

A Special Report and Information Service on Health and Nutrition

THE EyeOpener

Number 5 - Fall 2009

**Amazing
Discovery!
Coconut Oil
Benefits
Alzheimer's
Patients**

**The Truth about
Cholesterol**

*Where did the
"Extra" go in
DME Virgin
Coconut Oil?*

New Recipes Inside

Alpha
Health Products





Siegfried Gursche, MH

To receive my Newsletter go to:
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Editorial Notes
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Dear Reader,

“As you sow so shall you reap.” This familiar proverb from the Bible (Galatians VI) evokes a picture of gardeners or farmers losing out on a harvest for whatever reason.

Many things can go wrong for the grower. Either the soil wasn't prepared properly for the seeds to sprout, not aerated, too wet or too dry, or even the seeds may have been too old.

Even after the plants have sprouted there is much to influence growth such as weather conditions being too hot or too cold, or a lack of nourishment—not enough fertilization or none at all. There are times when whatever measures taken have failed and the harvest is a disappointment. Those among us who have grown plants in the field, garden or even indoors have experienced the meaning of the proverb's reality first hand.

When I reflect on this proverb in relation to growing a human body I wonder how many of us take the time to really pay attention to and properly nourish the body. How many of us take good care of our body?

On one hand I find it astonishing just how much abuse the body can take and how often it bounces back to health, especially during the time before middle age. Of course, the older we get the longer repairs take, as cell reproduction in our bodies slows down with every year. When the body is undernourished the aging process will advance much faster.

One of my mentors, a scientist in vitamin and mineral research, told me that the damage of just one year of a nutrient deficiency requires up to five years to repair with nutrient supplementation. Meanwhile, some of life's healthiest peaks are irretrievably lost and there is little we can do about it. This brings another proverb to mind: “What the fool does in the end, the wise man does in the beginning.”

Choosing food that fuels the body and builds health requires a lot of wisdom these days. We are bombarded daily with messages from the almighty food manufacturing industry, which touts their nutrient-deficient junk food products as delicious, convenient and time saving food, all the while influencing our buying habits. The natural organic food producers, in contrast, offer higher quality food at relative price levels, but because of their low profit margins they don't have the funds required for big advertising campaigns. The result is that the majority of consumers remain unaware of the proven health benefits of natural organic foods.

It's appalling to hear people, who are already suffering from ailments caused in part or whole by poor nutrition, complain about the high prices of fresh organic healthy produce. “I can't afford those high priced, unrefined natural flax, hemp, olive and coconut oils. Canola or Crisco is so much cheaper,” I hear them say, not realizing that these are health damaging oils. In their view it takes too long to prepare a fresh, wholesome breakfast, lunch or dinner from scratch. Eating on the run, dining on packaged MSG laden meals or making a quick stop at a fast food outlet has become their way of life. Are they not aware of what they are seeding?

It is up to each of us to make wise investments into a healthy long life. The comparatively low price we pay now for quality “live” food will result in great savings at a later date considering the high cost of our so-called health care (which is actually sick care using drugs as a solution). What's even more important is that we invest now for a happy old age.

Best of Health,
Siegfried Gursche,
 Publisher

What if there was a Cure for ALZHEIMER'S DISEASE and no one knew?

This question is the title of a truly amazing case study demonstrating that the medium chain fats found in coconut oil can positively affect brains cells to both prevent and treat the damage caused by Alzheimer's.

Why isn't this common knowledge in a world where an estimated 26.6 million people have Alzheimer's—a number predicted to quadruple by 2050?

The scientific articles presenting such evidence are not found in journals that the average physician would read, much less us, the lay public. Luckily for us, however, Dr. Mary Newport, researcher and author of the Alzheimer's case study, is not your average physician. The Alzheimer's patient she is most concerned about is her husband, Steve.

“Many days, often for several days in a row, he was in a fog; couldn't find a spoon or remember how to get water out of the refrigerator,” says Dr. Newport of her husband, a former accountant.

Drugs slowed the decline somewhat, but many devastating changes surfaced. Newport says she felt helpless as she watched his decline. She found some pilot studies for new Alzheimer treatments and applied for Steve to be

a candidate in each. While researching the study drugs, Dr. Newport came across a very interesting completed pilot study that showed remarkable results even after the first dose. She obtained the patent application for this treatment and learned that the promising ingredient was medium chain triglyceride (MCT) oil. Dr. Newport's sharp eye and relentless hunting through the 75-page long document found the author's one-time mention that MCT oil is derived from coconut oil.

After two months of treatment with coconut oil, Dr. Newport says, “Steve walks into the kitchen every morning alert and happy, talkative and making jokes.” His tremor is no longer very noticeable, he is able to concentrate on things that he wants to do and stay on task, whereas before coconut oil he was easily distracted and rarely accomplished anything unless directly supervised.

Using the standard Alzheimer's marker of drawing a clock, Dr. Newport shows the obvious improvement in her husband after two weeks and five weeks of taking coconut oil (see Clocks #2 and #3).

How is this type of healing possible with just coconut oil? The little known research mentioned earlier is about ketones as medicine and was

done by Dr. Richard L. Veech of the National Institutes of Health, and others. MCT oil is digested differently than other fats. Instead of storing MCTs as fat, the liver converts them directly to ketone bodies.

“Brain cells, specifically neurons, are very limited, more limited than other cells, in what kinds of fuel they can use to function and to stay alive. Normally, they require glucose (sugar), but they can also use ketone bodies,” Dr. Newport explains.

We know from earlier research that in Alzheimer's Disease neurons in certain areas of the brain are unable to take in glucose. “If these cells had access to ketone bodies, they could potentially stay alive and continue to function,” Dr. Newport suggests. In short, coconut oil gives the brain what it needs to be healthy.

“Steve is a very different person than he was a year ago,” Dr. Newport says. “I plan to tell everyone I can and get this information to persons in positions to investigate this with the hope that Dr. Veech and other MCT oil and ketone body researchers get the funding they need.”

