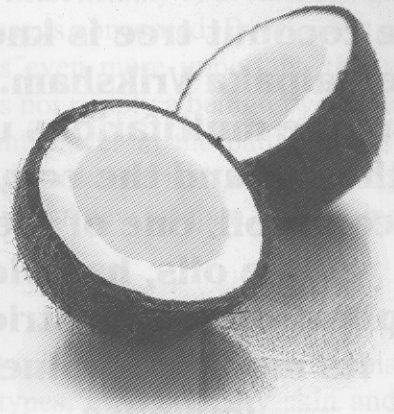


USES OF COCONUT OIL

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Introduction

Coconut oil is an edible oil that is being 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 is used in the country as a cooking oil, hair oil, body oil and industrial oil. **Coconut oil is made from fully dried copra having a maximum moisture content of six percent. Steam cooking of copra is also practiced by some millers to enhance the quality and aroma of the oil.**

Refined coconut oil is mainly used in the manufacture of biscuits, chocolates and other confectionery items, ice cream, pharmaceutical products and costly paints. Generally, filtered coconut oil is used for cooking and toiletry purposes.

Virgin coconut oil

It is also made in the country from the milk extracted from raw kernel. This is done on a small scale by the traditional method which is now partially mechanized or on a large scale by adopting wet processing technology. Coconut milk is fermented, and then by a mechanical process, water is separated from oil. No heating or application of sunlight or dryer is used in for the process.

The virgin coconut oil is free from trans fatty acid, high in medium chain fats (MCFA) known as lauric acid, which is identical with a special group of fats found in human breast milk and also rich in vitamin -E. High quality of this oil makes it an ideal massage oil for babies and also for skin and hair applications.

Applications

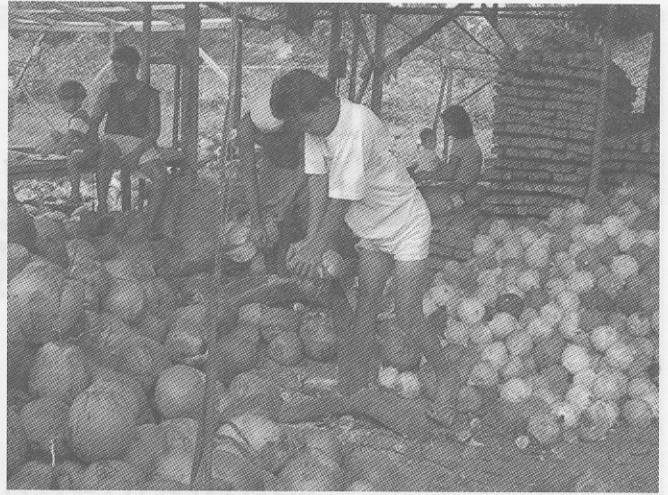
Cooking: Coconut oil is commonly used in cooking, especially when frying. In communities where coconut oil is widely used in cooking, **the unrefined oil is the one most commonly used.**

Manufacturing: Coconut oil is used in large quantities for making margarine, soap and cosmetics. Hydrogenated or partially hydrogenated coconut oil is often used in non-dairy creamers, and snack foods. It is an important component of many industrial lubricants, for example in the cold rolling of steel strips.

Cosmetics and skin treatments: Coconut oil is excellent as a skin moisturizer and softener. Fractionated coconut oil is also used in the manufacture of essences, massage oils and cosmetics. It is commonly used for styling hair, and cooling or soothing the head.

People of Tamil Nadu and other coastal areas bathe in warm water after applying coconut oil all over the body leaving for an hour in the belief that it keeps the body, skin and hair healthy.

The coconut tree is known as the Kalpaka Vriksham. Apart from the multifarious uses of the nut and the coir, the coconut oil, one of the chief edible oils, has wide application in industries too. Its medicinal value is immense.



