



Coconuts

Coconut Research Center

Your Source For Accurate Information on the Health and Nutritional Aspects of Coconut, Coconut Oil, Palm, Palm Oil, and Related Topics.



Red Palm Fruit

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SUCCESS STORIES

If you have had success using coconut oil or coconut products we would like to hear from you. Please send us your story by e-mail. Please feel free to share recipes, insights, and experiences, so that others may benefit from what you've learned.

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I have had fibromyalgia for about five years and arthritis in my back for three. I was progressively getting worse. The arthritis in my back was constant, never ending pain and my fibro came and went, some days worse than others. I did not want to take medication. I don't want to mask one problem and cause a series of other problems. So, I lived with the pain, slowly gaining weight and feeling miserable.

In July my wonderful husband said enough is enough and started researching online. He came across your book, *The New Arthritis Cure*, and asked me to order it. We read it and he said he wanted me to do the whole foods diet and coconut oil. I told him I don't think I have the willpower to change the way I eat and watch my family continue to eat the foods I love. So, he said he would do it with me. We started the middle of August. I am happy to report (after 3 1/2 months) that *I am completely pain free!* I feel so good! I am happier. I have lost 19 pounds to date and still losing. I am exercising. It is wonderful.

About a month ago I found out that I have borderline osteoporosis. Again, I don't want to take the medication, I am too young (42 years old). So, I am fighting it with weight exercises. Several months ago I would not have been able to exercise the way I need to. I am so grateful to you and my husband. My children are tired of hearing about how great I feel and me telling people what I am doing to feel so great. They ask if I get tired of telling people and I don't. I am so excited and I want the world to know that it can be done. It is not easy at first, but once you get over the first hurdle it is so easy. I do not crave the sugars and junk anymore. Another bonus is my husband also feels great. He also is able to exercise more than he did before We are true believers.

Thank you.
Shannon Lundin, Texas

I started using coconut oil about 3 months ago. I have arthritis in my right knee and my left hip to the extent I could not walk without pain. This has gone on for years. My daughter found out about coconut oil through her home school organization. I started using it and now I can pick up my leg and walk without pain in my hip or leg. Plus, many more good things have happened. I have 3 of your books, just finished reading one and have been enlightened on many things about coconut oil. I have been a naturalist for many years. I am 86 years old. I am looking forward to lowering my blood pressure. Thanks.

RB

My 55 year old wife has been diagnosed with Alzheimer's disease, she has displayed the symptoms for over 5 years. She has had a comprehensive battery of tests including PET Brain Scan. She has been taking a 4 tbsp [of coconut oil] daily dose (2 tbsp 2x per day) the

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"Coconut oil is the healthiest oil on earth."
-Bruce Fife, N.D.

"Coconut oil is the healthiest oil you can use."
-Joseph Mercola, D.O.

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change is amazing, even to her Primary care physician and her Neurologists. They all examined and tested her within 2 days of her starting the therapy and after my reporting telephonically to them the almost immediate results. They are amazed.

Raul Lora

Every Christmas or near to Christmas I get a cold, or flu and take to my bed, for a week or so, I never get colds the rest of the yearanyway this year low and behold it arrived last week, however instead of it lasting a week or more, it lasted a day ! The thing I am doing differently is taking 3 spoonfuls of coco oil per day and also oil pulling every morning. What was interesting is how much my sinuses drained so quickly the day it happened I constantly blew my nose lots more than normal. That night I smothered my upper body in coco oil and oil pulled before bed. The next day I was dry as a bone and only had a red nose. No coughing this time either...result ! .I work in alternative health and I tell all my clients about Bruce and his work !! Thank you.

Pamela Irving

Last October, on my 57th birthday my menstrual cycle stopped and I started getting hot flashes and night sweats really bad. I mean really bad. I felt horrible, tired and half dead. My mom had given me the book "Coconut Cures" and in June of this year I started to read it. I went on the three day cleanse taking 2 Tbls of Coconut oil in the lemonade every couple hours. I only made it through eight Tbls before I couldn't stomach any more. I drank a cup of peppermint tea and felt much better. The next two days I managed to get 8 Tbls down each day. After the first day the hot flashes and night sweats went away. I feel alive again :-). Two weeks later I thought it felt like I was ovulating. What?? Sure enough two weeks after that I started menstruating. Unbelievable. Anyway I found a maintenance dose of 4 Tbls throughout the day works the best for me. Thank you for writing this book. I know God led me to it because I had been praying and praying. I did not want to do Bio Identical Hormones or pills. I have told many people about it in the last 6 months. My brother started taking it. He had sensitive teeth for thirty years. He swished his mouth with it and his teeth are not sensitive any more. Also he lost weight without even thinking about it. My mom is taking it and many other people.

Thank you Dr. Fife. God Bless You

Patricia Boss

Hi,

I just came across your wonderful website the other day after a Google search on the 'Health benefits of coconuts.' Way back in 1984 when I had just left school, I developed a rare blood disorder called ITP which is Idiopathic Thrombocytopenic Purpura. This blood disorder is where a person's auto-immune system goes into chaos and the platelets get eaten up by rogue antibodies. The result is that the person begins bleeding internally.

When I got it I was put on massive doses of steroids to try stabilise my blood platelet count, which worked for a short while. Then the specialists thought that by removing my spleen (which they did) this would somehow catch the rogue antibodies where the platelets tend to 'live.' Again this cured it for another couple of months until it all returned again. I was quite an unusual case in that I didn't seem to be cured from this operation. So it was then a case of trial and error with a whole mix of different drugs including newly introduced 'pioneering' drugs where I was pretty much a guinea pig for to see what might work.

Having always been very into math as a child, during the whole 2 years I was in and out of the hospital, I maintained my very own graphs comparing my almost daily blood platelet counts against the varying milligramme dosages of each of the drugs I was on.... Prednisolone, Azathioprine, and many others.

Around this time I was at the age where I began to go out drinking with a bunch of friends - and I was always known as the 'poorly kid' in our community. So I rarely had to buy any rounds in.

Like most experimenting youths I got myself drunk on about every type of drink there was - Bitter, Lager, Guinness, Pernod & Black, and others. Then there was a new product on the market over here in the UK called Malibu, which was a coconut based Bacardi, if I recall correctly. Now this stuff was so easy to drink in a mixer of Malibu & Cola or Malibu & Lemonade. And it was not uncommon for me to down 20+ shots of this stuff throughout the nights out with the lads. It was lovely.

Now, because I was having such regular blood counts taken, something very strange began to happen. If I had drunk lots of Malibu on a weekend, then my platelet count would not just go up - it went pretty much off the scale of what is deemed normal for me. If I recall correctly, in a normal person, their platelet count should be somewhere between 250 and 500 times ten to the power of -9. Basically 250 to 500 with a bunch of noughts after it.

Yet after my 'benders' the count would shoot up to anywhere between 600 and 900. My haematologist at the infirmary was totally unaware of this drinking of mine. He would adjust and reduce the steroids, etc. accordingly because to him 'the drugs' appeared to be working. And so after a few more of these episodes I was soon able to link the heavy drinking of Malibu as being the source of my strange peaks in my platelet counts. No other drink seemed to have this kind of effect. As I say, I maintained my own charts and was able to correlate the weekend binges on the Malibu with these sharp rises in count. I confided my findings with my brother and my pals and was able to get them to agree with the results : Lots of Malibu equals incredible platelet counts equals my doctor being flummoxed as to why. And weekends without Malibu equals whatever the fluctuating norm was.

After some time, I eventually decided to tell and show my haematologist of these results which he was most shocked to learn - possibly because I was still well under 18. I even said to watch what my count does after this next weekend on the Malibu - And sure as eggs is eggs - my count shot up! He was totally flabbergasted with this finding, however, he said from a medical perspective he couldn't go around prescribing Malibu and coke to any further patients he has with ITP. Eventually I was weaned off all the drugs and have had perfect health since.

It was only the other day following this same conversation with someone who's friend's son suffers with the same illness, and me recommending Malibu to her, that I decided to research any known health benefits of coconuts - and was reassured that among the benefits listed, was symptoms of things like, bruising, menstrual issues etc. which all seem to tie in with my results.

I am so glad I have your medical and scientific research that now seems to give credence to my very own basic subjective research that has at times been 'laughed at' as being coincidental or something else instead of real results.

Over the last few years I have moved very much towards a better understanding of our bodies - one of illnesses being a basic feedback mechanism telling us that we are experiencing stress in one form or another which needs rebalancing, and the belief that we can self heal any illness whatsoever.

Your website has led me to buy up the last few coconuts in the local store here and am beginning to eat and drink them daily to see for myself what positive changes are ahead.

Am I thinking correctly that there is nothing extra that the 'coconut oil' products can give me, that are not also benefited from just by eating and drinking them raw?

Thank you for enlightening me further on this subject, I am about to spread the word soon here of all these benefits you state. Your research is a credit to you.

**All the very best,
Brendan Conway (England)**

I am Larry from Canada, For 25 years I have been trying to find a cure for my Restless Leg Syndrome (RLS). Now that I tried coconut oil after reading your book, I am able to stop the RLS with coconut oil, and get off the drugs I have been taking for several years to control it. Getting off the drugs is what I have been trying to do for years. Thanks to your book and coconut oil my 25 year battle is over.

Larry

I have been using Coconut Oil since June (it is now nearly September). I started using coconut oil in my coffee. I immediately noticed it works great as an appetite suppressant as well as gives me more energy. I have also started doing oil pulling. My joints do not hurt like they did prior to using the coconut oil. My husband uses the gel tablets when he has heartburn and it stops immediately. We also use coconut milk, which really helps me when my feet cramp up, especially after a long day on cement floor. If I get a scratch I put some oil on it and it heals fast, where in the past it would stay red and take forever to heal. I cut my finger when I was at the fair last week and put the coconut oil I keep with me at all times on it immediately and put a band aide on it and you can't tell there was a cut. My husband notices that a rash he has had on his chest since he was a kid is starting to go away. He also does the oil pulling. He also has chronic ear problems and the oil has helped with ringing in his ears and dizziness, etc. My skin is softer than it has ever been. The beautician asked if I had just colored my hair, the gray is almost completely gone and I have not colored my hair in months. My toe nails were always thick and hard, that is going away and my feet are much softer now. Adding Coconut Oil into our life has helped tremendously! I wouldn't be without it and carry it with me at all times. I had read it's been used on animals so I started giving it to my yellow tabby cat, now she cries for it. She has issues with crystals in her urine and has other bathroom issues. At first when I gave her the oil she didn't take to it, but it must have helped her because now she takes it every chance she gets. I can't recommend taking coconut oil enough, it's easy and great!

Sherry T. from South Dakota

I had a great experience of the medical magic of coconut oil. Last month I was rearing a kitten which was suffering from a skin disease called scabies. I took it to the vet and he gave me medicine named RID. I was washing that kitten with that medicine mixed in water, but no result came and the kitten died from the disease.

This month I rescued another kitten abandoned by her mother. This kitten also started showing symptoms of scabies. As I had a bad experience with the doctor in last case, my mom decided to do her own treatment in the kitten at home. My mom spread coconut oil on the cat's body where it was infected by scabies. She did this daily, once a day. You won't believe it but that kitten recovered from that diseases and is now playing with lots of energy.

Regards,
Palak Thakor

Hi, I tried coconut oil as an under arm deodorant. It works! I talked to a friend about coconut oil and after three months of using it he stopped taking his cholesterol pills. After seeing his doctor he found that his HDL to LDL was 2.7! He thanked me for telling him about it and says it's the best he has felt in a long time.

