

Coconut, Ultra Monolaurin and Nutrients for Body and Bain

by Marilyn Sidwell
owner, Nutrition Pure and Simple

Not too long ago I had a discussion with Steven Lokken, DC, DABCI, Colorado Springs Colorado, which I want to share with you.

Dr Lokken has been recommending our **Ultra Monolaurin** to his patients for a number of years. He has the kind of patients that present him with a variety of health problems, and Ultra Monolaurin contributes to his success in resolving those problems. He recommends that his patients keep a bottle of Ultra Monolaurin handy, and at the first sign of a cold or flu symptom, take one or two scoops that day and continue until symptoms are gone. You guessed it - in a day or two the symptoms are usually gone.

He recommends Ultra Monolaurin for sinus problems and general immune support. He also recommends 3-4 scoops per day for low white blood cell count.

Heads up teachers (or any of you who are working with children).

At the very end of our discussion, Dr Lokken reminded me that he tells his teachers to start taking 2 scoops of Ultra Monoalurin each day for about 2 weeks before school starts. And guess what? The teachers don't get sick as often when they get exposed to whatever ailments the kids bring to school. So I asked "What about the kids?" He said, yes, they should start 1 or 2 scoops a day before school starts, too.

Over the years we have heard about the effectiveness of Monolaurin for many virus conditions. Recently Monolaurin has been shown to be effective against pathogenic bacteria, fungi such as candida, and it has anti protozoa activity. While this is validated by a number of studies, it is important to me to have it confirmed by a doctor like Dr Lokken, who follows his patients for a long period of time using blood tests.

Ps If you have gum disease or sores in you mouth, our Cinnamint toothpaste is a natural product which has no fluoride. It is made with Illite clay and has monolaurin in it.

New information about Coconut!

How about Eat Fat - Lose Fat!

Other recent studies show that by eating products that contain coconut you can lose weight. Coconut seems to help control insulin resistance and type II Diabetes. When these Medium Chain Fatty Acids (MCFAs) are in the diet they are preferentially utilized and metabolized as ketones. They usually occur as monoglycerides or triglycerides. They also increase the utilization of the long chain triglycerides - as are found in belly fat (and other places where you have unwanted fat).

Ps. This effect was specifically referenced in the studies. Monolaurin is a 90% pure distillate of Medium Chain Fatty Acids from Coconut oil.

How can coconut do that, you may ask?

The MCFAs in Coconut Oil are responsible for weight loss. Since the pearls (or crystals) in Ultra Monolaurin are made from coconut oil, they contain the same MCFAs: Monolaurin and its vital mid-chain fatty acid companions, Monomyristin, Monocaprin and Monocaprylin.

It is easier than ever to buy coconut and coconut oil products - milk, ice cream, butter substitute, yogurt, and most importantly, coconut oil. While these products can be - and are - used in place of cows milk with good results, they do provide calories. Therefore we use coconut products, coconut oil and Ultra Monolaurin to optimize the effects of the MCFAs - with fewer calories.

More interesting recent studies - these MCFAs have a positive effect on high energy activities. Sports, exercise, and hard physical labor all use a lot of energy. We have written elsewhere about the benefits of nutritional supplementation for Athletes - how it can affect (and effect) performance and help injury recovery.

NEW Information about Exercise

MCFAs are metabolized to ketones which can be used like glucose for energy production. Ultra Monolaurin should be taken before exercise for more strength and endurance. If taken afterwards, it leads to faster recovery and provides energy to prevent muscle loss.

Another evolving area of interest is how ketones affect brain function.

Because the brain can also benefit from ketones, which are a product of MCFA metabolism, we have pointed out that Monolaurin should be considered when there is concern about senile dementia or Alzheimer's.

That is in addition to substituting coconut oil for other fats in the diet - EXCEPT - you still need Ultra Omega-Linic. These essential fatty acids support brain structure and neural function. To recap: adding MCFAs to the diet does NOT replace the need for the essential, *preformed*, polyunsaturated long chain fatty acids (LCPUFAs). Ultra Omega-Linic is required to fulfill the need the body has for these ESSENTIAL fatty acids. In fact, some of the MCFA studies showed poor results BECAUSE the EFAs were omitted from the diet. Ultra-Vites are also necessary to provide cofactors for all metabolic processes.

“Because MCT oil bypasses the digestive and absorptive processes required by the longer chain fatty acids, it provides an *easy to absorb* form of calories for people with digestive disorders. This benefits patients with cystic fibrosis, pancreatitis, intestinal disorders such as Crohn's disease and even newborn babies with malabsorptive problems. The pediatric department at the University of Louisville cautions that MCT oils do not contain the essential fatty acids required for optimal nutrition and therefore cannot be the sole source of fats in the diet.”

What IF?

