

# 10 reasons to love coconut oil

By Dr David A. Pierotti

**Coconut oil is such a wonderfully healthy and diverse food I'd love to share with you some of the top reasons to use it liberally in your diet.**



*There is so much bad information circulating through the media about the dangers of high fat diets. The vast majority of it is sensationalized nonsense with the exceptions being that trans-fat is harmful and a high omega 6 to 3 ratio is detrimental.*

1. Although 90% of coconut oil is a form of saturated fat, this is not a cause for concern. The oil contains a fat called Lauric acid which is an MCFAs or **medium chain fatty acid**. These are pretty special little molecules because they act quite differently than most fatty acids. Your body directs the MCFAs directly to the liver where they are *converted into instant energy*. This makes the calories in coconut oil far less likely to end up as stored fat. This unique property of the oil is usually a trick reserved only for simple carbohydrates like sugar. What's more, because MCFAs are a fat and not a carbohydrate you don't get the undesirable insulin spike to go with it. Therefore coconut oil is safe and effective for diabetics.

2. The fats in coconut oil have been proven to have excellent **antibacterial**, **anti-viral** and **anti-protozoan** effects. If you struggle with recurrent infections such as gastrointestinal parasites like Giardia (something we diagnose

and treat lots of here at PHT) then adding in regular servings of coconut oil may be beneficial for you.

3. This remarkable oil has been shown to help optimise thyroid function; which means it may be a valuable addition to your diet if you struggle with weight problems or sluggish **metabolism**.
4. Studies have pointed towards it being good for **heart health**. Unlike trans-fats, coconut oil's MCFAs aren't associated with increases in cholesterol.
5. Because it has a high burning point, coconut oil is tremendous for **use in cooking**. It's advisable to use it over other oils such as vegetable oils which will rapidly convert in to trans-fats upon high heat. Also, it's flavour is fairly mild so it won't change the flavour of food dramatically. In fact most people think it has a pleasant taste and so enjoy adding it to many different dishes. Even though we love olive oil, and recommend it to just about everyone that asks, it is still not ideal for use with medium-high temperature cooking. **Olive oil is always best used fresh at room temperature** so as not to destroy the active phytonutrients and denature the oil.

6. You can use it on your skin and hair. As a natural moisturizer it's hard to look past this oil's wonderful smell and texture for skin and hair. Some have reported reduction in appearance of fine lines.

7. It can be used to replace butter and vegetable oils in many styles of cooking. You can spread it on toast in place of butter, add it to casseroles, stews and curries, use it in place of oil or butter in cakes and desserts. Personally I add about 1-2 tbs of it to my egg+protein+banana shake every morning with delicious results! Here's another recipe you can try:

1 tbs coconut oil  
1 cup creamed coconut (available from organic and health food stores)  
1 cup crushed almonds & walnuts (or whatever nuts you like)  
Handful of currants/cranberries/sultanas/dates whichever you prefer.  
3 tbs raw cacao powder  
Coconut sugar to taste

Fill a large bowl with boiling water. Slowly melt the creamed coconut and coconut oil in a bowl placed within the larger bowl. Add all other ingredients. Pour and spread into a tray lined with baking paper. Set in the fridge for 15 minutes. Voila! Coconuty/chocolatey/nutty treat!

8. Coconut oil is great for those who are looking to drop a few kilos. Back in the 1940s, farmers found out about this effect by accident when they tried using coconut oil (which was cheap) to fatten their livestock; and it didn't work. Instead, coconut oil made the animals lean, active, and hungry.

9. Several studies have shown the benefit to athletes and those involved in exercise (shouldn't that be everyone?) that coconut oil will increase performance.

10. It's no secret many people are consuming far too much carbohydrate these days. This is primarily due to it's abundant supply and ubiquitous nature in most pre-packed and

prepared foods. Add to that the massive convenience factor of most carbohydrate foods at low cost, and you've got a population tending towards an imbalance of macronutrients swaying in favour of carbs. Therefore, finding great innovative ways to reduce carbs and increase healthy fats is paramount in a modern wellness paradigm. Coconut oil steps up to the plate in this regard! It's a delicious and interesting way to add more healthy fat into our diet, thus eliminating excess and unnecessary carbohydrates.

Another great recipe I've created recently can be consumed as a delicious shake or as mouth-watering pancakes even the kids will go crazy for!

### **Dr David's shake & pancake mix**

1 very ripe banana  
1 scoop grass-fed whey protein concentrate cacao flavour (professionalwhey.com.au)  
2 free range eggs  
1 tbs coconut oil  
few shakes of cinnamon

Blend all ingredients. Consume as a shake or for pancakes heat a ceramic pan on low-medium heat and add some more coconut oil to the pan. Pour a thin layer of the mix onto the pan. Cook until golden on both sides. Serve with berries, creamed coconut, a little coconut sugar and a squeeze of lime.

*Dr David Pierotti*

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