Charles

Last year I was diagnosed with celiac disease. After not yet having developed a regular coconut oil regime I changed my diet to eliminate gluten but incorporated coconut oil instead of prescription anti-inflammatories to heal the walls of my intestinal track. As an experiment, I had intestinal biopsies taken at the time of the diagnosed and 5 months following the incorporation of coconut oil into my diet. The results were dumbfounding. I was able to reverse the damage to GI tract in five months, to the opposition of my GI specialist who told me this health process would take at least a year with necessary prescriptions.

I just wanted to take this opportunity to thank you for opening up the minds of skeptical Americans to the incredible powers of this super food. From a scientist's perspective, the results are black and white: coconut oil is a proven and powerful antimicrobial agent. From my own personal perspective, it is a healing agent and a life changing supplement. I admire your work profoundly and I applaud your devotion and passion to such a credible but under-recognized superfood.

Lindsey Avery
Skidmore College
Department of Health and Exercise Sciences

I have suffered nightly from Gerd and reflux for a long time only getting relief by grabbing a mouthful of milk or yoghurt which gave me sufficient time to get to sleep before the next attack.

Recently i have been drinking a glass of coconut water before going to bed which seems to have totally removed my acid symptoms.

Yes I have used ranitidine with great success but unless I remember to take it early in the evening I still am awake 1/2 the night.

Not only does coconut water work for me but my mastiff has been having water retention problems so I started giving it to her and saw almost immediate improvement in her. Also my dogs love the coconut "meat" as much as I do and wait in turn while I scoop one out for them.

We live in Belize, Central America so coconuts are very easily come by as I have at least 6 trees in the garden..

Nigel Markey (Rev)

My mum has been taking coconut oil on a daily basis and also using it instead of moisturising cream. I saw her for the first time in 6 months and I am very suprised to say that the lines and wrinkles on her face have softened so much. There is a remarkable difference. So much so, I immediately went out to buy myself a bottle of oil so I can ward off premature aging.

I will let you know how it affects my skin quality in a few months.

Nicole Muoz
Brisbane Australia

I'm so excited to share! Just got my labs back: Lipid profile results: LDL=65, HDL=141, Total cholesterol to HDL ratio=1.46, LDL to HDL ratio = 0.46. I've consumed (at least) 4 tablespoons of coconut oil and 8oz of coconut milk/day for the last 3 months and I use it as a moisturizer and lotion.

I work at a University health center and just blew away all of my colleagues here in the clinic with my numbers! I'm helping them to change their view on coconut oil, since all of them had the misconception that it was so unhealthy. I am bringing my copy of "The

Coconut Oil Miracle" in for them to peruse. Thank you so much for all of your research and the time you spend to help re-educate consumers!

Anna Lipari

I started using virgin coconut oil to de-frizz my hair. Over the holidays, my aunt complimented my long shiny hair, and I told her my secret. I found out she is an avid VCO user too. She went on, and on about the many health benefits I hadn't heard of. She mentioned that it cured her athletes foot. I had tried everything on my athletes foot, and nothing ever worked. I gave it a shot, and it worked!!!! The nail fungi is completely gone!! It is now the only product I use on my skin head to toe, it even got rid of my acne!! I wish I had known how dramatic the change would be, I would have taken before and after photos. My skin is naturally oily, but Coconut Oil is so light, it soaks in in a few seconds. I also had surgery in November, and have applied it to my scar every day. My Dr was surprised about how thin and light my scar is, and how quickly I healed. I have tasted it, but don't cook with it yet... Apparently, this stuff does much more than de-frizz hair! I am so glad I found this product!!

ACM

Lake Elsinore, CA

Hello – I have an amazing story... My husband was watching the Dr. Oz show last Thursday and told me to watch with him. It was on the benefits of using coconut oil to help people with psoriasis. I have psoriasis and have had it for years. I even was contemplating of going to my dermatologist for stronger medications because the shampoos weren't working. I went and bought some coconut oil that night and started taking 2 tablespoons a day. By Saturday, my psoriasis on my scalp had cleared up. I am so amazed at what this stuff can do. I started reading about the coconut oil and I am now a believer. I'm telling everyone about it. Before seeing Dr. Oz, I have never heard about coconut oil. I now have replaced all of my oils and have my family on it as well.

SC

I use coconut milk, coconut pressed oil, and coconut palm sugar, which is expensive £34 for a 2kg tub, but worth every penny. Its cut down the processed sugar I use by half. Since I've been using all these coconut products I've seen some improvement in my fibromyalgia I am not running marathons or anything, but I am having more good days. I think it is probably due to the coconut being high in magnesium which we are low in. I believe that during WW2 airman were taught the value of the coconut in their training and it saved many lives. I use coconut milk on cereal and make porridge with it. It also makes a tasty custard, just about anything you can do with cow's milk you can do with coconut.

recipe, 12oz sr flour if you like slightly chewy biscuit or plain makes them harder.
 8oz palm sugar
 4oz condensed milk
 8oz butter
 vanilla extract to taste about 2tsps

beat palm sugar and butter so soft and fluffy, add the flour and condensed milk with vanilla extract kneed into a dough roll into a long sausage shape wrap in cling film place in fridge for 30 minutes slice in 1cm slices
 bake at 180c for about 13 minutes they are so yummy.

Name Withheld

I have been using coconut oil on cuts and bruises for a awhile now. It keeps them

infection free and speeds healing. I recently was bit by my dog (he didn't mean it). He made a 3/4" gash on my index finger. It was deep and bled like crazy. I immediately put coconut oil on it and a bandage. Putting coconut oil on twice a day, the bandage came off in 2 days. And the wound had completely closed after only 5 days and you couldn't even tell I had been bit. I swear by this stuff.

Charlie

It was approximately the beginning of my 3rd trimester of this current pregnancy that a friend handed me the book, "The Coconut Oil Miracle" after Church one Sunday morning. I had been struggling to sit, stand, and kneel through the service for weeks, but insisted on attending with my husband and 3 other young kids. At 44 ½ years old, this pregnancy was starting to wreak havoc on my body. I suddenly had varicose veins popping up everywhere, swelling, aching, stretch marks, bleeding gums, and more. That day the book was handed to me, I cracked it open on our drive home and was instantly intrigued. I couldn't put it down, and finished the book in record time. I was an instant believer since there was so much substantial evidence, as well as documented research that proved without a doubt that Coconut Oil did in fact work to heal many common ailments. I went online, bought five 54 oz. containers of Extra Virgin Cold Pressed Coconut Oil, and made the switch.

It only took a couple of days to see many improvements. I quickly put a jar of coconut oil in my bathroom, so that I could also use it as a body lotion, and mouth rinse. Within 4 days of applying coconut oil to my dental floss, my bloody gums healed to lovely pinkish healthy gums. This was truly amazing since my gums have always bled when I flossed during each of my pregnancies. I continued to rub the coconut oil on my painful varicose veins, and discovered that not only did they stop multiplying, but they seemed to shrink and even fade in some areas. My skin became smooth and supple with liver spots fading away. I began to look younger and healthier, and even in my 3rd trimester, began to have energy again. I began administering Coconut Oil to my family to heal wounds and found that it would heal them quickly and painlessly. My husband had dripped hot solder on his hand during a plumbing repair job and I quickly put Coconut Oil on his blistering wound. It healed so quickly that he too was convinced that Coconut Oil is truly a miracle food. This was proof enough for me that coconut oil was safe, and healthy to consume.

My doctor noticed a change in my physical appearance, energy level, and health and began to ask questions. I told her that I have switched all my cooking oils to coconut oil and also drink it, as well as use it topically. She frowned and quickly cautioned me that I am pregnant and need to be careful with how much saturated fat I have in my diet. My parents and many of my friends as well began to caution me with all the rhetoric that the medical industry has spread throughout our society. So I decided it would be best to keep quiet and continue to follow my daily Coconut Oil regiment regardless of what the medical professionals are saying. I have seen the results, and look forward to seeing how this will affect the health of my 4th baby. I have a feeling that my child will be the healthiest baby of them all.

Thanks for the research, the book, and the recipes! If I would have known with my other pregnancies what I know now with this one, perhaps my other kids wouldn't have to suffer from all the food allergies, including dairy, artificial sweeteners, and preservatives. I will be happy to report back to you after this baby is born and let you know the results. My due date is December 4th.

Sincerely,
Linda Walsh

I started taking expeller pressed coconut oil in March 2010. My initial dose was 1 teaspoon per day. My current dose is 2 1/2 teaspoons per day. I originally started taking coconut oil for my fibromyalgia. At first it made my pain and fatigue worse but now I am actually having days when I have less pain or no pain at all even on cold and rainy days.

Another benefit that I did not realize would happen is that my menstrual cramps have dramatically improved. I still have some issues associated with my fibromyalgia but I will keep taking coconut oil and hopefully it will resolve those issues too.

Marlana, Pennsylvania, 33

I was addicted to Ice Cream and Potato Chips until I discovered what Coconut Oil does for me.

Instead of Ice Cream I make delicious fruit sorbets with no dairy or sugar:

I place in my Vita Mix 1 cup frozen of one of my favorite fruits: cherries, mangoes, peaches, strawberries or blueberries. In 1/4 cup of water or organic juice I dissolve 1 - 2 teaspoonfuls of Xylitol and 1 teaspoon of Barley Green; pour this liquid over the frozen fruit in the Vita Mix. I add 1 - 2 Tablespoons of Coconut Oil. I blend this in the Vita Mix and have a satisfying portion of sorbet and no cravings. Tonight I added 1 Tablespoon Organic Cacao powder to the frozen cherry—good bye Cherry Garcia!

Instead of potato chips I sauté Yams (sweet potatoes) and/or apples in Coconut oil.

I peel yams and apples and cut them up as if I am going to prepare French Fries. I place this ready in a food container in my refrigerator to make a snack once in a while. For a quick snack, I sauté the cut up pieces in Coconut Oil: 2 1/2 minutes on one side, then turn them over for 2 1/2 minutes on the other side. I drain them and place on paper towel and dust them lightly with a bit of cinnamon powder and 1/2 to 1 teaspoon of Xylitol granules.

Reasonable portions are fully satisfying. I believe that this is because these natural foods are nutrient dense, flavorful and do not spike high/lows in my blood sugar; the Coconut Oil gives me an even-keeled, happy, bright feeling. No more cravings! Feeling satisfied this way, helps me with further portion control when I have my favorite proteins: grass-fed bison, wild salmon, sardines, chicken, eggs. And allows me the patience to chop up onions, celery and red bell peppers to have with my meals.

Three weeks of eating this way, I have lost 9 lbs.

JH

It may be a coincidence but after having started including coconut oil in my diet and eating about ½ coconut almost every day, I have lost 2 kg in 1 month!

Also started using coconut oil instead of expensive facial creams and body lotions – and my skin is looking / feeling better for it!

Have been experimenting with freshly grated coconut, stevia and 95% chocolate to make yummy chocolate bars. Taste is fantastic but I am having a little trouble assembling. Any suggestions on how to make the coconut stick together when not using real sugar?

Mary, 54, Switzerland

In the past year I have been diagnosed with Chronic Fatigue and Fibromyalgia. I have been using coconut oil on a regular basis for a couple of years at least, and I love it. I have been struggling with associated hypoglycemia and hormone imbalance for quite some time as well. I eat supper around 5 or 6 pm and typically very hungry before bed and need a protein drink so I can sleep and will often wake up in the wee hours of the morning and need to eat again. I have suffered with nausea/dizziness as a result.

