

VEGAN FUSION
COCONUT OIL REPORT
VILLAIN or SAINT?



Healing Ourselves
Healing Our Planet

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DEDICATION

We offer the Vegan Fusion series to all individuals, groups and organizations working for peace, compassion and understanding within ourselves and in our world.



INTRODUCTION

A revolution is occurring in the world around us – a bloodless revolution where people are taking their health back into their own hands. Our culture is reaching a tipping point where it will soon be common knowledge that our food choices have a direct impact upon our health, our economy, and our chances for survival on the planet.

The Vegan Fusion series consists of very special recipes and information that helped folks on their paths. Indeed we believe we do not have a health care crisis. We have a health crisis. May the information in this book inspire you to take your health into your own hands and possibly reverse what ails you.

We continue to receive stories from virtually all over the World about the power of *Vegan Fusion* and what an incredible role food plays in our health.

It is well known that a plant based diet can play a major role in helping heal from diseases such as coronary problems, cancer, diabetes, and obesity. A recent UN report revealed that the livestock industry contributes 18% of all greenhouse gasses, an amount larger than the entire transportation industry combined.

At this time of great change, we present for you what we sincerely believe could be the single most important step to save money, feel great, look better than ever, and actually do something positive for the planet. The moment is upon us. The evidence of this peaceful revolution is all around us. You have our support and the support of millions who know this is a way to peace.





Part I

COCONUT OIL IN ONE WORD: MIRACULOUS

Coconut oil in one word: miraculous.

...and that tells you where we stand on the topic.



Please let us tell you why we are 100% pro-coco...

It promotes liver health^{1,2}, kidney health^{3,4}, intestinal health^{5,6}, cardiovascular health^{7,8}, helps with increased absorption of other nutrients^{9,10}, weight control^{11,12}, has antimicrobial^{13,14} effects, and shown to have both healing and preventative effects with cancer¹⁵, diabetes¹⁶, neurological disorders¹⁷, and even HIV/AIDS¹⁸. Note: this is only a fraction of the studies that have been consistently proving the amazing uses and benefits of coconut oil and MCFA's* for decades.

So with the mile long list of benefits, why would coconut oil ever get a bad rap? It's fat content. The fact is that not all fats were created equal and to understand why the fat in coconut oil is an ally and not an enemy, we need to understand fats in general – it is not as simple as saturated=bad and monounsaturated=not-so-bad.

The actual molecule of fat itself is the key here. The length of the carbon chains within each fatty acid determines its effect on your system. That length, or "chain", is classified as SCFA (short-chain fatty acids), *MCFA (medium chain), or LCFA (long chain). Coconut oil is an MCFA and the sky high number of studies pointing to beneficial effects of fats point to MCFA's. Whether they are saturated or not is not the only thing to consider, the main fact that counts is the length of chains.

The million dollar question that coconut oil critics can't seem to answer is why societies^{19,20} all over the world who consume coconut and coconut oil regularly in their diets have very low cholesterol and practically no heart disease. "Ancient wisdom" comes to mind but we'll look at the limited knowledge we have with studies to date.

The subject of fat & cholesterol isn't a conclusive issue. One study²¹ shows that lauric acid (which makes up for half the fat in coconut oil) "results in a more



favorable serum lipid profile in healthy men and women than consumption of a solid fat rich in trans-fatty acids”.

There are 4 types of saturated fat to examine in our discussion:

- 1) myristic acids (palm oil, dairy, coconut oil=18%)
- 2) palmitic acid (palm oil, animal fats, coconut oil=8%)
- 3) stearic acids (butter, cocoa butter, lard, beef)
- 4) lauric acid (palm oil, coconut oil=50% lauric acid) the only other source where lauric acid is found in such high quantities is mother’s breast milk

Dr. Mary Enig, Ph.D., biochemist, one of the world's leading authorities on fats and oils says: "Approximately 50% of the fatty acids in coconut fat are lauric acid. Lauric acid is a medium chain fatty acid, which has the additional beneficial function of being formed into monolaurin in the human or animal body.

Monolaurin is the antiviral, antibacterial, and antiprotozoal monoglyceride used by the human or animal to destroy lipid coated viruses such as HIV, herpes, cytomegalovirus, influenza, various pathogenic bacteria including listeria monocytogenes and heliobacter pylori, and protozoa such as giardia lamblia. Some studies have also shown some antimicrobial effects of the free lauric acid."

Another study²² showed that stearic acids increased risks to coronary heart disease more than the other 3 types of fat (probably because it decreases HDL) despite the fact that it is converted to oleic acid once it reaches the liver. But what about lauric acid which makes up for half of coconut oil... though it does raise total cholesterol, it raises HDL (good cholesterol) more than LDL (bad cholesterol)²¹ so the overall effect is still positive. *“Ancient wisdom” and “moderation”*. It will takes several decades, if ever, of new studies to reach conclusive results regarding the 4 types of saturated fat and all their effects.



