

VIRGIN COCONUT OIL

at TROPICAL FRUIT FARM

**SEE & LEARN
HOW TO MAKE
YOUR VERY OWN
COCONUT OIL!**

Virgin Coconut Oil

Cholesterol does not grow on tree!

For thousand of years, coconut flesh, water, milk and oil have been used around the world as food and medicine. Unfortunately, coconut oil and milk have been misunderstood for decades as health deleterious oil. Gladly, coconut oil has gained back its recognition with more scientific studies being done.

“Coconut oil is the healthiest oil on earth.” said Dr. Bruce Fife, an American certified nutritionist and neuropathic doctor who wrote the book “The Coconut Oil Miracles” in 2004 and many other books about the benefits of coconut since then.

Myth 1: Coconut oil has high saturated fat content and thus is bad for health

It is true that the saturated fat content is high but mostly are found in the form of medium chain fatty acids (MCFAs) such as lauric acid which is also found in human breast milk and thus are very compatible with the human body.

Average composition of 100g of Virgin Coconut Oil, 92.1g is saturated.

MCFAs (Carbons)		Long Chain Fatty Acids	
Caprylic (8)	8g	Palmitic (16)	9g
Capric (10)	10g	Steric (18)	2g
Lauric (12)	48g	Unsaturated	6.2g
Myristic (14)	17g	Polyunsaturated	2.1g

Myth 2” Coconut oil raises total cholesterol level that is recognized as a risk factor for heart disease.

Cholesterol	High-density lipoprotein (HDL) Good cholesterol because it can be removed from the body
	Low-density lipoprotein (LDL) Bad cholesterol because it deposited in the cells of the body

As Total Cholesterol = HDL + LDL, it is an unreliable indicator of heart disease risk. In another words, you may have high total cholesterol and yet be at low risk because you have a larger proportion of HDL.

Coconut oil raises HDL and lower the LDL to balance and normalize the cholesterol level. Thus, it may raise the total cholesterol level in the individual.

Myth 3: Virgin coconut oil and other forms of coconut oil are the same

The differences between virgin coconut oil and other forms of coconut oil is the method of processing.

High Quality	Good Quality	Bad Quality
Cold Pressed	Natural Fermentation	High Heat
Fresh coconut meat	Fresh coconut meat	Copra (dried meat)
No chemical	No chemical	Use chemicals
Transparent oil with a mild aroma & nice flavour	Water, curd separated out from the oil have strong coconut taste	Yellowish colour oil with a musty taste

Why is virgin coconut oil expensive?

- Coconuts are mostly found at rural areas where transportation is inconvenience.
- Most virgin coconut oil are produced in micro and village-scale which are not completely mechanized.
- Mass human energy is needed for coconut de-husking, splitting, grating, dehydrating, pressing, mixing, collecting oil and filtering.
- Precautions needed to prevent contamination and to maintain the virgin coconut oil’s quality.
- Time-consuming processes to extract oil
- High demand but low production.

The benefits of virgin coconut oil

- Improves nutrients absorption
- Provides instant energy
- Boosts thyroid glands that function as body metabolism regulator
- Enhance all processes like digestion, healing and repair, immune system, hormone and enzyme production and body temperature
- Promotes weight loss
- Antimicrobial property
- Antioxidant property
- Prevent aging, wrinkles
- Improve cardiovascular health

For more information, please visit our website