For some time, I've been considering the introduction of coconut flour to my diet, as I've

been using whole spelt flour and still appear to have an intolerance to it. A few days ago I purchased Dr. Fife's book "Cooking with Coconut Flour", and started my quest. I made some cookies with coconut flour, wheat germ, coconut oil, walnuts, chia eggs etc. and had a couple after supper and I didn't have to eat before bed and wasn't hungry until 6:00 in the morning. Aside from that, the nausea seems to have disappeared. I have added coconut flour to my oatmeal and raspberries for breakfast and in protein/fruit smoothies with much success as well. This is a miracle for me! I love to cook, and I enjoy healthy food, but have never had a weight problem, if anything I'm a bit underweight, however, I am still looking forward experimenting with coconut products in my day to day life, as I do see a difference in how I feel after only a few days of using the flour. I'm also hoping that my 2 adolescent kids will come to enjoy the products as well! Thank you so much for your wealth of information!!

Donna
Ontario, Canada

I discovered Dr. Fife's books a few months ago. Then I thought that if coconut oil worked so well on humans would my help my dog? We have been battling an "unknown" skin issue with my poor dog for almost two years. We tried a special diet. Antibiotics and medicated creams would help for a while and then the itchy rash, redness and lesions would return. I was so frustrated. So, I tried the oil on him daily and after three days I could see an improvement. In about two weeks, the skin was clear for the first time in two years! I shouted for joy and almost cried. My dog is not miserable anymore and neither am I. I apply the oil now about once a week. We all have some in the morning too. Thank you so much! There are no words for how appreciative I am for the information you put out about coconut oil.

Deborah Wall (and Jesse!)

I chanced upon this website as I searched for natural ways of losing weight. It caught my attention when it claimed that coconut oil can help you lose weight and it was actually healthy.... Huh? That was not what I was made to believe! As coconut is or used to be our daily staple in this part of the world (SE Asia), I was interested to learn more. After reading the articles and success stories, I became motivated to try it out. Following is the timeline of my Organic VCO experiences with 3-tablespoons daily:

Day 1 – Sudden surge of energy... amazing!

Day 10 – My mild hypertension of 145+/80+ normalized and the headache that came with it is gone too. My wife's hypotension of 90/55 has normalized.

Month 1 – Numbness on my left facial and left toe disappeared. They were numb for more than 4 years. Pains in left knee too vanished. No more pain climbing stairs now. Weight stabilized at 196 lbs.

Month 2 – Weight starts to improve. My son's HFMD clears within 4 days with low-grade fever and only 2 ulcers on his tongue without spreading to his hands and legs.

Month 3 (present)– Started at 196 lbs, now weigh 189 lbs, 7 lbs less within 3 months without exercise. I'm still overweight for my height but am sure I will lose more in the near future.

Other improvements include nicer skin texture, better bowel movements, feeling full all the time (no more craving for junk food), higher body temperature and sleeping like a baby too. Best of all, I get to enjoy my coconut-based (self-pressed 'santan') Malay traditional foods like 'laksa' and 'nasi lemak' without worrying any longer.

Sure am glad to come across this website. My personal gratitude to Dr. Fife and team for his effort in making us all realized a healthier life.

Isha Othman, 42 years old.
Singapore.

Hi,

On a trip to Malaysia in Jan, 2000, we met a wonderful old man who told us of an "ancient Muslim formula" for assisting in the process of having a baby. Having tried unsuccessfully for almost 7 years, we decided it could do no harm. Ten months later, we held our beautiful son, Hamish, in our arms and again, 2 ¾ years later, after a month on the recipe, had our second little miracle boy, Cameron.

The woman is to drink the juice contained in a young coconut (sometimes called a baby coconut), available from Asian grocers and occasionally at the supermarket (Make sure they are refrigerated as they do go off). They don't look like small versions of the regular coconuts. They have the husk removed, have a conical top and are often wrapped in plastic film.

Getting into them can be hard work (and dangerous). A hammer and a large screw driver can be used to punch a hole in the coconut to get the juice out. You might need two holes, one to let the air in.

Also, the woman is to take 2 teaspoons of Omum water, available from some Indian/Sri Lankan grocers. This is the root of a spice tree grown in SE Asia. Our supply was from Malaysia. It is also produced in India and Thailand.

Warning: The Omum water tastes foul!

It doesn't matter if you drink the coconut juice before or after the Omum water. Drink both the coconut juice and the Omum water every 4 or 5 days until you miss your period. Our contact in Malaysia suggested trying it for about 6 months.

Needless to say, there are no guarantees of success. Other couples have tried it and been successful but unfortunately, some haven't been so lucky.

All the best.

**Jacinta Coleman and Richard Serpell
Melbourne, Australia**

I want to share my success as a result of oil pulling therapy. Before oil pulling therapy I had a constant post nasal drip and runny nose as a result of what I thought were mild allergies. I had a box of tissue in every room of my house and at my office. I had to clear my throat very often and it was becoming a problem for me since I sing in my church choir. After only a few days of oil pulling I noticed that all of the post nasal drip and sinus problems were gone. I sleep so much better because I can breathe at night. I don't have to clear my throat at all and I can sing so much better. Thank you so much for your books and your research on coconut oil. My husband and I also eat coconut oil, cook with it, and apply it to our skin. Coconut oil cured my acne and keeps me healthy.

V.W.

To the people at the Coconut Research Center:

I have been using coconut oil for three weeks now. Last year, while deployed to the desert, I was diagnosed w/severe constipation from the food there and how it was prep'd. They put me on 3X/day laxatives...Dulcolax. When I got back 5 months later. I forgot to take the laxatives for the first few days and could not "go". I tried prune juice, prunes, lemon water, etc. Nothing worked. Finally out of desperation to "go" I went back on them. Over the last 6 months I weened myself down from three doses a day to one, but could not for the life of me go off of them. So, I was told to try and take a Tbs of Olive Oil each morning and I would go. I did, but it was nasty. Someone else suggested coconut oil. I tried that and it worked!!!! I have not had to use those pills for two weeks. I did some research on it and found out all the other stuff it was good for as well. I started using it on my face (I have had bad acne since an emergency hysterectomy in 1997). It cleared my face up too. No

more clindomycin. Two prescriptions gone. I have also had lactose intolerance for years...now I can drink regular milk. My latest discovery: when I put it on my face each day I wipe the excess off on my legs. I have scars on my legs from years of hip/knee surgeries as a baby (congenital hip dysplasia). These scars have these little red and purple spider veins all around them. Well, on the area where I wipe off the excess oil, the veins are disappearing. I heard it helps to decrease gray hair. I'm trying it on my roots in the temple area where my hair has begun to go gray.

Well, that is my story, so far, after just three weeks on extra virgin, cold pressed, unrefined coconut oil. I wish I would have discovered this 20 or so years ago. But at least now I won't have to pay for all of those prescriptions. Now that I am retired from a 21 year military career, I would have had to pay for all those prescriptions myself. Now I don't need to worry about that. All this because I wanted an all natural alternative to Dulcolax.

Name Withheld

My two Golden Retrievers have been receiving 2-3 tablespoons of Organic Extra Virgin Coconut Oil every single day for the past 4+ years. It is phenomenal for their digestion, skin, coat, etc. Our two consume a 100% grain-free diet (dry & raw foods), so the added bonus of coconut oil is a perfect compliment to their nutritional regimens. I promote the use of Organic Extra Virgin Coconut Oil to anyone whose interested in learning about it's many benefits for canines. Providing canines with healthy doses of raw, unprocessed fats is the best type of food/supplementation you can give them - this is what their bodies are designed to eat, & the differences in their energy level, skin, & coat are highly noticeable.

**Thank you,
Stella J. Raasch, B.S., Diploma-Advanced Canine Nutritional Sciences**

I have three female Labradors - usually when they are shedding at this time of year they will have a strong "doggy" odor. The oldest dog has also had a chronic ear infection for years; vet treats, it comes back, etc.

Six weeks ago I began giving the dogs each a heaping tablespoon of coconut oil per day, as well as wiping out the infected ear with melted coconut oil on a Kleenex. They adore the taste and will line up for their dose when they hear me open the jar.

I can now have all three dogs in the house and there is virtually no odor - and - the ear infection has cleared up. In addition, their coats are beautiful. Normally it takes them a long time to get rid of all the dead winter coat, but this year the whole process was much faster - they look so shiny and healthy! Also cleared up doggy breath.

Can't say enough good things about the effects of coconut oil on my dogs' health and well-being!

**Patti
Warren, MI**

I was having bad headaches every day. These headaches were so bad Motrin did nothing even when I took prescription strength. Anyhow, one day I got a drink at the gas station and decided out of the blue to get coconut juice. I had a bad headache when I started drinking it, and I'm not kidding, ten minutes later my headache was gone! I thought maybe it was a coincidence so the next week I drank coconut water daily. Well ever since, my chronic headaches are gone. Another thing that I noticed too, was that I also had a bladder infection that was real bothersome and I get them all the time, and within a day of drinking coconut juice my bladder infection went away on its own (rarely happens). Since I've been drinking coconut water, just one a day, I keep noticing more things changing! I get a burst of energy after drinking coconut water. I also have been taking at least a tablespoon of coconut oil daily. I haven't noticed the affects of the oil as much as the juice, but I'm a true

believer in coconut juice and oil. I didn't have a clue of the healing affects of the stuff until I just stumbled upon it one day, which lead me to research it. Thank you guys for all your information. Coconut products can bring hope to many people with all sorts of health problems I believe.

Name Withheld

After reading an article about coconut oil in a dog journal (The Whole Dog Journal). I decided to start giving my Rottweiler coconut oil. When he developed what my vet described as warts, on his head I put some of the oil on it 2 times a day and it just fell off after a couple weeks. He got another one on his head months later in a different spot (had I left them they would have looked like little devil horns) and I used the oil again, it fell off.

**Angie Cooper
Precision K-9 Services**

I am writing to update you on our 7 month progress with coconut oil. I am so enthralled with this oil and all the wonderful things it is doing for us. My husband had severe prostatitis for almost a year. Nothing helped him. He went through several cycles of antibiotics, prostate massage, etc., to no avail. He was desperate and sure that this condition would plague him for the rest of his life. I had been taking coconut oil for 2 months and ,after reading peoples' stories here, urged him to start taking it. He was skeptical, but agreed. After 1 month of religiously taking 6 tablespoons a day, his symptoms vanished. I thank God for this miracle. But this is not all. Here are some of the benefits we have noticed:

1. Our hair is not falling out anymore, and it is shiny and soft. I am also sure that my husband has more hair than before!
2. Severe prostatitis cured.
3. Less irritability.
4. High energy level.
5. Leg circulation greatly improved.
6. My skin is getting better and better...after all that acne and rosacea, it is truly healthier. Scars seem to be healing. My skin broke out in a rash at first, but I suspect that this is a cleansing reaction.
7. Dermatitis healed.
8. Allergies have ceased.
9. I have noticed that broken capillaries look less red.
10. Knee pain has ceased.

I am hoping that as time goes on we will see other wonderful results. May God bless you!

**A.G.
Italy**

My wife has colon cancer, with mets to her liver (70% on first CT scan) after her second Folfox chemo session, she came home very weak and tired, during the night she vomited a lot, and in the morning she was very sick, I was worried about dehydration and was pushing her to drink, but she didn't feel like eating or drinking, I told her she would have to go to hospital is she didn't drink, so she said get me coconut water, which I did, she started drinking it, and kept drinking, later on she had a small meal, and began to feel a little better. Next morning she was feeling a lot better, but kept on drinking coconut water. Now all she drinks apart from occasional fruit juice, is coconut water, and is getting better every day. She has since, had two more Folfox chemo sessions, but has flown through them with no problems, her oncologist is amazed he says her tumors have reduced in size by at least 50% and he is optimistic about her condition. My wife says she will carry on drinking coconut water for the rest of her life (hopefully a long life). This could be coincidence, but I don't think so, I feel coconut water is the reason she is getting better.