Industrial and commercial uses

In diesel engines: Coconut oil has been tested for use as a feedstock for bio-diesel to be used as a diesel engine fuel. In this manner it can be applied to power generators and transport vehicles using diesel engines. It is currently used as a fuel for transport in the Philippines. Further research into the oil's potential as a fuel for electricity generation is being carried out.

Engine lubricant: Coconut oil has been tested for use as an engine lubricant; the producer claims the oil reduces fuel consumption, smoke emissions and allows the engine to run at a cooler temperature. As an engine lubricant, coconut oil performed better than mineral based engine oil in terms of lubricity, smoke point, flash point and resistance to oxidation. It also dissolves carbon deposits left in the engine for using mineral based engine oils that burn easily during the combustion process. It is not the fuel that leaves more carbon deposits but mineral based lubricants. It is found out that engines treated with coconut oil as oil additive produce no more or less smoke than that without coconut oil.

Coconut oil "Miracle cure for cancer".

To be diagnosed with cancer sounds more like a death sentence. Visions of dying and grief usually come to mind. So many people lose hope and spend their remaining time on earth in despair and regret.

But some refuse to live up and seek all possible cures. coconut oil is one cure that can save the life of cancer patients.

Every human being has cancer cells in the body but not all are diagnosed as the deadly disease. This is because people with a healthy immune system destroy these harmful cells before they spread and cause problems to various parts of the body. **The white blood cells of the immune system defend the body against the attack of harmful micro-organisms. However, when too many microbes invade the body, the white blood cells and the immune system weaken and this triggers the development of cancer cells.**

Coconut oil is probably the cure that will give hope to all cancer patients. Its unique properties make it an effective antioxidant and prevent the formation of harmful free radicals. With the regular use of coconut oil, all types of diseases including cancer can be prevented and healed.

Coconut oil and heart disease

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. **Using coconut oil on a regular basis can reduce the chances of heart attack.** It is composed of a group of unique fat molecules known as medium-chain fatty acids (MCFA). Although they are technically classified as saturated fats, these fats can actually protect you

from getting a heart attack or a stroke.

People who traditionally consume large quantities of coconut oil as part of their ordinary diet have a very low incidence of heart disease and have normal blood cholesterol levels. This has been well supplied by numerous population studies. The research shows that those people who consume large quantities of coconut oil have remarkably good cardiovascular health.

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.

From this evidence alone coconut oil should

be viewed as heart healthy or at least benign as far as heart disease is concerned. But there is another factor, that is even more important, that reveals coconut oil as not simply a benign bystander but a very important player in the battle against heart disease. So remarkable is it, that it may soon become a powerful new weapon used against heart disease.

Conclusion

Coconut oil works wonders as a moisturizer for all skin types, especially dry skin and aging skin, leaving you refreshed and looking wide-awake. Coconut oil has been proven to stimulate your metabolism, improve thyroid function and escalate energy levels, all of which help decrease your unwanted fat, while increasing muscle.

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COCONUT OIL GOOD FOR DIABETICS

Want to stave off diabetes? Eat a diet rich in coconut oil, for a new study has found that it protects against insulin resistance in muscles and fat. An international team has also found that the diet avoids the accumulation of body fat caused by other high fat diets of similar calorie content, making weight gain and high blood sugar less likely, *Diabetes* journal reported.

The study has also showed that those who incorporate medium chain fatty acids, such as those found in coconut oil, into their diets can lose body fat. In their study, researchers, led by Dr. Nigel Turner of Garvan Institute of Medical Research, compared fat metabolism and insulin resistance in mice fed coconut oil and lard based diets to reach the conclusion.

Dr. Turner said: "The medium chain fatty acids, like those found in coconut oil, are interesting to us as they behave very differently to the fats normally found in our diets. "Unlike the long chain fatty acids contained in animal fats, medium chain fatty acids are small enough to enter mitochondria – the cells' energy burning powerhouses – directly, where they can then be converted to energy. "Unfortunately the downside to eating medium chain fatty acids is that they can lead to fat build up in the liver, an important fact to be taken into consideration by anyone considering using them as a weight loss therapy."

Courtesy : Deccan Chronicle