*For the full report go to:
<http://www.energytimes.com/images/nov08images/alz.pdf>
 For more information about Coconut Oil and Alzheimer's, Dr. Newport or to support funding go to:
<http://www.coconutketones.com/>*

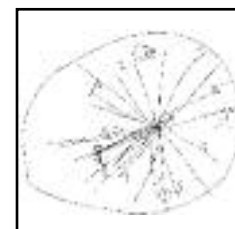
Delicious Dosage

To duplicate the dose of MCT taken in the study Dr. Newport found, about seven level teaspoons should be taken at one time, once a day. “I do not know if it is necessary to take this much at one time or if the dosage could be spread out over the course of the day,” Dr. Newport says. “Studies obviously need to be done to determine this. We actually give this amount to Steve at least twice a day to make sure that there are no periods without ketone bodies circulating. Many days he receives at least 50 percent more than this.”

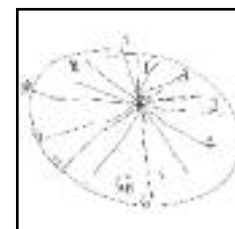
This may seem like a lot of coconut oil, but it's important to remember that the amounts mentioned here are not excessive in areas of the world where coconut is a staple. It is advisable to start treatment with one or two teaspoons and increase the amount to full dosage over the space of a week.



Clock #1 - The day before starting coconut oil.



Clock #2 - Two weeks after starting coconut oil.



Clock #3 - Thirty-seven days after starting coconut oil.

What happened to the "EXTRA" in Alpha's Virgin Coconut Oil?

Alpha Coconut Oil Seized by Government

This epic tale started last year when someone lodged a complaint with the Canadian Food Inspection Agency (CFIA) because Alpha Health Products Ltd was grading its DME and Centrifuged Coconut Oil as EXTRA VIRGIN and PREMIUM VIRGIN.

Even though the grading of coconut oil is a standard practice around the world and the internationally recognized Codex Alimentarius Commission food standards guidelines (of which Health Canada is said to follow) include different grades of coconut oil, in Canada grading of coconut oil is, apparently, not allowed.

The Asian and Pacific Coconut Community (APCC), an intergovernmental organization, advised me that the grading terms we were using are common in all their member countries, which include the Philippines, Solomon Islands, India and Sri Lanka, where Alpha's coconut oil is made.

Our company lawyer suggested we not worry about changing labels since Canadian regulations are behind. Imagine my surprise when the CFIA showed up at our warehouse to check our labels. Despite logic and lack of regulations Alpha Health's coconut oil was seized—much to the detriment of our business and many loyal customers.

I'm not sure how the CFIA expects Canadian consumers to tell the difference between the cheap, refined, bleached and deodorized (known as RBD) coconut oils and the higher food and healing grades of EXTRA VIRGIN and PREMIUM VIRGIN coconut oil.

I asked the CFIA representative, "How can we expect any sales for a high end product without qualification?" He said all other suppliers would have to follow suit and asked me to provide a list of all my competitors on company letterhead. Can you imagine? Regardless of how other people conduct their businesses, I value my ethics and prefer to stick to them.

It took us three months and thousands of dollars in lawyer's fees to get the CFIA's detainment removed! After much litigation Alpha Health succeeded in obtaining partial permission to properly grade our coconut oil. We are able to use the term PREMIUM, but not the term EXTRA.

It is truly unfortunate that Alpha Health has been singled out. After all, the CFIA has no jurisdiction over grading practices in foreign countries, including in the US where the grading term EXTRA VIRGIN is widely used on oil labels and shipped into Canada.

The good news, of course, is that we still offer three of the highest grades of Certified Organic Coconut Oil, only now we do so with different labelling:

1. Alpha DME VIRGIN Coconut Oil – Fairly Traded
2. Alpha Centrifuged VIRGIN Coconut Oil
3. Alpha PREMIUM VIRGIN Coconut Oil

Though this has been a most fierce fight, we have fought a good fight



resulting in a clear Canadian standard for coconut oil—forcing a differentiation between VIRGIN and RBD coconut oil. Tasteless and unhealthy RBD oils do not have to be labeled, but hopefully they will be in the future.

Because we were in litigation, we were unable to discuss the real reason our coconut oil was withheld from the market. We thank all customers and friends who waited patiently during these trying times! We continue to be committed to quality and to the retailers and consumers who share our values.

Phenomenal Health Benefits of Coconut Oil

- Improves nutrient absorption
- Detoxifies the body
- Helps prevent osteoporosis
- Boosts energy
- Increases metabolism
- Aids in weight loss
- Treats digestive disorders
- Treats candidiasis
- Protects against bacterial and viral infection
- Treats herpes complex virus
- Increases immunity
- Helps prevent hypoglycemia
- Treats low thyroid
- Helps prevent cardiovascular disease
- Lowers LDL cholesterol
- Improves HDL cholesterol
- Helps prevent cancer
- Decreases inflammation
- Helps protect the liver
- Treats enlarged prostate
- Heals skin conditions
- Protects and moisturizes skin
- Heals skin burns
- Increases hair health
- And more.

Healthy Slim People Eat Fat

Do you realize that about 10 percent of all the children in the world—at least 155 million kids—suffer from excess weight or obesity? Countries such as the US and Canada lead the way with a staggering 30 percent of children being overweight or obese. Australia and Europe are not far behind.

These aren't just plump children who'll later lose their baby fat or grow into large adults. These are children with a bleak future of symptoms the experts are calling metabolic syndrome—a combination of conditions such as diabetes, high cholesterol and high blood pressure.

Prevailing thinking has us reducing consumption of all fats, particularly saturated fats. This fat hypothesis is based on a theory put forward in the late 1950s by Ancel Keys. The vegetable oil and food processing industries immediately saw profit in this way of thinking and set about demonizing traditional, and in many cases natural, foods in favour of heavily processed products.

Before 1920, however, coronary heart disease was rare and most people were slim. During the next 40 years the incidence of heart disease soared. Today heart disease is the leading cause of death in Canada and, as we already know, the incidence of obesity has skyrocketed.

From approximately that same period, 1920 to 1970, the use of traditional fats in the diet fell from 82 to 62 percent. Butter consumption, for example, dropped from 18 pounds per person per year, to only four pounds per year.