The fact is that coconut oil does not produce arterial plaque, so even the esteemed cardiologists that are warning everyone against all saturated fats need to look at coconut oil more closely. **Coconut oil is not absorbed like other oils in our body in that it skips the lipoprotein stage. By skipping that stage it doesn't circulate in our bloodstream like other fats do therefore produces no arterial plaque.** The body absorbs coconut oil so easily that it does not need pancreatic enzymes – so by the time it reaches the intestines it is already broken down and ready for absorption – one more reason it helps people with autoimmune and intestinal/digestion disorders even as serious as Crohn's and Ulcerative Colitis³⁰.

As far as cooking goes, we know that coconut oil is definitely our best bet. Firstly, we know that coconut oil results in better cholesterol levels than hydrogenated vegetable oils do²¹. We also know that it does not oxidize easily²³ and does not become carcinogenic when heated as other oils do – making it the best option to use when cooking. **Do stick to virgin coconut oil, most of its wonderful phytochemicals are lost when it is put through a refining process²⁴.**



There is criticism that coconut oil doesn't score high on actual nutrients. *Neither does water.* Coconut oil's protective effects on our body, proven increase of nutrient absorption of foods it is eaten/cooked with, and medicinal uses (both modern and ancient) makes its own nutrient value insignificant in my opinion. When we isolate & scrutinize particular foods we forget about the harmony within the food world and the overall picture gets lost.

It will take another 5000 years for modern science to begin to understand the genius within nature. In the meantime let's acknowledge that everything found in its natural form within the plant world is there for a reason, and that reason is to sustain life and energy. **Pure plant foods nourish, heal, and protect; they always have, they always will.**

There is one final issue to address in regards to coconut oil and that is a political one. Clayton Yeuter (U.S. Trade Representative) admitted that "the main objective of the proposed tropical labeling legislation was to protect the domestic oil industry". Known as the "The Tropical Grease Campaign", the U.S. started running P.R. campaigns in the 80's to show tropical oils like coconut and palm oil as unhealthy in response to Congress lifting import taxes on them in the 60's. In fact it is not saturated fats that are unhealthy but hydrogenated (local) fats. Indigenous peoples all over the world who have been eating saturated fats, including coconut oil for centuries, show no issues of high cholesterol nor heart disease. Unbiased studies from all over the world show coconut oil's benefits, while U.S. studies that target coconut oil/saturated fat as bad can easily be debunked when closely analyzed, according to Dr. Mary Enig and several other scientists and biochemists from around the world who specialize on the topic.



ADDENDUM: Jeff Novick's "Marketing Junk Food: Don't Go Cuckoo Over Coconut Oil"

He starts by talking about nutrient density and that we can look at a food and calculate one single nutrient or we can look at the overall density calculating all nutrients within that food. Here's one of the places he misses the mark: we need to also consider how a food helps us absorb other foods/nutrients more efficiently... as in the way vitamin C helps us absorb more iron. Looking at it that way, a food containing vitamin C is more "valuable" to us than just its own vitamin content... This is almost going to hurt to write because we like Jeff but hey, we all miss the mark sometimes and wow, he missed the mark on coconut oil.

If there was EVER a food to consider in that way, it is coconut oil! There's more than meets the eye to coconut oil because it increases absorption with:

- 1) calcium & magnesium, helping to prevent osteoporosis and other degenerative diseases
- 2) certain B vitamins which fight everything from depression to stress
- 3) fat-soluble vitamins A,D,E,K
- 4) beta-carotene
- 5) and certain amino acids which are essential building blocks

Poor countries know this well and consume everything with coconuts and coconut oil to prevent malnutrition and to increase their absorption of any foods they have available.

But it's not just poor countries taking advantage of coconut oil's powerful ability to increase nutrient absorption, it is also doctors on every continent who want to help patients with all kinds of disorders that affect digestion or poor absorption^{25,26,27,28,29}. Of course this alone should make us all go "cuckoo" for coconut oil but the benefits actually don't stop there.

Research is ongoing but studies so far are showing coconut oil to be beneficial and in many cases outright curing a long list of diseases as we mentioned in the



main article above but also diseases that seem to have no other hope so far, such as Alzheimer's¹⁷ and Ulcerative Colitis³⁰.

We like Jeff too much to dissect his article line by line, but a simple connect-the-dots game with my main article above does that.

There's more to food than just nutrient count and although we found Jeff's comparison of coconut oil to sugar to be quite cute, we don't think he'll find hundreds of studies from every country in the world listing any benefits from sugar consumption.

He might want to read a little more on the science behind coco – it would help him correctly answer his own question of “What exactly is it contributing to your health?”