Stuart Large

Hallelujah! Coconut oil is awesome. I heard about it at a prayer meeting. I waited a little while to buy it but finally remembered and thank the Lord I did. I started applying it to my lifelong problematic spider/varicose veins and the same night I started feeling a difference. It's only been a few days but they are getting lighter and lighter. Thank you Lord for this miracle. I have never lost faith that I would not have to suffer from this terrible problem for the rest of my life, I am 31 yrs old; had injections, surgery, and tried various other treatments including those terrible support hose, with faith that something would work. I also have moles that were dark and didn't feel good about using unnatural skin creams so I have been using it on my skin for 3 days now and already see a difference in moles, veins, a burn, and wrinkles and acne. I have yet to take the recommended 1-4tbs per day, but I am happy to start. I am probably going to start using it on my 5 mos. Old baby due to some weird poop problems, I have Faith that this was given by the Almighty for us in this time of need. I will keep you updated to our success. Thank you all for sharing your stories. Sincerely,

Cristal Ball from AZ

I have a stray cat that adopted us 3 years ago. A year ago, I noticed a tumor in his chest. I started to give VCO (he likes it). His tumor is gone! That was 6 months ago!

Name Withheld

I have been diagnosed with AIDS. I knew for a long time that I was sick but was in denial. The evidence of my sickness happened when I was getting boils daily. When the body would fight one infection another would appear. I had trouble maintaining my weight.

I was in constant pain from infections. My skin was losing color. I was becoming pale. I had severe acne. The HIV virus practically stopped my body from healing. I would bleed easily. I was tired all the time. I had to drink a lot of coffee and take vitamins just to feel normal. Then my body told me that my end was near.

My uncle took HIV drugs and they did not help him at all. I think the HIV drugs he took helped him die faster. I was not going to help the pharmaceutical companies get rich, and I was not going to a HIV doctor that was going to tell me that there is no hope for me.

I read an article about a Filipino teenager or young man that had AIDS and could not afford HIV drugs. The Filipino doctor told him to take coconut oil. The young man's health improved over time and his viral load is dropping.

I tried it. I have taken the coconut oil since August of 2009 and in the month of November of 2009 I no longer have daily infections and my skin has cleared up significantly. My skin color is returning back to normal. I don't need to take two hour naps anymore.

I found out that castor oil complements coconut oil. I take 6 teaspoons of coconut oil and 1 teaspoon of castor oil twice a day. The castor oil seems to boost the coconut oil's ability to fight viruses. I thank God for the Internet, if it wasn't for this website and the Internet I would be dead. Doctors don't practice medicine, they practice drugs. I want to add red palm oil to my regimen to see if my health will improve at a greater rate. I believe that coconut oil, castor oil, and maybe palm oil will complement each other. My theory is that coconut oil destroys viruses floating in the blood stream. Castor oil stops the viruses from copying in infected cells. Palm oil has carotene and other anti-free radical chemicals. That is why I believe that these three oils will accelerate the healing process of sick people.

R.J.

Our 6 month old kitten was extremely lethargic and would not eat. It was the weekend and the vets were closed, and we were quite worried about him. He was a feral kitten we rescued when he was only a week old together with his mom and litter mates. He was kept in a warm safe place in our garage until being weaned and then he lived in our house and has not been outside since. Ever since he was weaned, we put a little coconut oil in his food and his coat was very soft and shiny. I decided to give him coconut oil throughout the day with a medicinal syringe. By Sunday evening he was more perky. By Monday he was even better, although he still had not eaten anything. His last meal was on Friday. Monday morning he vomited up a roundworm. We did not see any evidence of worms in his stool. On Tuesday morning he has his appetite back. We took him to the vet, but she could find nothing wrong with him. By Tuesday evening he was back to his playful self. I truly believe that it was the coconut oil that made him better.

We also give coconut oil to two of our dogs. One has colitis and it really helps to control her episodes, and the other has very bad gas problems. She is still has gas, but not to the extent she had it before giving her the coconut oil. I'm thinking now that we should up her dosage and see what happens.

Maureen Goldstein

After being ill, our child (9) contracted a crazy problem called HSP. HSP is a rash related illness that can also migrate to your bowels. In examples of extreme irritation, the bowel can explode which our doctor said could prove fatal. Unfortunately, medical practitioners in the US know little about the problem and had no guidance as to what we could do to him him.

My wife got the bright idea to go to a local grocery store and ask about natural remedies for rashes. The advice she got back was to try coconut oil. She did and his rash immediately started to disappear within 18 hours. Unfortunately, it stuck around in his abdomen and would regularly take him down. I then suggested we try coconut milk. This combination of coconut oil and milk should be adopted by anyone afflicted with HSP. It's a terrible auto-immune problem and had my wife not taken no for an answer, we may well have already endured surgery.

For now, coconut milk 3 times day, combined with twice daily of the oil, seem to be preventing this awful affliction from getting any worse!

**Best, Joe
Colorado**

I have an extreme dry eye condition and had to have plugs put in to save what little tears I have (next to nothing). My condition is so severe that it can lead to blindness. I have used over the counter eye drops and gels to no avail; my condition continued to worsen. I did my own research and learned that when the nerves behind the eye are damaged, the glands cannot make tears. I also learned that chemicals such as perfumes and formaldehyde do irreversible damage to the nerves and that some "air fresheners" contain a chemical used in nerve gas. I was well aware that for many years my eyes, nose, and mouth would burn when I was exposed to perfumes, air fresheners, formaldehyde, etc. Unfortunately, formaldehyde is used in so many things it is difficult to avoid. It is now even sprayed on food to increase shelf life. Whenever I got the severe eye irritation I would have to rush to the doctor as the eye would be so dry it would have many "cuts" and could cause infection. By chance I came across information claiming coconut oil was good for the nerves. The last time I had an episode was in the evening and I had to wait until morning to see the Dr. I thought, if coconut oil is good for the nerves and I have nerve damage, I'll just put some in my eyes. I went to bed and in the morning my eyes were recovered! O.K. so maybe the coconut oil just moisturized the extreme dryness. If so I am great with that! I did not get relief from commercial drops and jells, which ran me about \$500.per year. But I do wonder if it helps with more than just the dryness. I believe it does.

I also use coconut oil as a moisturizer. Just put in on; take a tissue and pat off excess, then

apply makeup. I use it on my body. Ever read what's in commercial lotions and creams?

Can you pronounce some of that stuff? I say if you can't eat it, don't put it on your body because anything inhaled or put on the skin goes directly into the blood stream. My only regret is that I did not know about coconut oil twenty years ago. I believe I wouldn't have this eye problem today.

Signed: Older and wiser.

I have had rashes/eczema/contact dermatitis whatever it is called for the past two years, recently it flared up so bad that I couldn't sleep because of the itch, it became inflamed and weepy, I've tried all kinds of cream, but to no avail. Out of desperation I tried applying virgin coconut oil and immediately I felt the soothing and cooling effect. Since then the flaky and dry skin is on the mend and the skin has become soft and the itch has stopped. I am totally converted and believed in the miracle healing properties of VCO.

Helen

Coconut oil has changed my life! I had red, oily, sensitive acne prone skin with large pores for a long time. After 2 months of using coconut oil on my skin I cannot believe the change. I feel like I have new skin! My skin has undergone such a transformation that it is hard to believe. No more makeup to cover the redness and acne, no more expensive skin products, just healthy coconut oil! Plus, I used to have swollen, achy legs at the end of the day and this has also disappeared! My hair is silky and beautiful, whereas before it was coarse and frizzy. Hard to believe that just 3 tablespoons a day and massaging my skin with this oil could make such a difference. Thank you.

A.G

Italy

I've been using Tinactin® for my son's ringworm on his leg for months. It would go away and come back. I read the page and rubbed a little extra virgin coconut oil on it. In 2 days the ringworm was gone! I couldn't believe it. Also, I had 2 nasty spider bites from a brown recluse. It left ugly scars and a lump under the scar that would not heal completely for over a year. I decided to rub coconut oil on it. The next day, I can see it's finally beginning to heal for good. The scar is fading too. Still can't believe it though. I now buy coconut oil by the gallon.

T.A.

After two weeks of using coconut oil on my hair and scalp in hopes of eliminating the dandruff I've had for over 15 years, to my surprise it's finally going away! I've used so many different brands of dandruff shampoos even prescription ones and none of those worked for me. I'm so happy with my results. I started using it as a face and body moisturizer as well. My skin looks and feels wonderful and it's so soft. I don't use any of those expensive creams anymore this works better and it's natural especially for the kids. We include it in our diet as well so we are getting the health benefits from this wonderful oil.

**Misilla de la Llana
Everett, WA**

My cholesterol was up, started looking for alternatives and happened on the Extra Virgin Coconut Oil. I bake fry with it--use it on my skin. Not only did it help with my energy-but my skin. I'm a nurse, went back to work at age 76--that was a few years ago--still working. Everyone guesses my age to be early sixties-funny. I sleep like a baby, wake at 5 a.m. ready to go. One thing that no one else has mentioned--my memory is great--love to do research on the computer to keep active. A two year old great grandson had such dry scaly

skin they had one prescription after another that didn't work. I gave my granddaughter some VCO to try--it worked in one day-the doctor said finally the last RX worked-she smiled and told him grandma gave her coconut oil to try-he wrote it down and told her keep using it. This stuff is great-my dogs get a tsp. daily, even their coat is beautiful.

Bonnie Case RN
Ohio

Well, I'm a female, 50 years old, and a week and half ago, my waist was 108 cm, and now is 100. I lost 4 inches in 10 days. I have been eating popcorn with coconut oil, and I didn't even expect something to happen, but suddenly, today, I had the impression I was feeling very light, and I decided to measure myself, and, gone, 4 inches of waist in 10 days, I will keep with the coconut oil, forever!

Adriana Griffin
Lafayette LA.

My father has had psoriasis for the past couple of years and has undergone many different treatments, but nothing worked how they said it should. My mother searched desperately on the internet for ways to "cure" it, and came upon a site about coconut oil. Figuring there was nothing to lose, she bought a jar of it and my father began rubbing it on all of his psoriasis spots. I am happy to say that his psoriasis is clearing up after only about a month of using coconut oil!

I personally use the coconut oil on my hair and the difference in it is amazing! It is so soft and looks very healthy, I constantly get complements on it.

Coconut oil is definitely the next "super-food" miracle

Kelsey
Redding, California

After reading all the success stories and picking and choosing which of others' problems were mine and wanting an incentive to consume 4 tablespoons daily (actually not hard at all; the taste is almost like cold ice cream, just couldn't remember to do it...even the cat came for his share when I opened my jar), it was mind-boggling to find three writers experiences (Danielle, Ella and Mike) adding it to their tea and coffee. That is brilliant, folks and thanks so much!!!

Not doing coffee anymore due to not wanting osteoporosis, but changing to green tea, mate and Teecino, I experimented with a small cup of hot tea and a dollop of VCO to watch what happens and you would have thought I was contemplating eating monkey brains for the first time (ala Indiana

Jones...and certainly not an option here). Just saw 'oil' beads in the liquid. OK, no real problem there. Then I swallowed it. WOW!!! What a newly satisfying way to drink my dearly loved green tea and mate and Teecino (I tried it in all three). After buying a can of expensive green tea at Barnes and Noble's coffee bar that was infused with coconut oil, and remembering the aromatherapy of it, this solves that expensive problem right there. I expect to not go anywhere without a small jar of VCO in my bag for tea on the go, or eating out, for example.

