

What's with the Coconut Oil #2 – Let's Get Practical

Usually the first comment clients make when I encourage lots of good fats, like coconut oil, is “What about low-fat?” Take a look at [my April blog](#) and the [Weston A Price Foundation](#). As time goes by, we are seeing more and more truth hitting the mainstream about the low-fat myth. Gary Taubes was right on the money with his article [What if it's All Been a Big Fat Lie?](#)



Ask yourself, if you still believe the low-fat jargon, what are you going to eat instead? Carbs. Carbohydrates that signal the release of insulin **to store body fat**. I haven't met a client yet who wants that. And those carbs are usually processed foods (breads, “health food” bars, pasta) which make our blood sugar go up quickly then crash. Ample amounts of good fats, like coconut oil, at every meal keep the blood sugar level.

Coconut oil at room temperature, which is how it should be stored, is a solid. This shows that it is [saturated \(and good for you\)](#) and stable. Being saturated makes it a good cooking oil as it won't turn toxic when heated.

What to buy...Make sure you get organic, virgin coconut oil. In their book *Eat Fat, Lose Fat* Dr. Mary Enig and Sally Fallon highly recommend [tropicaltraditions.com](#) as it is made through a traditional process and supports artisan coconut oil producers. Most health food stores as well as Whole Foods and Trader Joe's stock virgin coconut oil extracted using safe,

non-toxic methods.

OK, so you've got your coconut oil...now what? **Switch it out for any toxic liquid oils** you have in your cupboard (vegetable, canola, corn) or margarine in the frig (if you're not allergic to milk...keep eating butter. It provides a whole other bunch of nutrients.)

If you're trying to lose weight, you're in luck. Consuming **coconut oil before your meals can help escalate weight loss.** When you consume it about 20 minutes before meal time, you won't feel near as hungry – which will curb your appetite. It's 100% natural and something your body recognizes (unlike diet pills and powders). Start with a teaspoon in warm water once a day first thing in the morning. Don't like the taste? Have it in green tea, or herbal tea, or your coffee if you drink that. You'll get used to it.

After a couple days, double the amount you're consuming, after a couple more, double it again. Below are Fallon and Enig's recommendations for daily consumption according to weight:

90-130 # – 1 Tbl per meal up to 3 Tbl day

131-180# – 1.5 Tbls per meal up to 4.5 Tbl a day

and over 180# – 2 Tbls per meal up to 6 Tbl a day

How else can you get this wondrous oil in your body...

* Use as a body moisturizer

* Use a small amount for dry scalp and hair

* Use on toast (preferably true sourdough as it is prepared traditionally)

* Super drink – add to warm bone broth with a dash of tasty mineral rich sea salt

* Add a tablespoon or 2 to your casseroles or mashed potatoes

* Mix with your butter or use alone on morning warm cereals

* Have a quart jar in your cupboard with Mary's (Enig) Blend in it for cooking: 1 cup each coconut oil, olive oil and sesame oil. This is especially delicious for salad dressings

And please be aware, not only is the oil of the coconut incredible for you, but the meat and the milk are good for you, too. Make sure to get high quality organic safely made products.

Then you can try:

- * Sprinkling coconut on top of just about anything – salads, casseroles, oatmeal (which is best for the body if soaked).
- * Adding coconut milk to smoothies, soups, porridge, and sauces

This should give you ample ideas for integrating coconut products into your life.

Do pay attention to your body's response. After years, even decades of eating unhealthy fats, it may take your body some time to adjust to the molecules of this healthy fat. Start out small, like with cooking. If you don't feel well after eating coconut oil, perhaps it's not for you. I personally have not met anyone yet with such a sensitivity, but I believe it can exist.

As always, wishing you **REAL** food for **REAL** health so you can be **REAL** happy.