While saturated fat consumption fell, the percentage of denatured and hydrogenated vegetable oils, such as margarine, shortening and refined

oils, increased by about 400 percent. Consumption of sugar and processed food also increased by about 60 percent.

So, are saturated fats the actual villain in this story or are processed oils and processed foods the culprits?

Unsaturated fatty acids are not as stable as saturated fats. Therefore, when unsaturated fats are heated they become damaged. It's not easy for people to realize and believe that the so-called safe and healthy food that's been promoted to us over the past 50 years is actually the food responsible for the diseases we are developing and dying from today.

Jill Engelmann, Ph.D., a nutritionist and author of Healthy Slim People Eat Fat conducted a simple study to find out if natural foods, including saturated fats, would benefit the obese elderly. Twenty-five very overweight or obese adults, most in their 60s, gave up processed foods for a 17-week period and engaged in moderate exercise. Instead of processed foods they ate fresh, natural foods including butter, raw milk, and they also took a spoonful of organic coconut oil before each meal.

Weight loss ranged up to 38 pounds. Most participants were able to discontinue their prescription drugs taken for various ailments and their overall health was greatly improved. Notably, blood fats had normalized, something no other eating plan had been able to achieve.

It's not rocket science—but it works. Fresh, nutrient dense foods, including healthy fats such as coconut oil, and moderate exercise can change people's lives. We can stop the obesity epidemic right now.

This article is an edited version, which was based on A Current Affair ABC television program broadcast in Australia, October 2005.



Trans-Fat causes inflammation and Heart Disease

Coconut Oil decreases Inflammation, Naturally

Inflammation is an area of much research today, as scientists discover that it is a major contributing factor to the development of disease. Excessive or prolonged inflammation can damage the arteries and other structures and increase the risk of heart disease and other illnesses.

Studies from Harvard University indicate that trans-fat, used to solidify and stabilize margarine and the oil in many baked and fast food items, may increase several indicators of systemic inflammation in healthy people. While anti-inflammatory drugs simply mask disease symptoms and interrupt the natural healing process, coconut oil may help reduce the inflammation naturally, to aid healing. A study from the Institute of Human Nutrition at the University of Southampton, UK, published in the journal Immunology, (March 1999), concluded that coconut oil may be useful in the treatment of both acute and chronic inflammation and inflammatory diseases, including heart disease

The American Fat Paradox

A concerned consumer sent me the following e-mail. Since I have been asked this type of question many, many times, I decided to share my detailed answer.

Q I recently purchased a jar of Alpha DME™ Extra Virgin Coconut Oil and noticed that it is very high in saturated fat. A guide for heart healthy eating states that a product should not contain more than 2 grams of saturated fat per 1 Tbsp; this product contains 13 grams (63 percent of daily value) and you recommend taking 3 Tbsp per day! That's 189 percent of daily value! How can I be assured that taking DME™ Extra Virgin coconut oil is actually beneficial? Where do I go for an unbiased opinion?

A There is no simple answer to this question. First of all, by the sounds of it, the guide you are referring to is most likely many years out of date. During the last 70 years or more, the scientific community has continuously discovered

many new facts related to nutritional fats and oils. This has created a completely new understanding about the role of different fatty acids in human nutrition. Recent discoveries have revealed the truth about virgin coconut oil—it is a good fat that offers tremendous health benefits.

I continue to be dismayed by the fact that the myth about the dangers of saturated fats is so deeply rooted that it has hung around for generations. This is not surprising though considering the many old school dieticians and other health professionals who have not continued to educate themselves since their graduation from university. I often meet such people and see that they, and the people they counsel, are missing out on the newest discoveries and the real facts and health benefits about saturated fats from coconut oil. Worse, I hear stories about conventional medical doctors who instill fear in their patients about coconut

oil. It is no wonder consumers are confused and concerned.

So...is saturated fat bad for your health?

No, this is definitely a myth based on outdated knowledge. To fully understand how the saturated fat myth came to be, one must consider the limited scientific knowledge we had a hundred years ago.

At the turn of the last century, all fats were simply classified into saturated, mono unsaturated and poly-unsaturated fatty acids. All fats that were solid at room temperature were considered saturated. These included animal fat, tallow, lard and butter. Because coconut oil, as a vegetable fat, was also solid at room temperature, it was simply thrown into the animal group of saturated fats.

Today we know there are huge differences between animal fats and coconut fat—specifically the length of the fat chains. Fatty acid chain length is determined by the fat's melting point and behaviour in metabolism. While animal

fats are mostly made up of long chains, coconut oil is predominantly made of medium chain fatty acids or medium chain triglycerides (MCTs).

When not used for energy your body turns carbohydrates into saturated fatty acids and stores them. Animals fed with carbohydrates such as grass or grain also make and store long chain saturated fats. These longer fat chains differ immensely from the plant-based MCTs found in coconut oil. (The MCTs in coconut oil, by the way, are burned for energy and not stored in the body.)

It should also be noted that before the turn of the century saturated fats from all sources were widely consumed worldwide, without any noticeable suffering from the degenerative diseases we see today, such as cardiovascular disease, high blood pressure, diabetes and elevated cholesterol problems.

Mono-unsaturated oils, such as olive, almond, macadamia and hazelnut



oils, are liquid at room temperature. The ever-popular poly-unsaturated omega 3 fatty acids, which are also liquid at room temperature, are found in flax seed, hemp, walnuts and pumpkin seed oils. The health benefits of these oils were only discovered as recently as the 1970s. The other poly-unsaturated oils are the omega 6 oils, which include corn, soy and sunflower seed oils. For the longest time these were thought to be the heart health oils. Not anymore, however, as I will explain later.

Dangerous Trans-Fat – Big Business

With the industrial revolution in the late 1800s, the emerging oil industry began to manipulate natural, healthy dietary fats. In other words, they

“refined” or processed liquid vegetable oils to extend shelf life and to increase stability. Unfortunately, such processing also eliminated essential nutrients and damaged the oils.

Liquid vegetable oils were also artificially hardened using a hydrogenation process for the purpose of manufacturing margarine and vegetable shortening. Little did we know at the time that this high heat process created the dangerous trans fatty acids that are today being banned from restaurants and restricted in processed foods. Trans-fats became omnipresent in all commercially refined oils and bakers fat and in practically all baked and manufactured food. They were especially dominant in all fast foods and restaurants.