Danielle, Ella, and Mike, and especially BRUCE! thanks so much for this work on getting us reeducated or rather, un-educated to correct eating habits 'fed' down to us by our innocent parents or not-so-innocent food education cartels. Thanks ever so much. I look forward to significant shifts in my low metabolism (have been hypothyroid for two-thirds of my life thanks to fluoride and chlorine) and maybe other factors.

Helen

San Antonio, TX

I have recently (for 2 weeks) started taking VCO three times a day, one table spoon at meal time, I had read about it and did not really pay attention to what I read, so I needed energy so badly, being a Diabetic (2) I craved sweets, food of any kind, gained about 30 lbs in one year, (from a 12 to 18, 5'7") cannot get in to my new clothes I have had for 2 yrs, tags still on them, very expensive clothes, after these past two weeks being on VCO I can tell a difference in my energy, do not crave sweets. I am a Real Estate Broker and had just completely stopped working, now I am ready to get going again, feel so good, going to loose some of this weight, I can tell it already. I exercise about 3 times weekly, before I did not have the energy to exercise, my husband cannot get over the difference in my energy, I even help him cook,. I am 80 years old and can get in and out of the bath tub like a child, just imagine what I will be doing in 6 months taking VCO. I intend to continue taking it from now on, I am sure my Dr will be so surprised my next visit in 2 months when he checks my Sugar and other important things that he stays on me about. will let you know.

Claudia
Mobile, Alabama

I am 25 years old female and I've been taking coconut oil for now two months. Why? Because I was desperate with my weight. I tried EVERYTHING! All the fat burners that exist, name it I tried it! With some of them the side effects were very strong. I also do exercise 3 times a week. Nothing was helping me. So I decided to meet a nutritionist and he made me take coconut oil. I take 5 tea spoons per day along with 5 little meals. I have to say that I am pretty impressed. I lost 15 pounds! Finally something that really works! I don't even want to think on how much money I spent on fat burners! I could have bought coconut oil for the rest of my life! Give it a try!

Madeleine
Quebec, Canada

I have had rough skin on my elbows since childhood. I have tried everything, intense scrubbing, all different types of lotions, nothing worked. They had began to crack and bleed so I was about to schedule an appointment with a dermatologist (an expensive venture) when I ran across coconut oil as a medical treatment. IT WORKED!!! My elbows are beautiful now, not a bit dry!

I told my dad who has been suffering with extreme psoriasis on his legs for three years. All of the treatments he has undergone have been terribly painful and ineffective. Coconut oil has soothed his skin and has been the best help of all and has not hurt a bit. Thank you for the amazing information you provided!!

Christie Cali
Richmond, VA

My daughter sent me some virgin coconut oil from Thailand, where she lives, also the book by Bruce Fife on The Miracle of Coconut oil. I am chronically ill and disabled with a neuro-muscular disease. I started rubbing it into the skin about 6 months ago, which has greatly softened my dry skin and also diminished the horrible brown marks on my hands and arms. It has also helped the cracked corners of my mouth. I was rather overweight too, being unable to walk for so many years, and after taking a small amount of the VCO every day for the last 3-4 months, am now delighted to say that I have lost over 31 lbs in weight. I can hardly believe it, but I am now back to size 12 from being size 18 and feel so much better for it! Needless to say, I am absolutely hooked on the virgin coconut oil (VCO)! I also have it with a jacket potato and a little sea-salt and it is absolutely delicious, and

various other ways of including it in my diet. I have recommended it to many friends.

**Yours sincerely,
Rose Fenton**

I wanted to thank you for enlightening me to the benefits of coconut oil. I am 29 years old and have been suffering with ulcerative colitis for 14 years. My father had ulcerative colitis that went untreated and led to cancer and his death at the age of 46, so I have always been aware of the seriousness. I never experienced coconut oil until my wife found your cookbooks! I visited the CRC's website and ordered your Coconut Cures book and was blown away page after page. In addition to colitis, I have several other medical problems that were treated with coconut oil so how can I not give it a shot.

I built up to a maintenance level of 1-2 tablespoons in my coffee every morning and started feeling better after about 1 month. Nine months later I had my yearly colonoscopy check up (required for colitis patients of any age) and my doctor was shocked! Not only has the disease reversed itself, none of the biopsies revealed any indication of colitis and I essentially have a normal person's colon!! I told him about coconut oil and, of course, my doctor thought that the medication was cause for improvement but said to definitely keep doing whatever I'm doing. If only my father had this knowledge/product when my father was young, he could have seen his kids grow up.

Mike

I have been suffering from severe dry skin together with itchy genitalia. I went to an OB-GYNE. I went thru pap-smear and the result was BV(bacterial vaginosis). I went thru meds (flagyl) for 7 days. Discharge was okay but the itch is still there. I went to the same OB again, she prescribed Canesten vaginal tablet. It didn't work!!! I was really going out my mind to find solution to my problem. A client referred me to another OB, Dr. Myrna Habaña at VRP Hospital. She did an exam and could see nothing wrong except for the coarse hair (pubes), she prescribed travocort cream and VCO. My god, first night I applied both, I couldn't believe it! The first decent sleep of 2008! No itch! Everything seems to do well, although there is still some itching, it doesn't sting anymore. I can live normally, sleep normally. VCO calmed my irritated skin. I have to do the all-cotton thing for now to prevent reinfection. It really took patience to find a good doctor, and sweat a bunch of money before finding a good one. I'm on my 6th day of VCO treatment and I'm going to continue this regimen.

**Pix,
Manila**

Thank you for getting the word out about coconut oil. It truly has been a miracle for my skin. I've had 8 years of acne. After 3 days of using coconut oil topically, my skin changed dramatically. My pores shrunk. My skin literally looks completely different. It's healthy. After trying retin-a, antibiotics, and hundreds of expensive products---a \$14 jar of coconut oil did the trick!

Anonymous

For 24 years I have battled herpes simplex type II (not type I) both genitally and in my mouth, and on my nose. My infection is not the typical type where you get some blisters that heal. I have always had a severe systemic type reaction whenever I get an outbreak which at times for many years was as frequent as twice a month, barely healed and I would come down with it again. But the worst part is that prior to the outbreak I would suffer extreme fatigue and very nasty headaches that feel like a chainsaw is ripping into my brain, whether I had the genital or facial blisters. It affected my ability to think and my memory

and I worried that the virus was eating away at my brain. I used Acyclovir preventively for 3 years to fairly good effect, until it stopped working altogether. Needless to say herpes has been an incredibly destructive force in my life, not to mention the emotional trauma and effect on my sex life and relationships.

I've also had such severe prostatitis that I couldn't pee for days and although my Dr. says it's not a cause of prostatitis I'm almost certain that mine is caused by herpes. None of the antibiotics she's given me have helped it.

Since the antivirals no longer work (I've tried the others) I have for years restricted my chocolate intake and nuts as these are two of the highest sources of arginine which the virus needs to trigger and sustain an infection, though there are lower levels in a lot of common foods that are hard to avoid. I have also used sterolins for many years to suppress outbreaks and they help quite a bit, but neither completely stops outbreaks.

Around Christmas (maybe 10 days into my coconut regime) I became reckless and consumed some chocolate and nuts. I was surprised and happy that it didn't trigger an outbreak, and it was then I started looking into the effects of coconut oil. Wow, I found out it has an anti-herpes effect. Could it really be preventing my outbreaks? Previously I could guarantee an infection if I overdid it on the chocolate or nuts, so I decided to have some more chocolate, peanut butter and real fresh coconut which also contains high levels of arginine, and which I had been avoiding for that reason. Still no infection. I was amazed and decided to eat chocolate and peanut butter freely whenever I wanted. Still no herpes infections. To say that I am amazed is certainly an understatement considering the hell I've been suffering for 24 years.

Shortly after Christmas I noticed my constipation was gone altogether. The only thing that was different was the coconut oil.

Last week, about 5 or 6 weeks into the coconut oil I started noticing no prostate symptoms. It's only been a week since then so it's hard to say my prostatitis is cured but considering my track record on coconut oil 44 years of constipation and 24 years of severe herpes eliminated, I'm hopeful that it will be the same with the prostatitis.

I'm extremely happy to have found coconut oil.

(name withheld by request)

About a week after we moved in to our new home, our eight-year old dog, Davis got deathly ill. We actually thought he may have broken his back on the stairs. He could not walk and had to be carried everywhere. The vet was certain that he had hurt his back as well, but on the second day, he started having blisters on his feet and on the back of his body. When he stood up on his feet, they would just bleed. (Just lovely in the new house!!!) After inconclusive tests, as well as even a spinal tap, they decided to call it an immune disease. Still not sure quite the diagnosis, but he was on death's bed. After \$1500 in tests and medications, the vet still was unsure of prognosis and suggested to put him out of his misery. Davis was still unable to walk, but now unable to open one eye and had large half-dollar size lesions all over his back and hind legs.

After making the appt. on Friday, to put him to sleep on Monday, I decided to try one last thing over the weekend. I read on the net about coconut oil being good for dog's immune system. Desperately I tried it, and miraculously about four hours after his first dose, he got up and walked. Within a day, his feet stopped bleeding and he was once again walking over to the food bowl! I am convinced and just amazed! Funny how after \$1500 of tests and meds from the vet, a \$15 jar of coconut oil healed him!!! It has now been two weeks and he is back to normal.

**L.H.
Cedar Park, TX**

Last week I just started taking coconut flakes daily with salad or chocolate. I have lost 5 lbs

in a week and I haven't tried to diet. Just every time I feel hungry, especially at night I take some coconut flakes. I have improved digestion without a doubt.

Could it be that easy to lose weight?

I have about another 15lbs to lose - at this rate I'll be done in just 3 more weeks. Then up my coconut dose if I feel myself gaining a few pounds.

I am hypothyroid and I take synthroid daily. I'd like to wean off the Rx. I wonder if coconut is the secret?

M. Evans
Florida

I've gone from tears and a life of despair over my weight, to a young, healthy vibrant 34 year old. I feel as though I've captured my 20's once again. I was told about Kevin Trudeau's book and went out to purchase it, which led me to your website as well. I have been using Organic coconut oil for a week now and have lost 13lbs. It's absolutely amazing. I weigh in at 360lbs and was told by doctors that I would surely be at risk for heart disease and a host of other life threatening ailments due to my excess weight. I'd tried it all.....slim fast, nutria-system, weight watchers, Atkins, south beach, relectore....you name it and I was out there buying it. I was just really desperate to find the answer to my life-long weight problem. I discovered through research and reading that the coconut cure along with spicy foods and organic foods, Yerba Mate Tea, and Organic apple cider vinegar, would boost my metabolism through the roof and it DID! It's only been a week and I'm running around here doing housework like a maniac and I can't sit still. My metabolism is so revved up and my cravings have totally vanished. I can't thank you and Kevin Trudeau enough for renewing my faith in this wonderful thing we call life. I am shouting this information from the hilltops. The benefits are so tremendous that it's difficult not to broadcast it to all who will listen. I use the coconut oil as a moisturizer for my skin. I have no blemishes and my rosy cheeks have returned. I even buy the coconut powder and sprinkle it in my bath. It leaves my skin feeling soft and my psoriasis has literally disappeared. I no longer feel the aches and pains from fibromyalgia associated with my weight. I am a type II Diabetic and my blood glucose levels have dropped significantly. I also noticed that the white powder on my feet that diabetics often get, has also disappeared. I can't say enough about this cure. It's not hocus pocus like some believe. I was a skeptic at first, like most, but I opened up my mind to it because I'd tried so many other treatments for my obesity. I figured it was worth a shot. I was currently on a waiting list for Gastric Bypass surgery, which I will no longer be needing. I am quite certain that coconut oil will be in my life for always.