Did we go a little too far on the research? Not at all. When something is argued THIS much, and doctors & nutritionists that we normally agree with take an opposite stance, we always make sure we turn over every rock before we take a final position on the matter.





Part II

REFERENCES



REFERENCES

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Part III

GOING VEGAN



More people are realizing that by making wise food choices, we can heal our bodies and restore balance to our planet. By honoring the cuisine, art, beauty, music and wisdom of the World's cultures we cultivate understanding and peace for all on our precious home. Vegan Fusion offers a peaceful and loving approach to food preparation that unites cooking traditions from around the world.



GENERAL PRINCIPLES IN VEGAN NATURAL FOOD PREPARATION

A vegetarian diet is one that does not include meat, fish or poultry. There are three types of vegetarian diets.

1. A "lacto-ovo vegetarian" diet includes eggs and dairy products.
2. A "lacto-vegetarian" diet includes dairy products, but not eggs.
3. *"Vegan" is used to describe a diet and lifestyle that does not include the use or consumption of animal based products. Because it does not include animal products, the phrase "plant based" is often used instead of the word "vegan."*

On the surface, placing the word "natural" in front of the word "food" seems to be a redundancy. Yet if one were to look at the ingredients listed in many of the "foods" in today's mainstream marketplace, it would become clear why the distinction is an important one. Chemicals, artificial colors, flavors and preservatives are unnecessarily included into many of our foods and therefore into our bodies.

"Natural" food preparation is based upon the belief that food is best consumed in as close to its whole, unadulterated state as possible. This means working with fresh fruits, vegetables, nuts and seeds, unprocessed grains, unbleached flours and unrefined oils and sweeteners. It also means leaving out the harmful chemicals and preservatives. The incredible thing is that preparing foods "the natural way" is easier, much healthier, less expensive, more fun and needless to say tastes better.

Another principle involved in natural food preparation emphasizes the connection between eating these "healthier" foods and feeling "healthier". The food you eat is likely to be the most important variable in the healing process. Quite possibly, many of the illnesses that are prevalent today would be prevented, cured or minimized with the aid of appropriate changes in one's diet and lifestyle.



GO ORGANIC

*O*rganic farming represents a cycle of sustainability that improves top soil, enhances nutrition and ensures food security. The flow of this wheel of life is from seed to food to compost and back to the soil. Even though you have heard the term 'organic' for many years, we feel it is more important than ever for us to focus attention on what we feel is the best and safest way to grow our food.

The Organic Trade Association defines their trade by stating that "organic farming is based on practices that maintain soil fertility, while assisting nature's balance through diversity and recycling of energy and nutrients. This method also strives to avoid or reduce the use of synthetic fertilizers and pest controls. Organic foods are processed, packaged, transported and stored to retain maximum nutritional value, without the use of artificial preservatives, coloring or other additives, irradiation or synthetic Pesticides".

Organic products are grown without the use of powerful and toxic chemical pesticides or fertilizers, many of which have not been fully tested for their effects on humans. Organic farmers employ farming methods that respect the fragile balance of our ecosystem. This results in a fraction of the ground water pollution and topsoil depletion that is generated by conventional methods. Most people have also found the taste and nutrient quality of organic products to be superior to that of conventionally grown food.

Another reason to support organic farmers has to do with the health of the farm workers themselves. Farm workers on conventional farms are exposed to high levels of toxic pesticides on a daily basis. This is believed to bring about many forms of short-term illnesses and often fatal diseases. Finally, by supporting organic farmers, we are supporting small, family farms. This once prevalent method of farming is rapidly disappearing. This is due to the small farmer's inability to compete with the heavily subsidized agribusiness farms that use synthetic soil, pesticides, crop dusters and heavy machinery on lands that encompass thousands of acres.



The authors have written the following books:

30 Minute Vegan Series

The Complete Idiot's Guide to Eating Raw

"Recipes so good you may want to eat this book!" - Woody Harrelson *The*

Complete Idiot's Guide to Low Fat Vegan Recipes

The Complete Idiot's Guide to Green Smoothies

The Complete Idiot's Guide to Juice Fasting

Vegan Fusion World Cuisine

Winner of 9 international awards including:

- Gourmand Award - Best Veg Cookbook in the USA Martha Stewart Omnimedia Nautilus Award - "Best Book by a Small Press"
- PETA Progy Award - Best New Cookbook
- VegNews - Cookbook of the Year
- USA.Booknews.com - Best Veg Cookbook And more!

Be sure to check out www.veganfusion.com and www.blpdx.com to purchase our books and to sign up for our free Vegan Fusion Newsletter, as well as learn about our World Wide Vegan Chef Training Classes.

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Have you experienced an increase in your health by going vegan or gluten free? Do you have a story you want to share? Please email us at info@veganfusion.com



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