Once we consider the facts and step back to look at the big picture, we'd have to be blindfolded not to see the correlation between the rise in consumption of both refined vegetable oils and trans-rich hydrogenated fats during the past 100 years and the climbing rates of heart disease and all other related degenerative diseases such as cancer. Medical science has observed and published these developments. However, instead of blaming the processed vegetable fats and oils, the medical establishment continues to point a finger at all saturated fats as the culprits for our ailing health.

With the medical community on their side, the North American Oil Producers Association jumped on the chance to market the sale of polyunsaturated omega 6 oils—sunflower, soy oil and the recently genetically modified and refined canola oil—touting them falsely as heart healthy oils. 25% of canola is Omega 6 which causes inflammation.

What else has come to light?

With each passing year more interesting facts came to light within each of the fat categories. We learned, for example, that the omega 3 and 6 oils would contain the precursors for prostaglandins, hormone-like substances that no human can survive without.

Similarly, research about MCTs was discovered. This unique fat, which as I mentioned earlier makes up coconut

oil, boasts a long and inspiring list of health benefits. Once again, I will state, that the medium chain fatty acids in coconut oil are completely different from the long chain fatty acids found in animal fat.

The Big Cholesterol Lie

Another extremely important fact that has come to light with up-to-date research is that refined poly-unsaturated oils are actually the troublemakers in health. These oils, not saturated fats, are responsible for the inflamed arteries that lead to high serum cholesterol levels and consequently to heart problems. The majority of cooking oils sold in supermarkets today are refined, heat-treated, and therefore damaged, oils. The oil industry's large advertising budget keeps us believing these are heart healthy when they are the opposite. Coconut oil, on the other hand, is known to help prevent heart disease, by reducing the inflammation caused by blood platelets sticking to the arteries. Trans-fats and saturated animal fats make platelets sticky. (See page 8 for more details on fat and heart disease.)

Dr. Admits Mistake!

Dr. Dwight Lundell, the founder of Healthy Humans Foundation and a former heart surgeon with 25 years experience and more than 5,000 open heart surgeries under his belt, admitted in a recent announcement that he was wrong about cholesterol being the cause of heart disease. Due to recent research, he now admits that inflammation in the artery wall is the real cause of heart disease.

Numerous scientific studies show that people who consume a lot of coconut oil as part of their traditional diet in general do not suffer from inflamed arteries or heart disease and those they have normal cholesterol levels. I hope this explanation is helpful to assure you that the saturated fat in coconut oil is not to be feared, but rather to be celebrated. In addition to the many benefits it offers, coconut oil's saturated state makes it a safe oil to heat for cooking and baking.

Siegfried Gursche, MH

When is the last time you heard a medical professional admit to a big mistake? It doesn't happen often and until recently perhaps not at all. But heart surgeon Dwight Lundell, MD freely admitted to being wrong. Wrong about what? Cholesterol and saturated fats.

Cholesterol and saturated fats are not the cause of heart disease, according to this heart surgeon of 25 years and past Chief of Staff and Chief of Surgery at Banner Heart Hospital, Mesa, Arizona. Lundell says that for years he and his col-

leagues "insisted heart disease resulted from the simple fact of elevated blood cholesterol."

statin medications and despite the fact we have reduced the fat content of our diets, more Americans will die this year of heart disease than ever before," Lundell points out. Dr. Lundell deserves credit for his honesty and willingness to admit the huge mistake the conventional medical system has been making in regard to heart disease. What he's discovered, however, in part is a philosophy that natural health and nutrition advocates have promoted for many years: cholesterol is not a cause of heart disease, but simply a marker or a symptom.

advised people to avoid saturated fat in favour of foods high in omega-6 fats," he adds. As a result, we now have an epidemic of arterial inflammation leading to heart disease and other silent killers.

The imbalance of too much omega-6 oils such as canola, refined corn and soybean oil in our diets, cause injury and the body responds continuously and appropriately with inflammation in the arteries. "To make matters worse, the excess weight you are carrying from eating these foods creates overloaded fat cells that pour out large quantities of pro-inflammatory chemicals that add to the injury caused by having high blood sugar," Lundell says.

I know what you're thinking: aren't omega-6 oils essential? Yes, they are part of every cell membrane, controlling what goes in and out of the cell, but they must be in the correct balance with omega-3s. "If the balance shifts by consuming excessive omega-6, the cell membrane produces chemicals called cytokines that directly cause inflammation," Lundell explains.

Today's mainstream American diet has produced an extreme imbalance of omega-6 and omega-3 fats. The ratio of imbalance ranges from 15:1 to as high as 30:1 in favor of omega-6 according to Lundell. "That's a tremendous amount of cytokines causing inflammation. In today's food environment, a 3:1 ratio would be optimal and healthy," he adds.

A diseased artery looks as if someone took a brush and scrubbed repeatedly against its wall. Several times a day, every day, the foods we eat create small injuries compounding into more injuries, causing the body to respond continuously and appropriately with inflammation.

What's the answer to this epidemic? How do we quiet the inflammation that's causing our ills? "Choose the whole foods your grandmother

served and not those your mom turned to as grocery store aisles filled with manufactured foods," Lundell advises. As Dr. Bruce Fife adds, that by eliminating inflammatory foods, especially refined oils (omega 6) and adding essential and medium chain fatty acids from raw, unprocessed coconut oil, artery damage can be reversed, saving us from heart disease. Dr. Lundell says, "Forget the science that has been

drummed into your head for decades. The science that saturated fat alone causes heart disease is non-existent."

Recently Dr. Lundell left his surgical career to focus on the nutritional treatment of heart disease. He is the founder of Healthy Humans Foundation, which promotes human health with a focus on helping large corporations promote wellness. He is the author of *The Cure For Heart Disease* and *The Great Cholesterol Lie*.

Heart Surgeon Admits Huge Mistake

Lundell explains that the only accepted therapy for heart disease was to prescribe medications to lower cholesterol and a diet that severely restricted fat intake. "Deviations from these recommendations were considered heresy and could quite possibly result in malpractice," he adds.