What if there was an oil you could use for your daily cooking needs that would protect you from problems like heart disease or Alzheimer's? What if that oil would improve your digestion, strengthen your immune system, protect you from infectious diseases, and help you lose excess weight? And, by the way, you could improve your exercise, too.

Would you be interested? That oil exists. It is pure extra Virgin cold pressed Coconut oil. What is less clear is how much to take! One study we found was using the equivalent of about 10 scoops per day. Each scoop of Ultra Monolaurin contains 750 mg monolaurin. About 2 ½ tbsps equals about 22 grams of MCFAs. How much you might take or recommend to patients would depend on the severity of the problem.

Just when you thought you knew all about the benefits of coconut oil...

Another consideration about the use of coconut oil: because it supports the natural chemical balance of the skin it relieves dryness of skin and scalp. It can prevent wrinkles and sagging skin.

It helps reduce age spots. Coconut oil also helps protect the skin from damaging sun's rays. This is why it is an ingredient in many of our skin care products, including Opti-MSM Lotion Plus. In addition, MSM has been very effective at making stretch marks disappear. What a combination!

You can't say it about many substances, but Coconut is completely non-toxic and has no bad side effects - unless you happen to have an allergy to coconut.

Minimum Nutritional Recommendations from John Jones, MD, our nutritional consultant. Cover the basic daily nutritional needs with Ultra Omega-Linic, Ultra Vites and Ultra Monolaurin.

These 3 products make up Dr Jones' recommendations for Body and Brain Health. They represent the minimum nutritional requirements to fuel the marvelous biochemical factory you walk around in each day.

- 2 Ultra-Vites per day,
- 2-4 Ultra Omega-Linic (or more, depending on nutritional needs)
- and a minimum of 1 scoop – up to perhaps 10 scoops per day - Ultra Monolaurin (while using coconut oil and coconut products for daily cooking and eating needs)

Nutrient levels in our multi vitamin/mineral formulas have been researched by Dr. Jones, and their benefits have been confirmed in medical practice. We recommend Ultra-Vites because it works for him, for her, for grandma and teenagers. As a plus, you can be sure it won't just 'pass right on through'.

Ultra-Vites benefits

- Good Manufacturing Practices (GMP) have been followed and improved upon
- Nutrient levels far exceed the minimum daily requirements - easily covering the essential nutritional bases for most healthy people.
- We use capsules - no fillers, no binders, no dyes
- It is easy for the body to absorb and use ALL the nutrients in the product
- There is a high level of B vitamins - high folic acid and high B12 in particular
- It is high in vitamin D3 - a very important nutrient that is often lacking
- It is high in magnesium - another nutrient often lacking
- And all the nutrients work synergistically to help keep the body running at peak performance

What is special about Ultra Omega-Linic:

Pure Fish oil! We use Wild Alaskan Salmon. Are fishy burps a problem? It doesn't need to be. We start with wild Alaskan Salmon and other CLEAN deep water, cold water fish. Then we remove all the protein. The fish oils are analyzed for contaminants such as heavy metals and organic pollutants, and the product is guaranteed to exceed federal safety standards. Neither the Salmon or the Fish Oil concentrate contains any protein for you to burp - or cause an allergic response.

We add a special Black Currant Seed Oil. While GLA is found in fish, the additional GLA from Black Currant seed oil increases the level of this PG1 prostaglandin precursor, thus increasing the anti inflammatory benefits far beyond the effect from the usual fish oil products.

These oils have been blended to provide optimal levels of essential fatty acids.

Why are these fatty acids essential?

Because the body MUST have them - and can't make the essential components from any other

food. We don't eat enough of the deep water, cold water, oily fish we need. Black currant seed oil in Ultra Omega-Linic provides the equally important fatty acids GLA and SDA. All of these work in synergy with each other, and with the nutrients in Ultra-Vites- and both ingredients are necessary for optimal performance.

Are there Side effects?

YES! A more beautiful YOU. You will have noticeably prettier skin (what wrinkles?); shiny, more manageable, silky hair. Those are in addition to all the other health benefits.

Over the years this combination of fatty acids has been used by Dr Jones in his medical practice so successfully for so many problems that he laughingly calls it his 'snake oil'.

Ultra Monolaurin

The secret disease fighter: The overuse of antibiotics is an increasing problem in modern medicine. The CDC has an ongoing program to discourage this practice. Monolaurin is a component of mother's milk; milk that must provide powerful disease fighting factors to sustain the infant as its own immune system develops. The exciting thing about Monolaurin is that it does not work like antibiotics, sulfa drugs, anti-viral, anti-protozoa or anti-fungal agents. It works directly on the lipid envelope coat of the virus, preventing attachment to susceptible host cells. It is non toxic to humans.



Phone: 888.953.5553

www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*