



You Are What You Eat

The Energy of Food

by Ellyn Hilliard, NE, CNC

Coconut Oil: A Good Saturated Fat?

In February of 2005, Harvard University's School of Nutrition told the world that the U.S.D.A. had the nutritional pyramid all wrong. Fats and oils should play a more prominent role in our diets, and the nine to eleven servings of breads, pasta, crackers, and white rice are now relegated to the "use sparingly list." Next, we hear that all the meat we have been eliminating from our diets may actually be good for us.

Nutritionist Ann Louise Gittleman and addiction therapist Julia Ross found that animal protein played a crucial role in weight loss and optimum moods. How could this be since the American Heart Association has been discrediting beef

for the last three decades? Now, we here that, "saturated fat is good for us"?

This new policy of science, according to the press release, is beginning to cause some doubts as to what is true and what is hype in the realm of nutritional research. However, after reading nutritionist Jordan Rubin's book on healing foods, I have to admit that the argument is pretty powerful. Patient Heal Thyself outlines the healing protocol that Jordan Rubin himself used to recover from Crohn's disease, a debilitating intestinal disorder that can cause wasting and nutritional starvation. Here's what he says about saturated fats: "Saturated animal fat is an essential and vital part of many diets. Butter is rich in lecithin (needed for metabolism), trace minerals (particularly selenium), arachidonic acid (an omega-6 fatty acid needed for prostaglandin production), and short-and medium-chain fatty acids that the body uses for energy. Butter also provides the intestines with the fatty material needed to convert carotenes from plants into vitamin A."

But Jordan Rubin's favorite oil of all is extra virgin coconut oil. Here's why:

1. Foods cooked in coconut oil taste better longer. Less rancidity and more anti-oxidants are the key. Anti-oxidants reduce the body's need for vitamin E.
2. Coconut oil stimulates the thyroid which in turn converts LDL cholesterol into anti-aging hormones. The benefits are the prevention of heart disease, dementia, obesity, cancer and other degenerative diseases.
3. Coconut oil protects against cancer. More tumors are found in lab animals fed with polyunsaturated oils than those fed with coconut oil.
4. Coconut Oil has anti-viral properties. Coconut oil contains lauric acid - the fatty acid found in large quantities in breast milk that protects infants from bacterial and protozoal infections.
5. Last but not least, coconut oil aids in weight loss. The thyroid stimulating effects of coconut oil are found to increase appetite and reduce adipose tissue.

Remember that science is an ever changing, fluid set of discoveries that will never be harnessed in my lifetime. Science will never be able to dispute the perfect blend of nutrients that are available to us in whole, unprocessed, organic, seasonal foods. Just between you and me -- I am looking for the Harvard food scientists to validate my biological need for a Caramel Macchiato. Let's see a study on that. ☞

About the author:

Ellyn Hilliard is a certified holistic nutritionist working with clients who are challenged by life threatening illness. A graduate of Bauman College and Clayton College of Natural Health, she lectures in the Colorado area on whole food nutrition and energy healing. She is passionate about organic gardening, juicing, and Healing Touch.