

Coconut- a Solution for Wellness Certifies 'Wellness Solutions'

● Remyan Gopalakrishnan, *Consultant, CDB, Kochi -11*

Dr. A. Sreekumar MBBS, DLO, FACNEM, FINEM
(Senior ENT Surgeon, Specialist in Nutritional Medicine)

Chairman, Wellness Solutions
Director, Soukhya Training & Research Institute (STRI)
President, Indian Nutritional Medical Association (INMA)

Wellness Solutions
Tharayil Building,
Maradu P. O., Kundanoor,
Cochin - 682 304, Kerala, India.

Tel: +91 98470 62016, +91 0484 6469968
Email: wellnessolutions9@gmail.com
www.wellnessolutions.co.in, www.whocmc.com



Coconut oil when given to Alzheimer patients help to strengthen the cell walls. When cell walls get strengthened, energy production also gets triggered and accelerated. Rejuvenation of cells take place when virgin coconut oil stimulates the energy production.

Dr. Sreekumar, a Nutrition Specialist and a Senior ENT Surgeon is heralding the 'Wellness Solutions', a Medicare Centre located at Maradu, Kundannoor, Kochi. Wellness Solutions is an asylum for the patients especially cancer patients who have lost all hopes after suffering sustained pain of the radiation and chemo therapy and counting days for their turn. As a palliative care centre, the Chairman of the Institute Dr. Sreekumar is the visible God who dissolves their worries and pain through his pleasant and soft spoken approach and smiling face.

We met him when he called on the office of the Coconut Development Board for meeting Shri. T.K. Jose IAS, Chairman. The wonderful revelations of Dr. Sreekumar that coconut is the major ingredient of the diet of his patients and coconut kernel, coconut water and coconut

oil are best detoxification agents in cancer treatment were top ups for the recent findings of the therapeutic and nutraceutical properties of coconut.

This article is based on the information shared by Dr. Sreekumar, when CDB officials called on him at Wellness Solutions.

Q: What is the concept of this Centre or how it differs from a hospital of routine nature?

This Centre was started with the principle of preventive health, as the proverb reminds "Prevention is better than cure". This was therefore established for the very purpose of creating public awareness to maintaining Wellness by preventing the body from being afflicted by many diseases rather than consulting doctors as a patient of chronic diseases. We disseminated the message of being healthy. Wellness is not the disease curing through medication but it includes healthy

diet and healthy life style. But no one was interested on this approach. Everybody wanted medicine and treatment after becoming a patient. So we were getting only terminal patients from the very beginning. Thus Wellness Solutions became a centre of solace for the patients".

"Being healthy is very important and this requires awareness creation among the public. But the public didn't give value to that approach. They want consultation as a patient. A man or woman who contracts a lifestyle disease never think of consulting a doctor before realizing that he or she is suffering from a disease. The usual approach is 'let us see' when the disease is manifested externally. This "let us see" mentality slowly throw them to severe and acute life risk one after another and the problems and complications afflict their body. We have limitations to give such

terminal patients complete cure or relief.

Awareness creation is of utmost importance by which one can take care of their body and take precaution. There is no meaning in advising the diabetic patients to control food or avoid sugar. Expenditure of energy takes place in a normal working person. We have to supplement adequate energy there. Otherwise body will utterly fail to respond. Everybody find shelter on heredity. Who is to be blamed for the first person who contracted the disease? This is like the egg and chicken theory. We can't blame hereditary for all new diseases.

This is an era of specialization. Specialists care only their specialized area. Our education, information, awareness etc should start from the basic cells. A diagnosis centre diagnoses many defects from laboratory test. But when scientifically speaking, it is not correct. In fact biochemical reactions take place inside the cells and not in the blood. We do not see what is going on inside the body. What is going on inside the body is not happening inside the laboratory too. In the wake of cellular sciences, there are lots of differences from what we learn from biochemical tests and actual human body functions. We have to learn more about Nutrigenomics which is the study of effects of food on gene expression and metabolism.

Q: Coconut is a major ingredient in the food item of Wellness Solutions. Could you elaborate?

Ans: There are lots of toxins in our body. The residual effects of the poisonous food we take results in chronic disorders. Toxins are in our cells, cells of liver, kidneys etc. We are doing detoxification in patients to eliminate these toxins. Coconut products got amazing effects of detoxification of cells. Digestion of coconut oil is relatively rapid among other fats and oils commonly in use.



