



Coconuts

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## Coconut Research

The journal articles listed below are just a small sampling of the many published studies involving coconut oil, medium-chain triglycerides, and other related subjects.

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

## Coconut Oil

### Antimicrobial Effects

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Anti-bacterial and anti-inflammatory properties of capric acid against Propionibacterium acnes: a comparative study with lauric acid. J Dermatol Sci. 2014 Mar;73(3):232-240

Health Properties of Coconut Oil. Agro Food Industry Hi Tech. May/June 2013 Vol 24n3.

Effects of inhibitory activity on mycelial growth of Candida albicans and therapy for murine oral candidiasis by the combined use of terpinen-4-ol and a middle-chain fatty acid, capric acid. Yakugaku Zasshi. 2013;133(1):133-140.

Coconut oil may prevent tooth decay. Medical News Today. 04 Sep 2012

Inhibition of Candida mycelia growth by a medium chain fatty acids, capric acid in vitro and its therapeutic efficacy in murine oral candidiasis. Med Mycol J. 2012;53(4):255-261.

Short- and medium-chain fatty acids exhibit antimicrobial activity for oral microorganisms. Arch Oral Biol. 2011 Jul;56(7):650-654

A study of the clinical activity of a gel combining monocaprin and doxycycline: a novel treatment for herpes labialis. J Oral Pathol Med. 2012 Jan;41(1):61-67

Addition of a combination of onion (Allium cepa) and coconut (Cocos nucifera) to food of sheep stops gastrointestinal helminthic infections. Parasitol Res. 2011 Apr;108(4):1041-1046

An open-label pilot study to assess the efficacy and safety of virgin coconut oil in reducing visceral adiposity. ISRN Pharmacol. 2011

Coconut (Cocos nucifera L.: Arecaceae): in health promotion and disease prevention. Asian Pac J Trop Med. 2011 Mar;4(3):241-247

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Glycerol monolaurate inhibits Candida and Gardnerella vaginalis in vitro and in vivo but not Lactobacillus. Antimicrob Agents Chemother. 2010 Feb;54(2):597-601

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Antimicrobial property of lauric acid against Propionibacterium acnes: its therapeutic potential for inflammatory acne vulgaris. J Invest Dermatol. 2009 Oct;129(10):2480-2488

The Effect Of Virgin Coconut Oil Supplementation For Community-Acquired Pneumonia In Children Aged 3 To 60 Months Admitted At The Philippine Children's Medical Center: A Single Blinded Randomized Controlled Trial, CHEST, October 29, 2008

Anticoccidial versus ruminal defaunation efficacy of medium chain triglyceride depending on delivery route in calves. J Vet Med Sci. 2009 Sep;71(9):1243-1245.

"Coconut oil is the healthiest oil you can use."

-Joseph Mercola, D.O.

[Coconut oil is the world's only natural low-calorie fat.](#)

[Why has coconut oil had a bad reputation in the past? It's not what you might think. The reason has nothing to do with science or with health.](#)

Antibacterial study of the medium chain fatty acids and their 1-monoglycerides: individual effects and synergistic relationships. *Pol J Microbiol.* 2009;58(1):43-47.

A Supplement Based on Zn-Enriched Virgin Coconut Oil as an Antifungal agent for Vaginal Candidiasis Patients. *Journal of Microbiology Indonesia Vol.2 No.2* 2008

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In vitro antimicrobial properties of coconut oil on *Candida* species in Ibadan, Nigeria. *J Med Food.* 2007 Jun;10(2):384-387

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## **Cancer**

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## **Cardiovascular Health**

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Note: A large number of studies are showing a direct correlation between chronic low-grade bacterial and viral infections and coronary heart disease. The primary culprits are *Chlamydia pneumoniae*, Cytomegalovirus, and *Helicobacter pylori*. Each of these pathogenic organisms as well as many others are effectively killed by the medium-chain fatty acids in coconut oil. Coconut oil, therefore, can reduce risk of heart disease.

Influence of virgin coconut oil-enriched diet on the transcriptional regulation of fatty acid synthesis and oxidation in rats - a comparative study. *Br J Nutr.* 2014 May 28;111(10):1782-1790

Association of dietary, circulating, and supplement fatty acids with coronary risk: a systematic review and meta-analysis. *Ann Intern Med.* 2014 Mar 18;160(6):398-406

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Successful treatment of severe hypertriglyceridemia with a formula diet rich in omega-3 fatty acids and medium-chain triglycerides. *Ann Nutr Metab.* 2010;56(3):170-175.

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A ketogenic diet increases succinic dehydrogenase activity in aging cardiomyocytes. *Ann N Y Acad Sci.* 2009 Aug;1171:377-384.

Consumption of medium- and long-chain triacylglycerols decreases body fat and blood triglyceride in Chinese hypertriglyceridemic subjects. *Eur J Clin Nutr.* 2009 Jul;63(7):879-886

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## Diabetes

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### **Digestion and Nutrient Absorption**

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## Coconut Water Studies

Coconut water is the liquid endosperm found inside the coconut shell. Coconut milk is the juice extracted from the solid endosperm (kernel) of the coconut. Some writers make no distinction between coconut water and coconut milk, although the character, physical, and chemical properties of the two are very different. All of the studies in this section involve coconut water. References to coconut milk in the following studies are actually referring to coconut water.

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## Coconut Milk

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