Due to the recent discovery that inflammation in the artery wall is the real cause of heart disease the above recommendations are, according to Lundell, "No longer scientifically or morally defensible. It is not working!"

"Despite the fact that 25 percent of the population takes expensive

"Scientists have recently discovered a powerful new weapon against heart disease. As surprising as it may seem, this new weapon is coconut oil. Eating **coconut oil** on a regular basis can reduce your chances of suffering a heart attack! It appears that by simply using coconut oil in your daily diet in place of other oils you can achieve a remarkable degree of protection from heart disease and stroke" adds Dr Bruce Fife.

"It was the incorrect cholesterol theory that led to the no-fat, low-fat recommendations which in turn created the very foods now causing an epidemic of inflammation," Lundell says. In other words, he blames the easily damaged polyunsaturated fats in refined oils and processed foods. "Mainstream medicine made a terrible mistake when it



Cyclist swears by Coconut Oil



"Coconut oil is most versatile—it's compact energy, vegan fuel and for gourmet delights," she says, adding, "I also use it on my trip as massage oil and after-sun skin moisturizer, even for my bike - Great chain lube!"

Why is Coconut Oil the World's Healthiest Natural Fat?

Trans fatty acids versus medium chain fatty acids in virgin coconut Oil

Here are the main differences between trans-fats, which should be avoided under any circumstances in order to stay healthy, and medium chain triglycerides (MTC's) in coconut oil.



The trans fat molecule



The saturated fat molecule

Note the tiny little difference in the 6th link of the chain of a heat damaged trans fat molecule, which the body does not recognize as food and compare it to the natural form of the medium chain molecule in coconut oil. When we compare the biological effects of coconut oil in the human body versus the trans fatty acids, we see that

- 1.) trans fatty acids lower the HDL, the so-called good cholesterol, whereas coconut oil raises good HDL cholesterol;
- 2.) trans fatty acids cause the tissues to lose these omega-3 fatty acids, whereas coconut oil conserves the good omega-3 fatty acids;
- 3.) trans fatty acids do inhibit insulin binding, whereas coconut oil does not inhibit insulin binding (which is good for diabetics);
- 4.) trans fatty acids do increase C-reactive protein causing arterial inflammation, but coconut oil does not increase C-reactive protein; helping to reverse inflammation damage;
- 5.) trans fatty acids interfere with many enzyme functions such as delta-6-desaturase, which may be the cause of arthritis, whereas coconut oil does not interfere with enzyme functions such as the delta-6-desaturase;
- 6.) trans fatty acids interfere with the function of the immune system, whereas coconut oil is used by the body to fight viruses, bacteria, and protozoa, and it supports the immune system.

In the News

Trans-Fats Limited to 0.5 gram

Beginning September 30, 2009 B.C. will be the first Canadian province to restrict trans-fat content of oils and spreadable margarine to two percent of total fat. (Meanwhile, the trans-fat content of all other foods in restaurants, schools, hospitals and special events will be restricted to 5% of the food's total fat content).

TRANS FREE - A Big Lie? Government gives in to Industry Pressure.

The food industry admits that total trans-fat free food products are unachievable, lobbying for an alternative. Therefore, the government, Food & Nutrition Health CANADA, ruled that foods containing less than 0.5 gram trans-fat the manufacturers are allowed the claim 'TRANS-FREE', that is Zero = < 0.5g per serving. It's unbelievable how the public is fooled. It's true, check it out yourself, go to:

http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tf-ge/tf-gt_app4_e.html, where you will find the definitions, e.g.

"Claim 'free of trans' includes criteria for trans: < 0.5 g < 0.5 g of trans per serving."

As a result, consumers are seeing products that list zero gram trans-fat on the label, while the ingredient list will have "shortening" or "partially hydrogenated vegetable oil" on it. This means the food contains small amounts of trans-fat per serving. (...and how many people do you know who confine themselves to no more than the specified serving size...how many eat 4 or less cookies at a time?). If you eat large portions, the trans-fats can add up quickly.

Remember trans-fats when eating out. Keep in mind when you smell the aroma of the freshly baked doughnuts or french fries that these foods are a huge source of trans-fats in our diets.

"Trans-Fat Free" doesn't equal "Healthy"

So, when you go shopping, you may still want to scan the ingredient list for "partially hydrogenated vegetable oil" and "vegetable shortening," and look for alternative products without those words, especially if it's something you eat regularly. Virgin Coconut oil is totally trans-free, wherefore it will be your best healthy alternative in your kitchen due to its versatility in cooking, baking, on your toast and as an ingredient for a delicious smoothie

Dangers of Kinky Fats Trans-Fats Alternatives - are they really healthier?

The new replacement for trans-fat is a so-called inter-esterified fat made from very cheap liquid vegetable oils, such as canola. Unnaturally re-arranged fat molecules harden oils, raising the melting point above 25°C. This oil is exactly what the industry wanted. It resembles a fat that looks and feels like coconut oil or baker's fat, except it has an unnatural molecule structure. As discovered in a new US-Malaysian study this new replacement fat, appears to be even worse than trans-fat, because it alters fat metabolism in humans.

How long will it take until the health detriments surface? Now get this; packaged food labels now state 'Trans-fat Free' but hide the fact that the trans was replaced by inter-esterified fat. It does not need to be declared like this on the label, instead it will just say 'canola oil' as ingredient.



What makes Alpha virgin coconut oil so special?

Quality virgin coconut oil has significant anti-viral, health and healing benefits. However, in addition to these, Alpha Virgin Coconut oil is the product of Kokonut Pacific's unique, Fair Trade, Direct Micro Expelling (DME) process. This creates empowerment opportunities for farmers, breaks the chains of the copra slavery industry and produces a pure, clean natural extra virgin coconut oil within one hour of opening the nut.

DME™ Extra Virgin Coconut Oil, brings hope to impoverished island communities through our Fair Trade model, as well as the **new invigorated life** it gives to consumers through the many health benefits of virgin coconut oil - a win/win for all. "Your purchase of **Alpha DME Coconut Oil** aides us in continuing our work with rural communities in the South Pacific, and in particular, the Solomon Islands" says Dr Dan Etherington.



