...You probably would never associate this devil food with weight loss. And sure you've got many reasons for that – coconut is loaded with fat, mostly saturated, has a lot of calories and tastes too good for a diet food. Would you dare to give in to this indulgence while dieting? I am sure you would after reading this - eating coconut on a regular basis will help you drop those extra kilos, triple your energy levels, strengthen your immune system and improve overall health. Surprisingly, depriving yourself of this delicacy is the biggest mistake any health-conscious dieter can make. Literally, coconut is your miracle food that has shown to do all this and more for millions of people.

What is Coconut

Most people think of a coconut as a nut – probably due to its look and name. Actually, coconut is a fruit, and one of the most nutritious ones you can find. Used internally and externally for centuries in many cultures, coconut supplies a lot of nutrients necessary for good health, supports metabolism, protects against various diseases and is probably the healthiest fat you can find.

Coconut has received bad publicity for its saturated fat content and presumed potential to

raise cholesterol levels. But new modern discoveries have shown the importance of saturated fats for overall health and their irrelevance to cholesterol and fat gain. In fact, we all know of someone who has lost weight on a high-fat diet. But coconut story goes even beyond that. The fat found in coconut oil is so unique, that it gives you immediate energy boost of a sugar, metabolizes easier than protein, has fewer calories than any other plant or animal fat and is never deposited in your body.

You know that the nature of various fats is as complicated as the impact on the body. During past decades we've learned one classification of fats based on their saturation: polyunsaturated and monounsaturated fats come from plants, while saturated fats come from animal sources and from coconut and palm kernel oils. So, what is so different about the plant supply of saturated lipids? It is the size of the fat molecule, or precisely length of its fatty acid chain. All fats and oils consist of fatty acids connected into chains of carbon atoms. The difference in length of fatty acid chain serves as a predominant factor in how a certain fat affects our bodies. While most plant and animal fats contain Long-Chain Fatty Acids (LCFAs), coconut

supplies Medium-Chain Fatty Acids (MCFAs) or Medium-Chain Triglycerides (MCTs). The MCFAs have a lower melting point, a smaller molecular size and greater solubility in water and biological fluids than the LCFAs. This unique feature gives coconut the cutting edge above all other fats.

Losing Fat With Coconut

Compared to other fats, MCTs in coconut promote weight loss through a number of mechanisms.

Coconut oil has fewer effective calories than any other oil or fat – 6.8 vs. 9 calories respectively. And you know very well how calories can add up little by little.

MCTs are more easily digested, absorbed and used for energy instead of being stored in your body. This is because coconut fats are processed directly in the liver and immediately converted into energy without over-burdening the digestive system.

Coconut oil helps regulate blood sugar minimizing insulin spikes and fat storage. For its ability to improve insulin sensitivity and glucose tolerance, it is a must-have food for all diabetics.

MCTs from coconut oil are known to shift metabolism into a higher gear even more than protein causing the body to burn more calories and fat stores. And several studies have shown that if you substitute coconut for other oils, you will increase

the fat-burning or thermogenic effect by 50%!

Because of its easy absorption and less strain on the pancreas, liver and digestive system, coconut has better solubility in biological fluids and is highly recommended for those who have difficulty digesting fat.

Coconut oil has shown to improve thyroid function thus increasing metabolism. Just the opposite is known about LCTs that come from other oils, such as soybean or corn. Unsaturated fats can actually block thyroid hormone secretion, its movement in the circulation, and the response of tissues to the hormone.

If you have digestive problems and nutrient malabsorption, coconut may be the ultimate cure. A lot of people absorb the calories that come from food but bypass and excrete valuable vitamins, minerals and other micronutrients. This may be the down-ward spiral leading to cumulative weight gain and poor health. Healing effects of coconut oil soothe inflammation of the digestive tract and helping those with Crohn's disease and Irritable Bowel Syndrome.

Coconut's composition also makes it a truly exceptional food. It is rich in lauric acid, a proven antiviral, antibacterial and antifungal agent that kills many harmful pathogens, protects against liver damage, reduces inflammation and builds up the body's immune system. It has shown a promising effect in helping HIV and cancer patients strengthen the immunity. Lauric acid in coconut is the same lauric acid found in mothers' milk that is essential for babies' developing systems and immunity.

Even though coconut fat is saturated, it has virtually no cholesterol and no dangerous trans-fats found in vegetable oils. In fact, coconut actually has a positive effect in reducing bad cholesterol and minimizing risk of heart disease. The cholesterol-lowering properties of coconut oil result from its ability to stimulate thyroid function.

Last but not least, eating coconut will provide pleasant satiety, feeling of fullness after a meal even when lesser amounts of food is consumed.

Using Coconut

Coconut oil has a long shelf life, resistant to spoilage and heat, and is the safest cooking fat you can find. It has a mild delicate flavor, supplies fewer calories and is much healthier choice than all other milk and fat products. There are plenty of ways to use coconut milk, oil and pulp.

Substitute coconut milk in all of the recipes requiring dairy

Use coconut oil in place of other oils, margarine, butter, shortening

Add coconut oil or milk to juices and smoothies

Mix coconut oil with lemon juice for a delicious salad dressing

Use coconut oil as a wonderful moisturizer for dry skin, or as a healing mask to prevent wrinkles and

blemishes

Choose organic coconut oil, unprocessed coconut cream and milk (stay away from low-fat varieties), or better make your own from raw coconut

Coconut juice or water – the liquid inside the coconut when you crack it open

Coconut meat or pulp – the solid white meat inside the shell, contains coconut oil

Coconut cream – coconut meat blended and pressed

Coconut milk – expressed juice of grated meat and water

Other Weight-Loss Foods

Organic Flaxseed Oil and Cold-Pressed Virgin Olive Oil – use fresh liberally

Apple Cider Vinegar, Lemon Juice in sauces and dressings

Almonds, Pumpkin Seeds, Linseeds in salads, smoothies and baking for healthy fats and micronutrients

Flaxmeal, Psyllium Husk and Bran in cereal and baking for fiber contents

Fresh Coconut Cake

This fresh coconut cake is made in two layers with a fresh coconut topping and coconut milk.

INGREDIENTS:

2/3 cup natural butter

1 cup raw organic sugar (you can choose stevia instead)

4 eggs, separated

2 cups sifted wholemeal unbleached cake flour

1 tablespoon baking powder

1/2 teaspoon salt

1/2 cup coconut milk

1 teaspoon vanilla

1/2 cup grated coconut

PREPARATION:

In a mixing bowl, cream butter until fluffy. Add 1/2 cup sugar; blend, then add egg yolks, beating well. Add sifted dry ingredients alternately with the coconut milk. Stir in vanilla and coconut.

Beat the egg whites with remaining 1/2 cup sugar; fold into the cake batter. Pour batter into two greased and floured 8-inch layer cake pans and bake at 375° for about 25 minutes. Remove fresh coconut cake to wire racks to cool.

Topping

1 cup coconut cream, whipped

1 tablespoon raw organic sugar

1/2 teaspoon vanilla

1 coconut, shredded or grated

Beat cream with the sugar until thick, add vanilla. Spread topping between layers and over top and sides of cake. Sprinkle cake with fresh coconut.



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...saturated fats in coconut oil can help you to lose weight

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