I take 3 tablespoons full of organic raw apple cider vinegar a day before each meal. I also take a tablespoon of organic raw DME coconut oil 3 times a day as well, before each meal. Throughout the day I brew Yerba Mate tea and I can't recommend it enough. It is a tasty tea, a natural diuretic and helps to boost the metabolism. I have abolished sweeteners and have turned to Stevia to sweeten the tea just a little. Last but not least, I incorporate hot peppers and cayenne pepper into my diet. This tactic raised my body's basal temperature and kick starts my metabolism. I've noticed that I no longer have a problem with acid-reflux or constipation. I have lost that bloated, distended feeling...it's truly wonderful. I know I've gone on and on but I can't say enough about the wonders of DME Coconut Oil. For those of you on a budget, it is a little on the costly side, but it's advantages are worth more than I can explain. I honestly would live without all of my worldly possession to keep buying this stuff. If you haven't already, please do yourself the world's largest favor and go GET SOME. Don't waste another minute feeling depressed, unhealthy and discouraged with diet pills or programs.

Sincerely,

Danielle Johnson
Sault Sainte Marie, Ontario
Canada

My name is Grant Bowker and at the moment live on the island of Santo, Vanuatu.

In 1999 while working with my father, Neville on a way to extract the fresh meat from the coconut in Australia, I read Bruce Fife's book on the health benefits of coconut oil. I had been brought up in Northern Rhodesia (Zambia) and was lead to believe that coconut oil and butter was bad for you and our experimenting on the extraction of coconut meat was only because no one had invented a way of meat extraction of the coconut and we loved the challenge as we came from farming stock.

Well I did weigh 105 kgs, had high blood pressure (186/99) and taking two different types of medication, I do not remember the name of them as I stopped taking them in 2004. I now weigh 75 kgs and a blood pressure of between 116/68 to 132/80 depending what I am doing at the time.

I had high cholesterol with the bad being higher than the good.

I had been using cortisone cream for over 30 years on my face to control eczema. I no longer have eczema, but have to use VCO every day. My eyebrows have turned from grey to black and so have my arms and leg hairs. I had a caustic burn on my arm the size of a tennis ball that had no hair on it for 20 years and although the skin still looks slightly white it is now completely covered with hair.

I told my Doc. That I was going to eat and cook with VCO and he said that I was going to kill myself.

Six months later he made me have a chol/tri and PSA done as my father had prostate cancer (180), he was shocked. Although my bad cholesterol was still higher than the good, it had come under the danger mark, but what shocked him most of all was the triglycerides and PSA was at 0.4, he asked me to order some VCO for himself to use. He did another test on me a year later and the bad cholesterol was lower than the good and PSA at 0.5 and as I was 54 at the time, I could have a PSA up to 4.0 without any worries.

Grant Bowker

I have taken VCO for about 6 years in cooking & baking. My only health problem were lungs. By 2003 when the doctors finally believed me, my lung volume was only 22% and went on oxygen 24/7. I immediately went to lung transplant list (after much testing). Because of my age, 61, only really healthy people are taken for new lungs. By mid 2005 my lung volume was way down. Not good at all!

The transplant doctors could not believe how well I was doing with the condition my lungs were in. Now believe me I was not running races and such, in fact making the bed was difficult - had to stop and rest 4 times to get it finished. But I was able to continue to move around. On clinic days, they would bring in students and other doctors to say "You cannot tell by looking how bad of shape she (me) is really in.

I was hospitalized Dec (05), Jan, Feb, & Mar with lungs not able to rid itself of carbon dioxide - down to 10%. Docs are still amazed at how well my body is doing. New lungs came on April 18th. It was an amazing and awesome event in my life. Although I had 3 rejections and 2 lung infections in the first year, I was not ill nor did I EVER have any pain (even with the surgery). The only downside was low energy because of ALL the medications.

One thing they told me was that after transplant I COULD NOT stay on VCO because with the steroids I would gain too much weight on a saturated oil like that!

After 15 months has passed and I'm still on VCO, they are in awe of how well I doing. My energy levels are off the walls and my kidneys and liver are acting like a normal person's (not on medications). Yes, I do exercise - dancing to the oldies in my living room or brisk walking and I try to eat well. They can't understand it and if they ever ask, boy, will I tell them. I might add here that I'm 66" tall and weigh 116 lbs.

Is it the VCO? - I believe it had a lot to do with how I did past and present. Now we even have coconut flour - WOW!

Gale Oklahoma

Two weeks after taking extra virgin coconut oil capsules, my husband who weighed 210 lbs and I who weighed 195 lbs found ourselves 10 lbs lighter without even going to a gym.

Our routines did not change. But our weights did!

We learned that the virgin coconut oil has weight reduction properties. EVCO actually stopped our cravings for sweet and chips. It has kept us satiated longer than the "diet pills" we took before.

We are looking forward to getting exercise into our lifestyle now since we are motivated to increase our metabolism levels to speed up our weight reduction.

Marlu Cundangan

When my daughter came up against a thyroid problem she started to investigate natural cures. I have studied herbs and natural cures for years but it was she who told me about coconut oil. She has improved some since starting the oil. She takes it internally and slathers it all over her body. My story is a little different. I had a melanoma on my leg. After six weeks and turning different colors it's gone. Sounds weird, but yes it's true.

Now I am starting to heal the inside of my body. It always stops pain from arthritis and the bruises are leaving very fast where in the past they took weeks to go away. I'm studying cures for Lupus to help myself and my friends, and as far as the thyroid goes,....as with anything else, it seems to take more than one thing to cleanse and heal. I will never stop using VCO. It's one of the planet's gifts to mankind.

Sue Bromwell

I have had really bad eczema all of my life. For the past 3 weeks, I've had it really bad on my face and neck. My skin was coming off in sheets. Nothing – not even my last resort of steroid cream – was working. Three days ago I was taking a spoonful of coconut oil, when some happened to drop on my chininstant relief! I rubbed it all over my face and neck, and the irritation and dryness immediately disappeared. It's been a few days now, and things are getting better and better.

Tim

I've had chronic bladder infections for twenty years. I've been to numerous doctors with no positive results and most of the time I was worse. After the last doctor I swore I would not go to another doctor unless I was dying and had no choice. I began to research natural remedies. I tried so many things it would be hard to list. They helped to some extent but didn't cure my infections. I found your web site and tried coconut oil. In one month's time I have not had one bladder infection. I'm taking one tablespoon 3 times a day with meals. I've put the oil on cuts and healed so quickly I couldn't believe it. My husband eats popcorn every night and I started using coconut oil instead of canola oil. He loves the flavor of the popcorn. I'm anxious to see what other benefits we'll get by using the oil long term.

C.D. Seattle, Washington

I would like to congratulate this website. Well done! I am a primary care practitioner or general practitioner with priority in nutritional medicine as the healing component. I have read Dr Fife, Dr Dayrit, and Prof Mary G.Enig's books and am using only virgin coconut oil/VCO) for cooking and also orally when down with the flu, etc.

I strongly advise my patients to consume more VCO when sick and advocate to all ages from newborns to the old and sick, including those with diabetic, hypertensive, heart, and skin ailments and even those stricken with cancer. Over the last two years I've seen patients

get better.

It is difficult sometimes for some patients initially to accept VCO. They think I am going 'nuts'!

I have even started VCO production using the DME method to produce this relatively expensive oil for my patients and customers and make this remarkable healing oil more affordable to them. I am also getting excellent guidance from the Agriculture Ministry. I am very grateful to have a Prime Minister that advocates the VCO industry and hope to see his vision come true for my countrymen.

The truth is being revealed and allopathic medicine has to admit all this while they have been wrong and it is still not too late to rectify this mistake. I still get criticisms from many but I believe in due time the critics will be silenced. Also, as consumption of coconut flour gets ongoing promotion, I think the overall health of everyone and the world will be better.

Dr S. Kumar M.D.
Malaysia

I am 52 years old and suffering with high Cholesterol and Uric Acid. Many parts of my body start aching, especially my right arm. Right shoulder's pain even causes hard to move, irritating pain. (I was taking Simvastatin and alpurinol for Cholesterol and Uric then) a friend from Canada asked me to assist them get Virgin Coconut oil from the Philippines where I am living now. That reminded me I had more than a liter in my kitchen cabinet lying there idle, and thought to myself why not try it? I pour 2 spoons full into plate with hot steamed rice when I eat lunch and 2 spoons during the dinner at night. It makes the plain rice taste better, like special fried rice coconut flavor. After a week or so I noticed my right arm moving more freely, and the pain subsiding. After a month the pain was gone.

Rudy
Philippines

I was diagnosed with prostatitis almost a year ago. This infection was caused by a hospital stay in which I was diagnosed with a chronic leukemia. My leukemia is under control, but my prostatitis seems to be flaring out of control. Several courses of antibiotics later, I still had the prostatitis. Not much fun, this condition. I noted that coconut oil can kill different types of bacteria and Candida. After 5 days on 4 Tablespoons of VCO a day, my prostatitis symptoms are almost gone. Pain reduced from a 10 to a 3. My "flow" is far better than even normal. I also note that when I wake up in the morning, my teeth are not "fuzzy", they feel clean and smooth. I have lost 7 pounds and my skin is clearing up. I have far greater energy than I have ever had before. The habitual sweet tooth I suffer from seems to have vanished. I am in shock from the great benefit of this food. If all this can happen in only a few days, where might I be in a month?

G. Eugene Davis

I wanted to share my story about the wonders of coconut oil (and flax oil). I was diagnosed with Type II diabetes about 1 ½ months ago plus I had been battling with low thyroid levels for several years. I was reading internet information about diabetes and ran across a website that discussed the poisons of partially hydrogenated oils in our food supply and the direct correlation of their consumption to the rising epidemic of Type II diabetes & insulin resistance. I found that this is directly linked to consumption of partially hydrogenated oils in the diet. I also read of the benefits of consuming coconut oil. I then eliminated all partially hydrogenated oils and products containing them from my diet and began using two tablespoons of organic virgin coconut oil spread on whole wheat toast in the morning plus two tablespoons of flax oil in my oatmeal. After just 3 weeks, my energy levels have soared, my blood sugar went down from 300 range to normal range of 114, my craving for starches, sweets and carbohydrates completely disappeared, I feel fuller, which helps me stick to my diet, my body temperature increased (indicating improved metabolism from the coconut oil) and even my blood pressure increased slightly, though not dangerously high –

another side effect of the increased metabolism. All I can say is that I wish every Diabetic with type II diabetes would read this information and begin using coconut oil and flax seed oil. They would see amazing results. My doctor is very impressed that I brought my blood sugar under control so quickly WITHOUT drugs and thought it was the diet and exercise only. I explained that sticking to the diet and exercise is made so much easier from the incorporation of these delicious oils in my diet. Unfortunately, many in the medical community have never heard of the wonders of coconut oil. Perhaps they don't want to hear because by actually curing type 2 diabetes with this information, many doctors and specialists would soon be "out of business" As one website author said, the word "cure" and diabetes is not on most medical doctor's vocabulary – and the reason is financial.