Coconut oil detoxifies many toxins from our body. Coconut water has the detoxifying effect of filtering out toxins from kidney. Coconut water is diuretic and this works well in removing impurities from kidney. By supplementing coconut water and oil to human body complete detoxification from body is possible. Besides, vitamins and minerals available in coconut water are made available to body. Thus the body regains more immunity and strength. Therefore it keeps our body healthy. I advise to include coconut and coconut products in our routine diet. It can be prominently positioned to maintain health and wellness through safe food.

Q: There are reports indicating the beneficial effects of Virgin Coconut Oil (VCO) in the treatment of Alzheimer's. What is your expert opinion?

Ans: Yes. Alzheimers disease is a rising global disease which evades a complete cure. Coconut oil when given to Alzheimer patients help to strengthen the cell walls. When cell walls get strengthened energy production also gets triggered and accelerated. Memory is lost in Alzheimer's patients due to damage of cells. Rejuvenation of cells takes place when virgin coconut oil stimulates the energy productions. This is the mechanism that takes place in Alzheimer's patients when

VCO is given. Ketone bodies and polyphenols in VCO have been identified as the key salutary factors.

For making cell walls stronger, good fat is required. When fat is heated its goodness is lost. When virgin coconut oil is heated its chemical composition gets disturbed and the qualities altered. When VCO is consumed per se, without heating, the result is entirely different. From natural food, cell life is increased, health is improved, cellular process is get corrected and virus and bacteria get eliminated. The unique properties of VCO justify by all means its consideration as a functional food. Processing makes the natural products losing all goodness.

"We regularly undergo medical check up to diagnosis diseases. This year I am free and am eagerly waiting for next year's checkup. But we never care our body to keep the diseases at bay or to do checkup with that sense of body management. I enquire my cancer patients about their health and not their disease status. Management of the health is very important. Measures to improve health condition are more important. A forty year old diabetic patient is a liability to his family, society and nation. Improving his health creates a geometric multiplication effect.

Wellness is the need of the present society. We are doing a lot

and spend more to cure diseases. But we are least bothered to keep the body healthy. We are spending crores of rupees to save the lives of chronic patients but nothing to maintain health of the public”.

Q:- Can we attribute the commencement of swimming and yoga in Government offices as a shift in our thought process ?

Ans: Yes. Precaution is needed to save our body from contracting multiple diseases. Let us start the learning process from the youngsters in academic institutions and government offices.

Q:- In what way coconut is used in the cancer treatment?

We can make use of coconut in many ways in cancer treatment. For sustaining our life, food with life is needed. Coconut products have life even after processing. Virgin coconut oil is very palatable and tasty. Western countries already started detoxification centers with coconut. Tender coconut water is awesome, and amazing. It energizes the body and reduces body fatigue. Coconut oil is anti viral, anti bacterial and



anti fungal. VCO has to be promoted against hypercholesterolemia and obesity and also to heal the damaged brain cells. A compound extracted from VCO is injected in patients suffering from heart attack in US. Neera sugar is the best sweetening agent available. We can develop probiotics from neera. Coconut water is rehydrating and diuretic. Thus the positive sides of coconut are innumerable.

I feel ashamed as a person from the land of coconut started learning the goodness of coconut from a non-coconut growing country like Australia. Now the question before us is how to make available the coconut products in non-growing countries. Natural preservation assumes significance in such situation. Countries like China have gone far ahead in natural preservation techniques. We have to work on this area.

Australian Government have bifurcated health sector into two. Ministry of Health and Ministry of Disease prevention. They consider health management more important than treating diseases.

Q: Tender Coconut Water contains more sugar. Is there any scientifically proven truth in saying that tender coconut water is not suitable for diabetic patients?

Ans: First part of the statement is correct. Tender coconut water contains more sugar. But the second

part is a mis-led statement. The minerals present in tender coconut water helps to open up the insulin receptors in the cells. Thus the glucose will be easily absorbed by the cells. Without insulin receptors sugar cannot be absorbed in. Just like Coconut oil preserves pickles for longer period without contamination, it preserves our body from being attacked by external factors.

Awareness creation is of paramount importance in our health care. Common man should be thoroughly taught of the adversaries of getting into unnecessary mental strain which will affect the whole systems of our body, which in turn, culminate in many disease conditions- Dr. Sreekumar reiterates.

After many decades of debate and arguments coconut fruit is now slowly coming out of the entangled misconception about its consumption. Scientific studies and clinical research have brought out its beneficial properties, health and nutritive values. Dr. Sreekumar was not mentioning anything about medium chain fatty acids or lauric acid, the so called beneficial factors containing in coconut oil. But he was strongly defending the detoxification effect of coconut products in the management of cancer patients. Let coconut be strongly in the lime light as the Super food of tomorrow, as is being revealed by scientific world. ■

