



Extra Virgin Coconut Oil

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Most Coconut Oil is Refined, Bleached and Deodorized

Most of the coconut oil sold in America is made from copra. Copra is the dried meat of the coconut, which is left out in the open to dry. Mold may grow on it, flies may land on it and the meat turns brown and rancid while it dries. The oil industry does not worry about this, as they will "clean the oil up" at the end to remove these unfavorable constituents.

Once the meat of the coconut has dried and shriveled, it is easily removed from the shell and the oil is pressed out. Many companies use solvents to help in extracting the oil from the meat. Once this crude oil is produced and the solvent "reclaimed," lye is added to the oil. This step in the refining process drops out free fatty acids, some of the vitamin E, as well as other nutrients and components.

The oil is then put through a bleaching process, which turns the brown rancid color to a nice, white/clear color. This process eliminates more vitamin E and even more of the other nutrients. Lastly, the coconut oil is deodorized by bubbling gas through the oil at high temperatures while pulling the vapors off with a vacuum. This eliminates the bad taste and smell of the crude oil from which it was derived. In the end, what is left is a tasteless, odorless, coconut oil with only fatty acid chains remaining, "seasoned" with traces of solvents and residues from the refining process.

If the coconut oil you have used in the past did not taste like coconuts, even though it was claimed to be organic and cold-pressed, then you can be sure it was not a virgin coconut oil and most likely had undergone this type of refining, bleaching and deodorizing process.

Wilderness Family Naturals Extra Virgin Coconut Oil is Different

Our Extra Virgin Coconut Oils are made from fresh coconuts. The South Pacific VCNO is made from coconut meat that is placed in a large dehydrator that is much like a clothes dryer. It tumbles the fresh coconut meat, while blowing warm air (100-120 degrees F) across it. This drying process takes 30-45 minutes. Once dry, the coconut meat is then placed into a hand press, where the oil is extracted. Each batch is checked for moisture content, free fatty acids and all the different triglycerides. The resulting oil has a stronger coconut taste than our Indian Oil, for those of our customers who love the taste of coconuts.

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Our Indian Virgin Coconut Oil is also made from fresh coconuts. To make this oil the coconuts are shelled and pressed. The pressing of the fresh meat yields a coconut milk emulsion containing both the moisture and the oil of the coconut. This emulsion is then chilled, which causes the oil to become a solid. The mixture is then centrifuged to remove the water layer, yielding the smoothest, creamiest, mildest tasting virgin coconut oil available. Since this coconut oil sees the least amount of heat of all virgin coconut oils made in the world, it is a favorite of many.

Coconut Oil: Nature's Natural Germ Fighter

Today many people are suffering and dying from illnesses that 40 years ago were predicted to be wiped out by antibiotics. Infectious diseases are now the third leading killer of Americans, behind cancer and heart disease. Most pathogenic bacteria have developed drug resistance. In addition, anti-viral drugs that have been developed only help to reduce the severity of the infections and cannot eliminate the viruses completely.

One of the worst viral infections in modern times is AIDS, caused by the human immunodeficiency virus (HIV). This virus attacks the cells of the immune system, leaving the person vulnerable to infection by any number of opportunistic organisms, which eventually cause the victim's death. As yet, none of the anti-viral drugs can stop it completely. On the other hand, 2-monolaurin (formed by the body from the coconut oil) dissolves the lipid envelope that protects pathogenic viruses, bacteria and other micro-organisms. This 2-monolaurin is selective, however, in its action. It will not harm the normal gut flora of the intestinal tract, though it is deadly to pathogens.

When coconut oil is eaten, the body transforms its unique fatty acids into powerful anti-microbial powerhouses capable of defeating some of the most notorious disease-causing micro-organisms. Coconut oil is, in essence, a natural anti-bacterial, anti-viral, anti-fungal and anti-protozoal food. Much research has been done proving coconut oil's effectiveness in fighting sickness and disease.

