

Coconut Oil Boosts Brain Function and Helps Combat Alzheimer's...With a Single Dose!

Excerpts from a Natural Mentor editor article dated Oct 21, 2015...

The incidence of Alzheimer's disease is increasing at a frightening rate, and cognitive decline in general is a more prevalent concern than ever before. Neurological degeneration is occurring at progressively younger ages (even people in their early forties are experiencing symptoms of moderate to severe Alzheimer's), thanks in large part to the toxic and inflammatory nature of the modern world. Poor dietary choices (especially the consumption of processed foods, gluten, and sugar), rampant environmental toxins, glyphosate-contaminated GMO foods, fluoridated water, and mercury-laced vaccines and dental fillings all take their toll on the brain—and that's just a small selection of the hurdles to optimal brain health.

And these health-sapping habits and toxin sources don't just affect those who have already developed Alzheimer's. If you've ever experienced "brain fog," difficulty concentrating, chronic fatigue, or any lack of mental acuity, you know what it feels like to have inhibited brain function. Luckily, Nature has a ready-made solution for us. Mounting evidence shows that coconut oil dramatically improves brain function and combats Alzheimer's disease—one study, along with other anecdotal reports, even demonstrates that it does so with a single dose! The perfect brain food in fact.

Did you know that your brain consumes 20% of your daily caloric intake? It needs fuel too! And just like the rest of your body, it tends not to work so well when it runs out of fuel (or when it's forced to run on "low-octane" fuel). The "fuel" in coconut oil—healthy saturated fats called medium chain triglycerides (MCT's)—just happen to be perfect brain food. They easily make it through the blood-brain barrier, the protective sheath that separates the brain from the rest of the body's blood. The brain's willing acceptance of MCT's speaks volumes for their healthfulness, as an exceedingly small number of substances can make it through the blood-brain barrier (even other healthy fats don't make it through as readily because they're too large).

Because of the ease with which MCT's make it into the brain, they are a viable alternative to glucose as an energy source. And unlike glycogens (the energy unit or "body" related to glucose), ketones (the energy bodies related to MCT's) are powerfully anti-inflammatory, antioxidant, vasodilatory. What this means is that coconut oil gives your brain a break from the inflammatory quick fix of glucose, and in the process, improves cerebral blood flow, neutralizes free radicals, and quells inflammation (which is at the root of cognitive degeneration).

All of these facts about MCT's help to explain the incredible findings of the ground-breaking study mentioned above. After only 90 minutes of giving participants emulsified MCT's, the researchers found elevated levels of a ketone body called beta-hydroxylutyrate (beta-OHB) in the participants' blood—and 20% of the participants dramatically raised their cognitive test scores as long as this elevated ketone body count remained steady. This remarkable benefit has been further substantiated by a number of people who have experienced the Alzheimer's-fighting effects of MCT's first-hand. For example, one doctor, Dr. Mary Newport, gave her husband a single dose of coconut oil—and was shocked to see that he immediately improved his cognitive performance test scores by a full four points. Her husband continued his daily coconut oil regimen, and after only five days, he already felt like he had gotten his life back. He noted that "the light switch went on" and "the fog lifted" the day he started taking coconut oil. You can hear Dr. Newport's whole story by watching the video posted at YouTube. Her web site is CoconutKetones.com

COCONUT OIL HEALTH FACTORS...via FactorReady.com...Spring 2017...

What We Know We know is that Alzheimer's drugs have failed. We know that a drug company put a non-patentable natural substance (MCT) through an FDA trial, and it worked. But, it has now been discovered that a natural substance can be substituted for the expensive drug. The amazing thing is that the natural substitute works better than the drug version. The ketones actually last for eight hours in the body when coconut oil is used versus three when the synthetic version is used. If this actually catches on, it could bring the drug monopolies to their knees! The benefits of organic coconut oil are remarkable and well documented. Note: Always use high quality Extra Virgin Unrefined and Organic Coconut Oil. It may even be used to get immediate relief from dry, irritated eyes, with the use of coconut oil eyedrops. Melt some coconut oil until liquid and let cool to room temperature. Use an eye dropper and place 1 to 2 drops of coconut oil in each eye, close your eyes and move them around to distribute the oil. Coconut oil will not sting, burn, or hurt the eyes in any way. As the oil coats the eyeball, your vision will be slightly blurry for a minute or so. But the oil will lubricate the eyes and make them feel better.

PS from Factor Ready: Many books, articles and videos on the multiple health benefits of Coconut Oil may be found at CoconutResearchCenter.org. General health suggestions usually involve taking 1-2 tbsp. of a good organic virgin coconut oil (such as the popular brands of NaturesWay.com or others such as WildernessFamilyNaturals.com, and TropicalTraditions.com, etc.) Suggested is to take this good quality type oil 3 to 4 times daily, and even may be used as a detox when swishing in mouth for up to 15 mins. and expelling. This healthful practice is referred to as "Oil Pulling." God blessed us all with Coconuts! The oil is indeed an all-natural, multi-purpose health remedy, and even referred to in the Philippines as a "Pharmacy In a Jar." It is recognized as an aid for energy and metabolism boost, improve immune system, stabilize blood sugar, treat candida, aid digestion, increase nutrient absorption, assist weight loss, etc. Specific conditions helped include thyroid, arthritis, alzheimer's (as mentioned), parkinson's and dementia, eczema and psoriasis, ADHD and autism, thrush and bladder infections, etc. It also serves as a great hair and skin conditioner and moisturizer, massage oil, relieve diaper rash and sunburns, and is a very healthy cooking oil too. Various brands are available at most health and food stores, and thru mail order such as Amazon and others. On a special note received from NaturalHealth365.com, they are reporting that the flavonol compound fisetin, found abundantly in Cucumbers (and Strawberries) have also been found to benefit the memory and even provide Alzheimer's prevention aid too. They can help prevent inflammation of the brain as well. So do add these to your salads, etc. Cucumbers are 95% water for hydration help too, and are only 16 calories per cup. Note: A brain fog type symptom can also occur from a Vitamin B12 deficiency, especially in seniors. A blood test to determine this shortage is suggested (see our B12 article). Coconut oil itself has reportedly assisted with relief and comfort from folk's under the symptoms of Sjogren's Syndrome, further reflecting the versatile uses of this amazing fruit. It reportedly can also help lower blood sugar readings and is therefore a natural benefit to Type I and II Diabetics. See our pdf article, Coconut Oil-vs-Diabetics for more details. Some reported normal readings from up to 100 overages within 1/2 hour after taking 2-3 tbsp. In our case, taking one tbsp at bedtime definitely helps with the morning reading. As for memory assistance, while we're thinking of it :-), look into the Mindful nutritional supplement with helpful Lion Mane Mushroom and other natural ingredients from John Boyce at optimalhealthknowledge.com. Stay Well, Stay Prepared and Stay Prayed Up! And look into the benefits of other good health nutrients as well, such as the all-natural Bragg brand Apple Cider Vinegar, and the healthful practice of Earthing™ too...Remember the Bible states, "My People Perish From Lack Of Knowledge..." (Hosea 4:6)

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