(name withheld by request)

My husband and I vacationed in Belize last summer and fell in love with coconut rice, which is a staple in the Belizean diet. After returning home, we replaced white potatoes with coconut rice in our diet. We lost weight, our skin looked great, my husband's blood pressure has improved, and we feel better in general. As part of an overall healthy lifestyle, coconut does the exact opposite of what we have all been conditioned to believe. Doctors still claim that it's bad for your heart and it's fattening, but my experience proves differently. I wanted to share my recipe for coconut rice:

1 cup uncooked brown rice
 2 cups water
 ½ can coconut milk
 1 Tbs. organic natural sugar
 2 tsp. sea salt
 1 tsp. fresh ground tri-color peppercorns

Add all ingredients together in rice cooker (or heavy pot with lid on stovetop) and steam until liquid is absorbed. Texture will be tender and creamy.

Sharon Supplee

Two years ago, I was diagnosed to have a high bad (LDL) cholesterol level. I did everything to lower my cholesterol level. In fact, I exercised at least three hours a week and successfully reduced my weight by 12 pounds. I was also avoiding fatty/oily foods. After three months, I went to our company clinic to have my blood chemistry result. To my surprise, my bad (LDL) cholesterol was not lowered, in fact, it increased by 15%. My doctor advised me to take simvastatin to lower my cholesterol. I took the drug daily for one month and as a result it lowered my LDL cholesterol by only 15% but I feel it had bad side effects on me. Since then, I just avoid oily foods and exercise to stay healthy. I also take vitamin E, fish oil, and other anti-bad cholesterol vitamins. After three months, my LDL is still the same level as before.

My officemate told me to try virgin coconut oil (VCO). I thought that I have nothing to lose on taking VCO, so I tried it for 3 months. I consumed almost 1.3 liters during that period without avoiding oily foods like lechon (roasted pig), egg yolks, leche flan, cakes, ice cream, and even junk foods. I was surprised when I read the blood chemistry result which indicated that my LDL (bad) cholesterol went down and my HDL (good) cholesterol went up. Since then, I recommend to all my friends and officemates the beauty and health benefits from VCO. In fact, I encouraged them to buy VCO.

Erlinda Macaraya

I used to be an annual sufferer of flu, at least once a year during the start of rainy season in the Philippines (month of June), and normally causing a personal downtime of 3 to 5 days of rest each time. My suffering from flu ended in September 2004 when I first used virgin coconut oil. This was how it happened.

I woke up at that time feeling weak, but since I had a commitment to visit a client I decided just to bear with it. When I came home in the evening from the factory, I was already very sick—feverish, joints pain, back pain, and very tired—the usual symptoms of flu that I have been very familiar. Since I've heard about the anti-viral effects of VCO, and knowing that flu is viral, I decided to try it and bought a bottle from a nearby drugstore. I struggled to drink 4 tablespoons. Since I had 39.5 C fever already, and without any information that VCO is antipyretic, I took 500 mg of paracetamol, together with 2 glasses of water. Then I went to bed at 9 PM. I was not able to sleep immediately, I felt my body was energized, and the feeling of fatigue did not worsen. Eventually I slept, but woke up at 3 AM extremely surprised that my flu was completely gone. Being so familiar with the flu, I could hardly believe that it could actually disappear that fast. I felt so well that I decided to proceed with my early morning flight at 5 AM that day to the southern city of the Philippines, Davao City.

Since that time I take 1 tablespoon of VCO every day, and increase it up to 4 tablespoons whenever I feel tired or weak. I haven't had the flu again for over 2 years!

Tony Geniston
Quezon City, Philippines

I am not scratching for the first time in a month. What a relief. I first noticed it as persistent itchiness at the top of my thigh. After a week or so, a small rash appeared. It quickly spread across my hip. Then the rash appeared on my other hip. Before long, I was itchy on the back of my knees, the inside of my elbows, and the back of my hands, as well as across both hips. I went to a conventional doctor who couldn't diagnose the source but prescribed antihistamines and a prednisone "burst." After a week on prednisone, the rash was as itchy as ever, and my skin was even more red and swollen. I tried every topical remedy I could think of with little relief. I saw a naturopathic doctor who was also unable to diagnose my problem but suggested treating it through a process of elimination, trying an antifungal first, and going to an antibacterial if the antifungal didn't work. After several days on the antifungal with no relief – in fact, the rash was now spreading to my back, my belly, and my forearms -- it flashed through the back of my mind that I had once read that coconut oil had anti-fungal, anti-bacterial, and anti-virus properties. Feeling fairly desperate – and with nothing to lose -- I pulled my bottle of virgin coconut oil out of the kitchen cupboard and applied it topically to all my itchy places. The results were miraculous. Almost instantly, the itching stopped. Within hours, my skin began to smooth, and the redness faded. This absence of itching is such a wonderful feeling that I'm truly grateful. I am now a coconut oil convert.

Elizabeth Johnson

I began using Virgin Coconut Oil manufactured by Namio Nanpei of Pohnpei and his Filipino doctor three weeks ago. I am 64 years old, diabetic, and intermittently have high blood. After three weeks of use, I notice these changes: My flaky, achy, dry skin is gone! My stinky scalp psoriasis is also gone! My 4-inch diameter patch of itchy, scaly skin on my back is gone! My wrinkled, square-shaped fingers are now rounded and smooth looking as well as to the touch. My dry toe nails which were cracking, breaking off, and dying are now regenerating! I have a whole new skin that looks healthy and alive!

John

I burned my forearm on the oven rack. It was a very bad burn and after the heat went out of the burn I put coconut oil on everyday, so far this is the third day. I had anticipated that the burn would blister and seep, but so far the burn is healing with no blistering and doesn't even hurt. The coconut oil is like a miracle. I never had a burn heal so fast and my skin is almost back to the normal color.

No Name

I began using coconut oil 11 days ago. I went to the doctor's office the Friday before and my blood pressure was 169/94, now my blood pressure is 112/68. Here are a few other changes I have noticed, hair (stopped breaking), skin (not dry and flakey). I take 1 tablespoon in hot tea every morning and another 1 tablespoon at lunch on my salad, and add 1-2 tablespoons in my dinner meal. Did I tell you how much energy I have now? Coconut oil: YOU ARE THE ONE!

Ella

I am a health professional and therefore not surprisingly, I was abashed when I would see books about coconut oil. Until my own health problems began. My thyroid levels were swinging around, but not really high enough to be treated by most allopathic doctors. I felt awful. My hair was falling out, my skin was so dry it itched and cracked, my cholesterol was up and so was my weight, ever so slowly with every passing month. In addition, my coworkers were amazed at how can I function when I am constantly sick and on antibiotics. I was a mess at a fairly young age.

I did some of my own research and kept coming up with coconut oil. Then I found this website (Coconut Research Center) and became more convinced as I accessed the journals presented. I felt like what was I to lose? Here is what happened after taking coconut oil for several months:

- 1) Weight has stopped increasing, it is starting to drop because I no longer crave sweets or simple carbs and have a massive surge of energy which allows me to be more active.
- 2) Cholesterol dropped, HDL [the good cholesterol] went WAY up (from 30's to almost 60).
- 3) My skin is beautiful! I was having rosacea, now it is smooth and clear. My legs feel as if I am a teenager they are so smooth. I even put coconut oil around my eyes as a moisturizer. I love feeling my legs, it is almost as if I have made a discovery. I cannot believe at my age my skin can be so soft and supple. It's almost like having a flashback to my teenage years!
- 4) I am not bloated anymore; my stomach not distended and my feet not hurting from not fitting in my shoes at the end of the day.
- 5) I feel so much more energetic, as if I was 10 years younger.
- 6) My hair is beautiful and silky and not falling out.
- 7) I am hardly ever sick anymore. When I or my kids are coming down with something, we up the coconut oil. We are better within a day.
- 8) My daughter was born with such extreme eczema, she was constantly itching, even had patches of scabs on her body and scalp. I have spent hundreds of dollars on expensive prescription steroid creams, which after a few years, stopped working. The doctor laughed at me when I mentioned coconut oil. The proof is in the fact that my daughter's skin is beautiful and flawless now, no itchy bumps, just beautiful baby skin. Even though she doesn't like the taste of coconut oil in her food she will eat it when I remind her of her skin problems. (She also is a very healthy weight.)
- 9) No more monthly yeast infections.
- 10) Wounds heal very quickly when coconut oil is applied. It's almost like magic.
- 11) My TSH levels are way down into the normal range (not even subclinical hypothyroid anymore). WOW! The first time in over 6 years!

It took quite a long time before I noticed these changes (several months). At first I gained weight and was very depressed by it all. I stuck with it. The health changes have been remarkable. Simply remarkable. Coconut oil has changed my life. The only sad part is, when I mention this to my colleagues or friends. I still get glazed-over looks of disinterest and disbelief, or outright gasps of horror with a refusal to listen to anymore of it.

(Name withheld on request)

My name is Jen and I am 25 years old. I just started using virgin coconut oil 3 weeks ago. I have very sensitive skin, skin redness, pimples in my back and chest and big pores.

Since I was 16 years old I always bought different kinds of expensive cosmetics, creams and facial mask to avoid and to get rid of my pimples. These products caused me only more blemishes and my face turned dry. I noticed if my skin gets dried from different kinds of cosmetics and creams and facial mask I only get more blemishes. I had back pain last month since I am working in the office 9 hours a day. My cousin massaged my back with the virgin coconut oil and the next day I noticed that my pimples on my back went dry and it feels so smooth. So I started applying it on my face daily and all over the body. And now I have a very smooth face and it has its moisture again. My skin redness, pimples, big pores are all gone. It really helps a lot and I can really recommend the virgin coconut oil.

**Jen
Germany**

I was walking and golfing as my exercise program, on weekends 18 holes and almost everyday after work 9 holes at least. My heels started to ache constantly, I had to leave the golf course frequently, and could barely walk from my truck to my house when I got home. I heard about virgin coconut oil (VCO), starting reading about its ability to reduce inflammation, and thought I'm desperate enough to do it, as I was about ready to give up golf.

So I started taking VCO three times a day. The heels of my feet felt better right away, but only by about half. I was happy with that. I never stopped golfing. But my feet continued to get a little better every day, and after a month and a half, I was completely healed. I knew this when I walked 18 holes 5 days in a row. Later at night my feet felt normal with no pain, nor was there any pain the next morning.

As a side bonus, the calluses on the fingers of my left hand were thick and flakey from playing the guitar. I was having to file them down to be able to play, and my finger tips were tender. That all went away. I still have calluses, but they are pliable now, I don't have to file them, and my finger tips are not tender any more. I can play pretty much as long as I want to now.

I haven't lost any weight yet, but at least I'll be able to keep up my golf exercise program. Maybe over time, I will lose weight, but I am sure healthier now.

**Rodney Latimer
Athens, Georgia**

There has been a nasty stomach virus going around the New York City area. I was hit with it on a Sunday mid-afternoon. I had two bowel "episodes" which made me know I had the virus, just like my brother and our mother and father. Later that day I took about two tablespoons of liquid virgin coconut oil and I also took some cider vinegar with water. For dinner, I had a sweet potato drenched in coconut oil.

I never had another episode. My friends and family had been telling me about how long the virus stayed with them - some for seven days or more. Mine only lasted for an

afternoon. That evening I was back to normal.

I'm glad I've been finding out about all the incredible things coconut and coconut oil can do for you.

Vince Scuderi

I got shingles last week on Thursday. My sister in-law gave me some virgin coconut oil and by Saturday the pain was gone. It is now Thursday [the following week] and the rash is almost gone with no pain. Sure beats getting steroids!! I am impressed and will be using this product daily!

Avis Valle

After having 25+ years of severe acid reflux -- using the strongest medication barely helped. After one day of using virgin coconut oil I noticed an improvement. By the end of the week it was completely gone and has stopped years of suffering. I've noticed more energy and the loss of junk food cravings. My skin has improved and can go out in the sun again -- not a mole hiding in the shade or behind sunscreen. Your book is right -- this is nothing short of a "miracle" -- praise the Lord.