Worried about Saturated Fat Content & Heart Disease?

People who traditionally consume large quantities of coconut oil as a part of their ordinary diet have a very low incidence of heart disease and have normal blood cholesterol levels. This has been well supported by epidemiological observations recorded in many studies. If anything, the studies show that coconut oil is heart healthy and that there is no correlation between coconut oil consumption and heart disease. Coconut oil also helps to reduce platelet stickiness, stimulates metabolism, promotes lower LDL cholesterol levels and has been shown to reduce the chances of suffering a heart attack.

Coconut oil has also been shown to lower fat deposition, reduce the tendency of blood clot formation, reduce free radicals in cells, lower levels of blood and liver cholesterol, raise antioxidant reserves in cells and lower the incidence of heart disease in population studies.

Money, politics and misinformation have been at the heart of people's understanding about coconut oil. **Coconut oil, though it is a saturated fat, is not like other fats.** It has much shorter fatty acid chains, so it is digested, metabolized and utilized by the body differently from all the other oils.

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How Can Virgin Coconut Oil be Used?

VCNO can be used just as any other oil. It is a solid at temperatures below 76 degrees and a liquid at higher temperatures. Therefore, as a solid it can be used as you would butter. As a liquid it can be used like any other oil. Many people eat it raw to make sure they get their therapeutic dosage each day. Try mixing it with a nut butter or honey, it's delicious.

When used in cooking, its chemical structure is kept intact and therefore is resistant to the mutation of the fatty acid chains into free radicals and trans fats, even when using high cooking temperatures. Virgin Coconut Oil is not only the safest oil to use for cooking; it is the healthiest oil to use in your diet. In fact, Dr. Mary Enig suggests that the average adult include about 3.5 Tbsp. of coconut oil per day in their diet.

This very light oil is valued for its skin conditioning properties. It can be applied directly to the skin as a lotion, as a protection from the sun and for replenishing the oils necessary for soft, supple skin. It is also great in the hair for eliminating dandruff or other scalp problems. Warm the oil and liberally apply it to the scalp approximately 20 minutes before you shampoo your hair.

Our pure, organic, unrefined, virgin coconut oil has a long shelf life because of coconut oil's natural anti-oxidant properties. Virgin Coconut Oil may be kept on the pantry shelf at room temperature and will still retain its sweet coconut taste and fragrance for over a year.

Coconut Oil for Weight Loss?

The seed oils have very long fatty acid chains that easily form trans fatty acids when heated and are hard to digest. It has been shown that they lower a person's metabolic rate and cause weight gain. Dr. Raymond Peat says the seed oils cause hypothyroidism, which is a major contributing factor of weight gain. People who substitute virgin coconut oil for seed oils in their diet often see weight gradually drop without any dieting at all. The medium chain fatty acids in the coconut oil are easily digested and burn more like carbohydrates. Coconut oil also speeds up metabolism encouraging the burning of calories. So, yes, Virgin Coconut Oil can help you lose weight!

Coconut Oil for Cirrhosis and Hepatitis C?

The liver is one of the most important organs of the body. It detoxifies, builds proteins and fats, secretes hormones, stores vitamins and minerals, produces bile necessary for digestion and performs a hundred or so other functions vital for maintaining proper health. Both Hepatitis C and cirrhosis can be fatal. Researchers have been finding coconut oil to be of great benefit to liver health. The medium chain fatty acids in Virgin Coconut Oil go straight to the liver from the digestive tract. The anti-microbial fatty acids can then clean the liver of harmful micro-organisms, as well as protect it from free radical damage. Laboratory research has shown that medium chain fatty acids are effective at fighting against Hepatitis C infections. Virgin Coconut Oil will also help with cirrhosis. Several studies have shown both natural palm and coconut oils to be effective in preventing alcohol-induced cirrhosis and as stated by one researcher to "reverse alcohol-related liver injury".

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