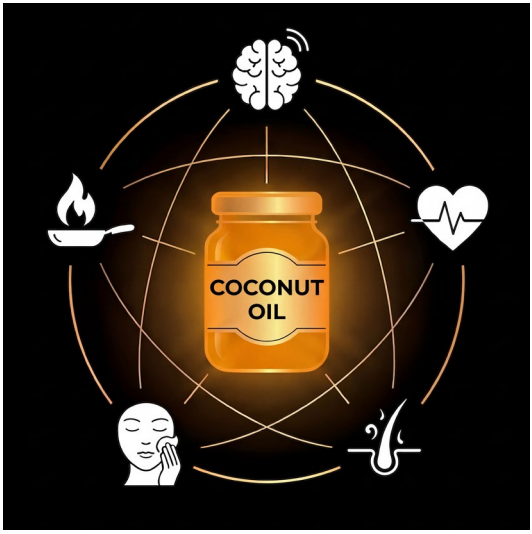
Introduction: Why Coconut Oil?

You probably already know something about coconut oil. You may cook with it. You may have heard it is good for your skin or hair. You may have seen it used in a recipe or recommended in a beauty blog. But you may not have grasped all of its powers. You are not alone. The true scope of coconut oil's benefits is only now being fully recognized, particularly in the scientific community.

Coconut oil is emerging as one of the most extensively studied natural fats on Earth. Its dominant fatty acid, lauric acid, can penetrate bacterial cell membranes and destroy pathogens that resist conventional antibiotics.[1] Its medium-chain triglycerides bypass normal fat digestion

entirely, traveling straight to the liver. There they convert to ketones, a fuel source that can reach your brain as a glucose alternative. Studies published in dermatological journals show that coconut oil applied to your skin reduces transepidermal water loss.

Worked into your hair, coconut oil penetrates the shaft at the molecular level. This reduces protein loss and prevents the kind of structural damage that other common oils cannot match.[2] These are findings from controlled studies conducted by researchers at institutions around the world. They have been accumulating for decades. That makes coconut oil different from the thousands of other health-promoted products. The science is real, peer-reviewed, and growing.



Examples include the Cambridge University trial that found that coconut oil raised HDL cholesterol more effectively than butter or olive oil.[3] Other examples are found in the epidemiological studies of South Pacific populations who consumed coconuts as a dietary staple for generations with virtually no cardiovascular disease.[4] Neuroscientists

have also started investigating coconut-derived ketones as a potential fuel source for brains affected by Alzheimer's disease.[5] Microbiologists have documented lauric acid's ability to inhibit dangerous bacteria, including MRSA and Clostridium difficile.[6] This book provides the real-world research you need to evaluate the evidence yourself.

But knowing what coconut oil can do is only half the equation. The other half is knowing how to use it properly. Not all coconut oil is the same. Virgin, refined, and MCT oil each contain different fatty acid profiles. They behave differently at different temperatures, and serve different purposes in your health and beauty routine.

This book helps you maximize the benefits of one of the most powerful substances on the planet: coconut oil. It gives you the latest science, explained simply and without exaggeration. And it gives you the practical knowledge to apply what science shows, in your kitchen, on your skin, in your hair, and in a daily protocol designed to deliver results. This book is for those who want to unlock all of the health and

beauty secrets of coconut oil. Not because the science is hidden, but because so few people have taken the time to read it, understand it, and put it to proper use.

You are about to become one of those people.

Introduction Notes

1 Ruzin, A., and Novick, R.P. "Equivalence of Lauric Acid and Glycerol Monolaurate as Inhibitors of Signal Transduction in *Staphylococcus aureus*." *Journal of Bacteriology* 182, no. 9 (2000): 2668–2671.

2 Rele, A.S., and Mohile, R.B. "Effect of Mineral Oil, Sunflower Oil, and Coconut Oil on Prevention of Hair Damage." *Journal of Cosmetic Science* 54, no. 2 (2003): 175–192.

3 Khaw, K.T., et al. "Randomised Trial of Coconut Oil, Olive Oil or Butter on Blood Lipids and Other Cardiovascular Risk Factors in Healthy Men and Women." *BMJ Open* 8, no. 3 (2018): e020167.

4 Prior, I.A., et al. "Cholesterol, Coconuts, and Diet on Polynesian Atolls: A Natural Experiment." *American Journal of Clinical Nutrition* 34, no. 8 (1981): 1552–1561.

5 Cunnane, S.C., et al. "Improved Brain Energetics and Cognition After a 6-Month Ketogenic Intervention in Mild Cognitive Impairment: Final Results of the BENEFIC Trial." *Alzheimer's & Dementia* 16, no. S10 (2020): e037961.

6 Lieberman, S., et al. "A Review of Monolaurin and Lauric Acid: Natural Virucidal and Bactericidal Agents." *Alternative & Complementary Therapies* 12, no. 6 (2006): 310–314.