Kokonut Pacific developed the Direct Micro Expelling (DME) process so that this **organically certified** oil could be produced in village situations. Very high standards and specifications are achieved as the oil is extracted within one hour of the nut being opened. The key to our Fair Trade is that we bring new opportunities for employment as well as enhanced incomes to rural villagers with all profits benefitting the community. The focus of our work and mission is to "empower and bring hope".



Testimonials from coconut oil users

For several years now, my left knee was failing me with a fair bit of discomfort. The pain in my left knee was getting progressively worse, such that I was unable to put my full weight on it especially, when going up and down the concrete stairs in my building. I purchased a jar of Alpha virgin coconut oil and started taking 1 tbsp 3 times a day with meals. I was amazed, 3 days later that my knee was feeling much better. I can now go up and down stairs and I can continue my ballroom dancing lessons without the usual pain. Thanks be to the introduction of coconut oil for better health.

David Rennie, Burnaby, BC

For many years I felt sick and had high cortisol levels along with a host of other symptoms. After switching to coconut oil, all my symptoms disappeared, my blood pressure dropped and my cortisol levels normalized. If I consume any other fat, I get adverse symptoms but not so if I exclusively use coconut oil.

Thank you Matthew B. (by confidential email)

I have been on a "thin" journey all my life. One day, a friend of mine introduced me to coconut oil. She explained the principals and with great skepticism I tried it. Well, after one year, I "released" 115 pounds and the following year 68 more for a total of 183 pounds. I use coconut oil for everything- on toast instead of butter, in the frying pan, in muffins, roasting yams (yummy), baked apples - everything you can think of! I love your Alpha DME Virgin coconut oil, Mr. Gursche, thank you! Today, it is still a challenge but with amazing support from my family and friends, determination, exercise, healthy eating and, of course, my coconut oil, I am maintaining my weight.

Linda K., Edmonton, AB

The Oil with so many uses

- *Natural health food*
- *Cooking oil*
- *Raw and fresh bread spread*
- *Stable carrier oil for other dietary supplements*
- *Skin moisturiser*
- *Massage Oil*
- *Baby Oil*
- *Hair Oil*
- *Pet Health food*
- *Base ingredient for organic cosmetics*
- *Best oil for premium soap and shampoo - with natural glycerine - it even lathers in salt water.*
- *Head lice and hair nit control*
- *Bio fuel*
- *Tooth Paste*

Many different Types of Coconut Oil - which is the best?

An evaluation by Siegfried Gursche

By nature I am a curious person. Whenever I wanted to know exactly how things are made or where they come from I'll usually start my investigation by going directly to the source, asking the people who make the product for information.

There are, to my knowledge, 9 different ways of making coconut oil only six of these are edible. The end result depends on the different manufacturing processes and what goes in as the raw product, either dried copra, old nuts or coconuts at the peak of ripeness.

Let me explain each one starting with the lowest and cheapest RBD grade, which spells out Refined, Bleached and Deodorized. Unfortunately, it has the highest production and sales volume, as it is cheap enough for industrial purposes.

RBD Coconut Oil

Commercially mass-produced from copra (dried coconut meat), the nuts are supplied by farmers, who are paid the lowest market price. Due to the air drying process and lengthy transportation to centralized oil mills, the copra often turns moldy and is exposed to dust, flies, insects, etc. The resulting oil must be refined, to remove impurities, bleached and deodorized removing flavour and smell. This process involves chemicals, solvents and high heat. The final product has a bland thick texture. Basically it is 'dead' oil, which I do not recommend for the healthy kitchen. Unfortunately, the label never tells the story.

Traditional Hand Pressed/Fermentation Virgin Coconut Oil

In this process, freshly grated coconut meat is first dried and then pressed to produce a coconut milk, which is a

mixture of 90% oil, 10% water. To separate oil from the water this mixture is allowed to stand and ferment for approximately 2 to 3 days. The decanted oil is then heated to remove the remaining moisture content to a point, which will prevent rancidity. The fact that many different individuals produce this type in small batches, it may result in considerable variations from one batch to another. It often has a toasted or smoky flavour and sometimes may even taste similar to lard.

Coconut Oil - Expeller Pressed

This is a medium quality refined coconut oil. The oil is less expensive than virgin coconut oil because it is mass-produced. The coconuts are opened and dried, then mechanically pressed to remove the oil, without using chemical solvents. Free fatty acids are removed by running the oil through diatomaceous earth, and lastly, the oil is steam distilled. This yields a very pure, uncontaminated coconut oil, however it is not a virgin coconut oil. The label usually has one or all of a variety of descriptions which may read: Expeller pressed, Naturally refined, Pure, 100% Coconut Oil. All vitamins and natural adjuncts have been removed. The texture is light and creamy.

Alpha is Canada's Top Source of Quality Coconut Oil

The Family of Alpha Coconut Oil now offers 3 distinct top grades

Centrifuged (New) Virgin Coconut Oil

Fresh coconut meat is grated and expeller pressed to produce coconut milk (like the traditional process above). The coconut milk is then cen-



trifuged to separate the mixture into solid components, water and oil. Since each of the components has a different density, they separate into 3 layers. This type has a very light texture and since no heat at all is applied it retains all the flavor and scent of fresh coconut.

Premium Virgin Coconut Oil

The process is similar to the expeller pressed oil mentioned above. Careful selection of the best ripe nuts, opening and pressing the oil in the shortest possible time under sanitary conditions under strict quality control results in a virgin coconut oil of superior taste and texture that will not disappoint.

DME (Direct Micro Expeller) Virgin Coconut Oil

Direct Micro Expelling (DME™) process Coconut-Oil may be defined and labeled as "extra virgin", because it is made from the first and only pressing carefully made from organically grown mature coconuts. The process takes only 2-3hrs limiting the possibility of contamination or impurities. The manually operated SAM™ Press is used to apply pressure only. Natural settling is the only method used to purify, and guarantee a pure unrefined oil. DME™ oil is not heated or treated with chemicals, nor refined or deodorized, thus retaining its mild fresh coconut flavor beyond compare and still containing live micro-nutrients

and enzymes. It is fully transparent above 26°C and solid below 25°C.

