inside nutrition

Coconut Oil
The Surprising Health Benefits of Coconut Oil!

In the past health professionals considered fats like coconut oil to be unhealthy and contribute to heart disease. We now know that this isn't true. In fact, coconut oil is actually a heart healthy food that can keep your body running smoother in a few different ways.

- Coconut oil contains lauric acid, a Medium Chained Triglyceride. Lauric acid increases the good HDL cholesterol in the blood to help improve cholesterol ratio levels.

- Coconut oil lowers cholesterol by promoting its conversion to a molecule that is a precursor to many of the hormones our bodies need. Coconut can help restore normal thyroid function.

- Healthy fats in the diet are going to be best for helping to stop hunger throughout the day and providing a long term fuel source that keeps you going as the day progresses onwards.

- The fact that healthy fats also have no impact on your blood glucose level, this makes the coconut oil weight loss connection even stronger. Blood sugar fluctuations, moving from a high point down to a low point very rapidly, this is when you're going to be more apt to eat the wrong foods. That sugar low will have you yearning for refined foods that have no nutritional value.

- Coconut Oil is considered to have antiviral properties.

- Coconut oil will help to control blood sugar levels and regulate the insulin release seen in the body, making it especially important for those who are dealing with diabetes.

In conclusion try an incorporate Coconut Oil into your dietary regimen. Spread it on toast, put it in a smoothie, bake or cook with it you will be pleasantly surprised!

References:
www.coconutoil.com

healthy monday tip

Don't depend on multivitamins to cover gaps in a poor diet. These isolated vitamins and minerals don't provide the complex nutrient interactions of whole, unrefined foods. Unprocessed vegetables, fruits, whole grains, nuts and beans contain the antioxidants, phytonutrients, fatty acids, fiber and more that our bodies need to function at their best. This week take one or two of your favorite processed foods and give them a whole foods makeover. Choose whole grain rice and bread, over white. Make a fresh fruit smoothie or replace instant soup with a batch of fresh vegetable soup. You'll still be eating the foods you love but with a nutritional boost!

Try it – and have a Healthy Monday!
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