

It is funny, once it was labelled as bad fat, now is a darling of health food lovers.

Five million people have Alzheimer's disease and that number is expected to increase exponentially as baby boomers enter their golden years. If you have a loved one with this dreaded disease you should know that, in some people, coconut oil slows the progression of Alzheimer's and may also prevent it. One of those people is Steve Newport. His Alzheimer's has slowed considerably. Some of his symptoms even reversed, thanks to the unlikely treatment prescribed by his wife, Dr. Mary Newport, a physician who runs a neonatology ward at a Tampa, Florida, hospital.

http://www.cbn.com/media/player/index.aspx?s=/mp4/LJO190v1_WS

Alzheimer's disease is as much as about loss of brain cells as it is about the clogging of the connectors of the neurons. Just like arteries, they have plaque or inflammation. So, clean up your connectors and keep that grey matter healthy. Add to your regiment:

- Anti-inflammatory supplements (such as fish oil)
- Antioxidants (such as Vitamin C)
- Mental and Physical Exercises
- Eliminate sugar and refined carbohydrates from your diet.
- Boost your immune system and circulation

Also, think about the causes of the inflammation, such as stress (body and emotions), toxic (smoking, metal, and pollutions) and poor-nutrient diet.

When frying or sautéing, people overlook the effect of the high temperature on the oil and food. Some oil's (like sunflower) have low *smoking point, so they burn out before the food is fried. In this smoking process, the oil (and to some extent the food) turns into a kind of cacogenic (toxic). The good news is that coconut oil's smoking temperature is high, so the food gets fried (or baked, cooked) before it breakdown.

Since it is high in Saturated fat (just like Butter), it is also stable in cooking, although you lose tocotrienols (vitamin E). Unlike butter, the saturated fat is shorter length chains of carbon known as medium-chain triglycerides (MCT). Some nutritionists think it is a better alternative to animal-based fat as butter and lard.

Before you start giving or taking a lot of coconut oil, think of any indolence. Make sure the oil is from cold press, unrefined and has high content of fat.

At the end we should remember, coconut oil after all is a fat, so exercise moderation.

I have an article by Dr Newport, explaining the usage of the coconut oil, posted on my *Life Transformation Institute website:

http://life-transformation-institute.org/resources/coconut_oil.pdf

You will also find many resources related food, health, etc. on the website:

<http://life-transformation-institute.org/resources>

*Life Transformation Institute <http://life-transformation-institute.org/> is a not-for-profit education body, you can become a member at our social media website <http://www.meetup.com/ltInstitute>