

COCONUT OIL & OBESITY

Results of a study on effects of Dietary Coconut Oil on the Biochemical and Anthropometric Profiles of Women Presenting Abdominal Obesity showed that dietetic supplementation with coconut oil does not cause dyslipidemia and seems to promote a reduction in abdominal obesity.¹

Results of a study on the Physiological effects of Medium Chain Triglycerides : Potential Agents in the Prevention of Obesity revealed that " Fats varying in fatty acid chain lengths are metabolised differently. MCT containing 6-12 carbon fatty acids differ from LCT(which have fatty acids of >12 carbon), in that they are absorbed directly into the portal circulation and transported to the liver for rapid oxidation. LCT

however are transported via chylomicrons into the lymphatic system, allowing for extensive uptake into adipose tissue"²

Results of an Open-Label Pilot Study to Assess the Efficacy and Safety of Virgin Coconut Oil on reducing visceral adiposity revealed that "VCO is efficacious for waist circumference reduction especially in males and it is safe for use in humans".³

1.Effects of Dietary Coconut Oil on the Biochemical and Anthropometric Profiles of Women Presenting Abdominal Obesity by Monica L. Assunção, Haroldo S. Ferreira, Aldenir F. dos Santos, Cyro R. Cabral Jr and Telma M. M. T. Florêncio – Lipids; 2009: 44(7) 593-601

2.Physiological effects of Medium Chain Triglycerides : Potential Agents in the Prevention of Obesity by Marie-Pierre St-Onge and Peter J. H. Jones –J Nutr 2002;132:329-332

3.An Open-Label Pilot Study to Assess the Efficacy and Safety of Virgin Coconut Oil on reducing visceral adiposity by Kai Ming Liau, Yeong Teh Lee, Chee Keong, Chen and Aida Hanuman G. Rasool – ISRN Pharmacology 2011.