How to Get the BEST Coconut Oil

All three grades of high quality Coconut Oil, DME™, Premium and Centrifuged are now available in a variety sizes.

Most Health Food Stores everywhere stock the most popular sizes in 450ml plastic PET jars and the 475ml glass jars. Many stores also carry the 1.75 liter jars, both in plastic PET and glass jars. Two of these containers make about one gallon. Finally, for those who require larger quantities, restaurants, bakeries, even larger families etc. we have 15 Liter (28 lbs) pails available.

For suggested retail prices please contact your local health food store or Alpha Health Products Ltd Burnaby BC 604-436-0545.

For food or cosmetic manufacturers, chocolatiers or soap makers we offer coconut oil in industrial sizes, 200 liter drums or 1,000 liter International Bulk Containers (IBCs). Those interested may ask for price quotes.

Alpha Health Products Ltd
Burnaby BC V5J5B9
e-mail: info@alphahealth.ca
For FREE newsletter goes to www.coconutoilandhealth.com or www.alphahealth.ca

Books

Ask for these books at your local health food store.



Cooking with Coconut Flour

by Dr. Bruce Fife, ND PhD

A Delicious Low-Carb, Gluten-Free Alternative to Wheat

160 pages - \$17.95

Coconut flour is a delicious, healthy alternative to wheat. It is high in fiber, low in digestible carbohydrate, and a good source of protein. It contains no gluten, so it is ideal for those with celiac disease.



Coconut Lover's Cookbook

by Dr. Bruce Fife, ND PhD

A Delicious Low-Carb, Gluten-Free Alternative to Wheat

160 pages - \$18.95

This book contains nearly 450 recipes with a mixture of both vegetarian and non-vegetarian dishes to choose from. You will find recipes for creating savory main dishes, appetizing side dishes, satisfying snacks, and nutritious beverages.

NEW



Coconut Oil - Discover the Key to Vibrant Health

by Siegfried Gursche, MH

64 pages, \$11.95

In his new book, the author imparts a vast amount of knowledge about healthy coconut oil, through both first-hand experience and dedicated research. As founder and former publisher of *alive* books and *alive* magazine, he has been dispelling myths about fats and oils and has been teaching about the health benefits of natural oils for decades.



Eat Fat - Look Thin

by Dr. Bruce Fife, ND PhD

A safe and natural way to lose weight permanently

288 pages - \$18.95

Coconut oil can help people lose excess

body fat, increase energy and improve thyroid function. Some people worry that if they add coconut oil to their diet, they will be consuming extra calories and end up gaining weight. This is not so. In fact, just the opposite happens. This book explains how to use coconut oil to raise metabolism and lose excess weight. It is completely documented with numerous references to medical studies.



The Truth about Coconut Oil

by Dr. Conrado S. Dayrit, MD with a Foreword by Bruce Fife, ND

185 pages, \$22.95

This book is directed to the academic health professional. It presents a collection of 18 years of research, with lectures on the beneficial actions and uses of coconut oil in health and disease by the author - a pharmacologist, internist, cardiologist, researcher, historian and academician. For the first time, coconut oil's anti-inflammatory and immune-regulating actions are revealed, as shown by its remarkable control of diabetes, hypertension, heart disease, auto-immune diseases and cancer.



Oil Pulling Therapy

Detoxifying and Healing the Body Through Oral Cleansing

By Dr. Bruce Fife, ND

128 pages - \$14.95

Recent research has demonstrated a direct link between oral health and chronic illness. Simply improving the health of your teeth and gums can cure many chronic problems. The science behind oil pulling is fully documented with references to medical studies and case histories. Oil Pulling Therapy guarantees to give you fresher breath, healthier gums, whiter teeth and help protect you from many chronic health problems.

Coconut Oil Recipes

Coconut oil is beneficial in the whole foods kitchen when cooking, baking and frying. It can easily be whipped up for use in pie crusts, muffins, cookies, breads or cakes.

Tropical Smoothie

- 2 small ripe bananas
- 1 orange, peeled
- ½ cup fresh pineapple chunks
- 1 tbsp. flax seeds, ground
- 2 tbsp. medium coconut, ground
- 2 tbsp. coconut oil, melted or at room temperature
- 1 thin slice lemon, with peel (optional)
- ¾ cup filtered water

Place all above ingredients, except the coconut oil, in the Tribest Personal Blender and blend for 10 seconds. Add coconut oil and blend for 2 more seconds. Drink immediately as the flax will thicken the smoothie.



Virgin Coconut Oil Honey Crème Spread

For a real treat try this recipe of coconut oil and honey. It just melts in your mouth and it's most delicious on toast!!

- 3 tablespoons of liquefied Honey
- 5 tablespoons of liquefied Alpha Virgin Coconut Oil

Solid coconut oil doesn't mix with honey at room temperature. Therefore, place 5 tablespoons of Alpha Virgin Coconut Oil in a small bowl. Liquefy it by placing bowl into warm water. Stir in your favorite honey. Put into the freezer. Wait 3 minutes till it just starts to solidify. When the coconut oil with the honey is somewhat more solid, mix it properly until both become a homogenized crème. Place it back into the freezer for another 1-2 minutes to let it turn more solid, enough so it spreads well like thick butter. This is the best virgin coconut crème-honey spread I have ever tasted.

Best ever Energy Bars

- 100ml coconut oil
- 4 squares Lindt Excellence chocolate bar

How to make them

Melt 100ml coconut oil and 4 squares of chocolate in stainless steel bowl over hot (about 50°C) water and mix well. Place the fruit and nuts into 4 glass or plastic containers, ideally shaped in the size of a bar 6 x 9 cm. (In Tupperware you may find something close). Use whatever amounts you like but the oil and chocolate should almost cover the fruit and nut mix or the bar will fall apart. Pour one quarter of the oil and chocolate mix (about 30 ml) over the top. Put into the freezer so it will solidify quickly, otherwise if the bars do not cool down fast enough they may fall apart but they still taste fine. They should come out of the containers after about 15 minutes and then be stored in the fridge. Put a padlock on the fridge to keep the kids out!



Fruit Sherbet

This cool treat is packed with fiber, phytonutrients and, of course, flavor.