**Sylvia Franklin
Houston, Texas**

I found myself leafing through Bruce Fife's book just before Christmas, and was so fascinated that I walked out having bought the book and a jar of organic unrefined coconut oil. Immediately I started using it on my skin and added a small amount to my diet. On New Year's Eve I felt the onslaught of the flu....scratchy throat and fatigue....so I added more coconut oil to a soup I was making (to which I also added fresh ginger and reishi mushroom and garlic). Overnight the symptoms progressed to my lungs...a deep cough signifying bronchitis. I had more coconut oil, probably 3 or 4 tablespoons. Usually when my body is successfully fighting an illness like this, the symptoms gradually subside over a couple of days at best. But in this case, by nightfall of New Years day, ALL my symptoms were absolutely GONE! Wow. I could only imagine those free fatty acids busting up all the influenza viruses one by one as the reason. I have never experienced such a quick and complete turnaround.

**Melissa Janae Emberson
Weston, Connecticut**

I am very pleased with the great benefits of coconut oil. My horse had these ugly warts on her nose that would not go away. I decided to put some coconut oil on them and everyone thought that I was going nutty. Within 6 days they had all cleared up and I am so happy about it. She loves the smell and the taste of the oil too.

**Tanya
Melbourne, Australia**

My name is Annette and I just starting using Virgin Coconut oil just about 3 weeks ago. I had been suffering with arthritis and back problems. I use to have a problem just getting up out of my seat and since I have been using coconut oil I just get right up with not problems. I thought I had to get a new mattress because my back was hurting so bad but now I have not problems. (I am still going to get a new mattress anyway). I just want to say that I am sold on this coconut oil and have recommended it to family and friends and they have and

they are telling me great results from it.

Annette Riddick
Atlanta Georgia

I thought you might like to hear of my experiences with coconut oil. My name is Jo Wilkinson, I'm 39 and live in the UK.

In 1987 I was diagnosed with what was then called Post Viral Syndrome, now ME/CFS/CFIDS. I'd had a serious bout of flu in 1986 from which I did not recover properly, although my health had been slowly deteriorating since mid 1985. I had a severe relapse in 1993 following a flu vaccination. From this point I was often house and/or bed bound. My husband (my rock) and I have been everywhere and tried everything.

To cut a long story short, it was suggested by a doctor in London that I should see an endocrinologist in Brussels – at that point I was on hydrocortisone, (BP down to 80/30 which precipitated the prescription.)

The endo always spent a lot of time lecturing us on diet. Lecturing is not to strong a word, he was very insistent that I should use coconut oil for cooking and not olive oil. Your book (The Coconut Oil Miracle) was shown to us along with a tub of oil. He was against the prevailing low fat dogma, saying that fat is required by the body for making hormones.

The second strand of his diet theory was that I should eat a Paleolithic type diet : no grains, sugar, dairy. Not too much fruit, loads of veg and salad, plus meat, fish nuts and seeds. My complaint was that I like yoghurt, so I was allowed two a week as a concession. This diet is very healthy especially when combined with the coconut oil and over time I recovered to a point where I decided to get off the meds. Since September 2004 I have been off all meds and my health since then has improved dramatically.

Apart from my recovered hormonal system (BP now normal and stable) my energy is better, I sleep less but more refreshingly, I don't get night sweats almost nightly – I don't get them at all. I used to get a lot of leg pain, a sort of lactic acid feeling and that has dissipated in the past three-four months since I started using Primal Defense.

I think that my immune system is getting back to normal as I had flu two months ago, was acutely ill and then recovered normally instead of languishing with fluey symptoms for months as previously. I have a few minor problems left, but I am hopeful that another six months should see me right.

My husband is also very healthy on this diet. He has lost 35 pounds (I lost 7 pounds after dropping the steroids, back to a normal weight of 125 pounds). Eighteen months ago just after turning forty he took up squash again. As one of his friends commented, most people give up squash at 40, not take it up again!

I am very grateful to you for writing your book. I can safely say that it has changed our lives. We are members of The Weston A Price Foundation, and I have re educated myself on nutrition. Coconut oil along with a careful diet has restored health for both of us, and we enjoy cooking together as a hobby.

Health and Happiness,
Jo Wilkinson

I had some concerns of the effects of EVCO (I thought it may bring up my chol/trigs levels.) After a month of use--2tbs a day and after a lipid panel evaluation, no change in these values. They stayed the same as the blood work one year ago had indicated. The proof is in black and white (the lab results).

**Ray Lemoine
Lafayette, La**

I have very bad eczema on my hands and arms and have tried every prescription cream. The only thing that has worked in the past is a large injection of cortisone, which greatly lowers your immune function. I happen to buy some coconut oil for my daughter's thick and curly hair, hoping it would moisturize it. By chance I put some on my eczema and it really helped. So I tried an experiment, I stopped using the non-steroidal cream and just put on the coconut oil. I was amazed that my eczema felt so much better and is starting to go away after only a week. For the first time all winter I don't have any open skin cracks on my hands (very painful!) and my skin is healing.

Jen Chingwe

I just thought I would post about my experience this week with virgin coconut oil (VCO) and flu symptoms.

I was coming down with a sore throat and general aches and pains on Sunday/Monday and that "omg" feeling that I was going to be battling with feeling bad for a week or more. I was already treating myself with extra Vitamin C (which I have found very helpful through personal experience) and I take 4+tbs VCO a day anyway.

I just happened to be flicking through Bruce's Coconut Oil Miracle book where he talks about curing flu symptoms with extra VCO. So on Tuesday, I added an extra 2 tbs to my diet that day (making a total of more than 6 tbs) and by that evening, I suddenly realized that I didn't feel so bad any more! The next day (Wednesday) I also added in more VCO than usual and today I basically feel completely well (perhaps a bit tired).

There's nothing like proving a theory for oneself, is there? :)

Katy

In October 2004, I was introduced to virgin coconut oil (VCO) in one of the trade fairs that I went to in Manila. I bought a small bottle and started taking it internally. I noticed that my pain tolerance increased enabling a measure of comfort from my constant back pain. Later I used it for cooking pancakes and omelets and mixing with the chocolate drinks of my children so that they too can benefit from it. Lately, the changing temperatures are causing people here to be affected with upper respiratory tract infections. My daughter and I had thick and yellow mucus but our energy level was up. We didn't experience fever or cough or any other cold symptoms although we felt like we should already be coming down with the flu, like many people during this season in the Philippines.

My right thumb has eczema that comes and goes depending on my immune system performance. My dermatologist prescribed a very expensive steroid cream to treat it when it's active. Three weeks ago, the eczema was making my thumb "weep", itchy, and red. Instead of putting on the steroid cream, I applied VCO and covered it with gauze. The following morning the redness was gone and the skin became dry. I continued to apply VCO 3x a day and after a few days the thick flaky dead skin was gone and my thumb is smooth again.

Another bonus is a smoother complexion as I use VCO as a "night cream." Since then I have replaced my cooking oil with VCO and my children are getting used to it. Thank God for VCO!

**Lorna Protacio
Philippines**

I didn't have many expectations when I started using coconut oil a year ago. I was overweight, and resigned to it; diets just didn't work with me. In fact, in spite of a basically healthy diet - I really prefer natural, whole foods, organic fruit and vegetables, and detest junk food - I was steadily gaining weight over the years and decades. I was also using what I considered the healthy fats - polyunsaturated oils.

After reading Bruce Fife's books on coconut oil I switched oils completely. I diligently read labels to avoid hydrogenated vegetable oils - and was amazed at how pervasive they are. I used coconut oil for all my cooking, and even added it to my tea. I lost 20 pounds in a matter of weeks, and what's more important, my weight has stayed at this level for the whole year. Even at times of more indulgence, such as holidays and Christmas, I did not gain. I take coconut oil with me wherever I go and can't live without my daily dose! I'm convinced that it was the polyunsaturated oils that made me gain weight, and coconut oil that helped me lose it. Also, my energy is up; formerly I was prone to inactivity but now I can go all day. Another side effect - my dandruff has disappeared completely.

Sharon Maas

<http://www.sharonmaas.co.uk>

I am a type-II diabetic. I control my glucose levels thru diet & supplements alone with no allopathic meds. Because I take so many different things, it is hard for me to say what does the most good. But I drink a can of coconut milk every night as my final of 4 meals a day. By drinking coconut milk late at night, I believe it helps regulate my fasting blood sugar measurement. As a little fringe benefit, the night sweats & chills I have experienced for most of the past 40-50 years are almost completely gone.

Alobar Graywalker

I was diagnosed at one time to have "shingles" (the old version of chicken pox) which made my hip's skin feel like it literally was being ironed. My doctor said the only way to deal with it is to take some kind of horribly expensive antibiotic! Since it was still bearable, I did not buy the prescription. I put coconut oil on it instead, and what do you know. The thing went away in minutes!!!! My sister came to me with the same complaint coming from her doctor (same as mine). I told her to apply coconut oil, and it also worked for her.

Two relatives of mine, both avid golfers, have very itchy thick hives on their backs. They have been to good dermatologists and were given prescription creams that cost too much and yet their hives did not go away. They asked for my cream, and overnight the thick hard hives have softened, and after a few days the hives disappeared with no trace.

It has also been used by one of them for an infected big toe. The infection cleared in a matter of three days.

A lady OBGYN's daughter is a regular customer. She applies it on her pimples and claims it disappears overnight.

Another friend of my sister, who has awful dry skin because of the medicines she takes for her heart, diabetes, allergies, etc. has used commercial moisturizers with no success. She used my cream and it helped her skin recover and she said it no longer itches.

I am a diabetic too and I use it for my body as a moisturizer. I use virgin coconut oil with lavender (liquid form not cream) for my day/night moisturizer and it does remove my wrinkles. However, if I skip using it on my face, the wrinkles come back. I once poured boiling candles on my finger. It got so red and had a blister. It hurt all day. When I was about to go to sleep, I put the cream thickly on top of it and put socks over my hand so that the cream stays on the blister while I am asleep. The next morning, it was not there anymore. No trace at all of the burn.

A cousin uses it on her grandchild for itchy insect bites and diaper rashes with great success.

My sister-in-law had very bad black scars on her arms from a brush with a big nail. After applying the cream for a short while, the scar totally disappeared.

My mother-in-law had injections on her varicose veins. For two years those veins got so black. After a few applications, the vein has turned gray and now is clear of any color.

All this is from the coconut oil.

**Melly Almanzor
Banagale**

Here in the Philippines we Catholics are celebrating 9 dawn masses every day (BEFORE CHRISTMAS DAY) at 4:30 in the morning and during these 9 consecutive days, I believed my immune system was running so well because of the coconut oil that I religiously consume everyday (3 Tbs/day). During these days, I felt warmer although the temperature was getting colder here in the Philippines. I did not catch any cold during these days unlike the previous years when I was not taking it yet.

But days, before the New Year, I experienced headache due to sinusitis. I thought the coconut oil that I've been taking is no longer effective (contents is almost empty and there is some slight change in the taste). I opened a new one (same brand) and took it with additional 1tbs/day higher dosage. Right after taking the newly opened one, my sinusitis and headache were gone in 10 minutes.

Recently, for the past 2 weeks that I missed to take my coconut oil, I felt weaker especially every time I sleep late. I catch cold yesterday, and I am reminded to take my coconut oil religiously. I am sure the coconut oil boosted my immune system and I believe it heals me from my colds, sinusitis and protects my body from getting sick.

**Neil Emmanuel S.
Mapas**

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