- 2 bananas, peeled and frozen - overnight
- 1 cup frozen blueberries
- 8 large frozen strawberries
- 6 tablespoons extra virgin coconut oil (room temperature)
- Whipped cream (optional)

Prepare a twin gear juicer or a single auger juicer for making frozen desserts according to the manufacturer's directions. Starting with one frozen banana, alternate putting frozen fruit and coconut oil through the juicer. Catch fruit strings in a bowl and place in serving dishes. Serve immediately with a dollop of whipped cream (if using).

Yield: 4 to 6 servings



What is your pH ?

Naturopathic doctors and orthodox medical doctors have disagreed for decades about the acid-alkaline impact of the foods we eat. From a naturopathic perspective, an acidic environment in the body may promote the development of many chronic diseases such as osteoporosis, rheumatoid arthritis and, yes, even cancer.

Cancer does not like an alkaline environment.

Most medical doctors refuse to consider the link between acidity and disease; however, it isn't such a far-fetched theory according to Dr. Tullio Simoncini, an Italian oncologist practicing in Rome. Dr. Simoncini has developed a successful cancer therapy that involves treating his patients with an ingredient that you probably have sitting in your kitchen cupboard—sodium bicarbonate, which is also known as baking soda.

The food we consume is either acid- or alkaline-forming. That is, food itself is not considered acid or alkaline, but the "ash" that remains after a food is metabolized. Generally speaking, raw

fruits and vegetables are alkaline forming foods, while animal-source foods are usually acid-forming, as are manufactured refined foods.

Test yourself for a better Acid-Alkaline Balance

A balanced acid-alkaline diet translates to approximately 20 acidic-forming foods and 80 alkaline-forming foods. This ratio is of significant importance for a healthy life. How can you tell if your diet and lifestyle are keeping you balanced? Traditionally, the ratio was measured with pH test strips saturated with saliva or urine, however the results are often vague and unreliable. A new modern alternative is by using a device called the **TOXIKATOR**, which will indicate your acid-alkaline ratio accurately, simply and quickly, so your progress can be measured and maintained.

The **TOXIKATOR** is an entirely new self-test method developed in Germany. It is now available in health food stores.

To find more information and a store near you go to www.toxikator.ca.

Heat Tolerance of Unrefined Oil

When choosing oils for frying and cooking it's wise to select the oils with the highest smoking point. Oils that cannot handle high heat i.e.: above 150°C, will easily create "trans fatty acids", which are heat damaged fat molecules detrimental to human health. Try not to heat oils to their "smoke point". Below is a list of the unrefined oils which you can use for cooking, baking and stir-frying. They are listed in descending order from the most heat tolerant to the least.

The lower the smoke point, the easier it is to damage fatty acids. To avoid overheating, perform the following test:

Heat the oil. Then take a slice of onion and dip it in the hot oil. When the oil sizzles, it is hot enough for frying. Do not raise the oil temperature higher as you might reach the smoke point, which is when the oil becomes toxic and trans-fatty acids are formed. If the oil does reach the smoking point by accident, throw it out, wash your pan and start again.

Natural Unrefined Oil Suitable for Cooking and Baking	Smoke Point
Coconut Oil	230°C
Almond Oil	220°C
Avocado Oil	220°C
Macadamia-nut Oil	200°C
Olive Oil	190°C
Unrefined Oil Suitable for Cooking and Baking	Smoke Point
Sunflower Oil	170°C
Safflower Oil	160°C
Hazelnut Oil	150°C
Sesame Oil	150°C
Canola Oil	150°C
Butter	150°C
Hemp Seed Oil	150°C
DO NOT Heat the following oils AT ALL	Smoke Point
Pumpkinseed Oil	112°C
Walnut Oil	112°C
Flax Oil	112°C

TOXIKATOR

An entirely NEW pH Self-testing Method

With the Toxikator pH tester, it is now possible for the first time to carry out an accurate, fast, hygienic self-test. The Toxikator indicates the pH value of the skin with reliable and consistent results, contrasting greatly with unreliable litmus paper results that tests saliva and urine.

Four simple strokes of the tester, are sufficient enough to determine the acid alkaline levels, as opposed to eight self-tests of the urine per day.



The Toxikator is extremely practical, being as small and compact as a tube of lipstick and, as a result, easy to use, even when on the move. Up to 120 tests can be carried out. For best results check your pH levels three times a week.

Know your body's pH

Quick – Reliable – Easy – Affordable and Economical



Available at most Health Food stores
800-663-2212 or 604-436-0545
www.toxikator.ca

The TOXIKATOR is produced by Fame Gate – Germany and Toxikator Canada a division of Alpha Health Products Ltd
7434 Fraser Park Drive Burnaby BC V5J 5B9

Certified Organic Coconuts Make Better Virgin Coconut Oil

But DME™ Process Makes *Better Tasting* Extra* Virgin Coconut Oil

It's as simple as that.

We believe in it – and so do our customers.

Just one of many testimonials we receive regularly.

“Hello, Is your DME Coconut oil available for sale at any stores in my area? I live in Pierrefonds, Quebec, (just outside Montreal) and have not been able to find DME Coconut oil. I bought some just outside Toronto a little while ago while I was passing through and found it to be much better than any other brand. It would be great to purchase it locally.

Cheers, Peter Douglas”.



Of course, by marketing DME™ (Direct Micro Expelled) Organic coconut oil, we support sustainable livelihoods for rural communities in the remote Solomon Islands. They produce coconut oil at the farm level, selecting fresh organic coconuts, pressing them by hand with the patented SAM press, and benefitting by receiving a fair price for their Extra* Virgin DME Coconut Oil.

The best tasting and freshest raw Alpha DME Virgin Coconut oil is Certified Organic and also “Fairly Traded”. We believe it's the best way, and right way, to make coconut oil.



Alpha Health Products Ltd Burnaby BC
604-436-0545 www.alphahealth.ca

* The Canadian Food Inspection Agency (CFIA) does not allow grading of coconut oil, wherefore the term “Extra” had to be removed from the Alpha Extra Virgin Coconut Oil label. For the full story please read - Where the “Extra” went - on our website www.alphahealth.ca.