



# Coconut Research Center

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## Success Stories

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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.

[Click here to send us your story.](#)

I began taking coconut oil about one month ago. I take 3 tbsp. daily, and I love it. I have more energy, less of an appetite and my skin and hair has a more healthy look and feel. I also use it on my skin externally, as well as consume it. It works wonders on my feet and face/neck area.

It doesn't shock me that the FDA and AHA don't support the use of Coconut oil because they would rather see people unhealthy so money is spent on medical care and medication. It is sad really.

But I am a believer, and anyone that uses it will vouch for its amazing benefits.

Keep up the good work, and thank you for providing research to the public.

**Jennifer Palmer**  
Cobleskill NY

I wanted to share with you some of the exciting results we have had since reading your book "Stop Alzheimer's Now." My husband is 62 and has been showing some signs the last couple of years of having Parkinson's Disease. His dad had it as well and died from Alzheimer's. My husband has had hand tremors for some time now and his hands were also getting very stiff. He also showed some signs of confusion at times. He had spells where his whole body would hurt. And sometimes, when he was tired, he would kind of shuffle as he walked.

He saw somewhere in his reading about the Stop Alzheimer's Now book and I quickly ordered it on Amazon. I read the book and then went to the grocery to start our new way of eating. We went on a low-carb diet, only eating meat, dairy, vegetables, and some fruit and some nuts. And of course, added the coconut oil. We actually took it with hot green tea, if our meal did not use it in cooking. We have stayed on the plan now for 5 weeks.

I just had to share with you the amazing results so far. This past week all of his hand tremors have stopped! His stiffness in his hands is gone! He has lost 20

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

"Coconut oil is the healthiest oil you can

pounds! All his body aches are gone! He is happier and has more energy! He seems more alert.  
I want to thank you for the book and all of your research! We are benefitting greatly!

Just wanted to share with you. I have since purchased a few of your books including the coconut flour book. I am going to the store today to stock up on coconut flour and coconut milk. I have been telling all my friends and are converting them over to coconut oil cooking.

Thank you so much! This is absolutely a miracle for my husband!

**Susan George**

Coconut oil changed my life!. I have suffered from chronic migraine for the past 20 years. After menopause my migraine got progressively worst, I have it on a daily basis from dawn to dusk. I have tried all kinds of medications, painkillers, tranquilisers etc. Nothing worked. Migraine took over my life. I chanced upon an article on the benefits of coconut oil and decided to try it. I started with a tablespoon before bed. I woke up migraine free for the first time in I don't remember how long ago. Since that tablespoon of coconut oil, I have remained migraine free. I have continued with my coconut regime.

**Karen O.**

I would very much like to share this success story with you.

I have a 4 year old Saanen nanny (goat). She has (or had) a bad skin condition from about the age of 6 months that vets were unable to cure. She was scraped, it wasn't mites. I tried everything, Terramycin spray, injectable antibiotic and ivermectin, Hibiscrub baths; Sulphurated lime solution on skin, iodine, various pour ons, sheep dip, Frontline, steroids, numerous horsey skin products all ridiculously expensive and claiming miraculous results. The severity of it fluctuated and during the summer if we had no rain, she was itchy but not miserable or scabby, but once wet weather began, it worsened; infected red raw legs, thighs and belly, constant itching and scratching. The vet in the end said to put her down. So I booked them, he arrived with his gun and I turned him away.

I was determined to get to the bottom of it. I sat and Googled for hours.. Staphylococcus aureus can cause skin problems and is one of the bugs involved in MRSA infection. People had achieved total cures when modern medicine had failed, by using essential oils and...this is the big one, coconut oil... I kid you not, this stuff is totally amazing.

I went to the health shop and bought a 500 ml bottle of organic shampoo to which I added 30 drops each of essential oils of thyme, lavender, rosemary and tea tree. I also bought a big jar of organic coconut oil. So..I shampooed her really well, she smelt gorgeous! Towel dried her thoroughly. I then applied the coconut oil working it well into the skin.

The next morning you could have knocked me over with a pin. As I inspected the awful scabbed areas, they had all softened and were rapidly coming away revealing new pink healthy skin. Her scratching was also drastically reduced. A week later I re bathed her and towelled and applied coconut. She is a different goat. I am absolutely bowled over by this, it saved her life.

I recall some years ago on a farm, a goat who was just one big scab all over, no one could find a cure and she was shot, wish I'd known then what I know now. So there you have it, I'm WELL chuffed!

**Samantha May**

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.](#)

My wife Jane whose grandfather, father, mother and brother all died of/with Alzheimer's from 1955 – 2011, was diagnosed with AD in May 2012 at age 70. We started her immediately on a daily 'cocktail' of MCT coconut oil (1T), pineapple juice (1/3 cup) and turmeric (!/4 tsp). She was also prescribed 10mg of Aricept daily. For the first four months her AD progressed, but then she experienced a noticeable turnaround and she has continued to function at about 70% of her pre-diagnosis level of Cognitive Impairment ever since. I have also been on the same cocktail for the past 18 months, with no side effects. We are convinced that this combination, while not a cure for AD, plays a great role in slowing down or even stopping the progress of her dementia at a cost of under \$2.00 a day. Too bad more studies about the beneficial effect of coconut oil in combination with other holistic substances have not been done. We certainly have 'spread the word' about our 'cocktail' as we travel around the world!

**Paul Burrows, Salmon Arm, BC, Canada**

My name is Debbie and I'm from St. Louis, Missouri  
Coconut Oil has changed my life! I am particular to a certain brand which is Nutiva pure organic because the taste is amazing. I am 56 years old and have used coconut oil for my hair and skin for over a year now. My coarse gray hair is so much softer and the coconut oil keeps it healthy and strong and it grows a lot faster. I also use a small bit of the oil as a hair gel and to add shine. I love coating my hair in coconut oil and leaving it on overnight. My skin is much softer and the small patch of eczema on my palm has cleared up. It is also great to use as a personal lubricant.

Three months ago in March 2014 I started oil pulling every morning for 20 minutes. I had several health issues in mind when I started this -- my gum disease, seasonal allergies and rheumatoid arthritis pain. I noticed right away that my teeth were getting whiter and my mouth felt cleaner. When spring time came (April) I noticed I did not need to take my daily allergy medicine. My allergy symptoms had decreased that much! In May I noticed my arthritis pain and stiffness was almost gone. I was taking 2 prescription pain pills daily for arthritis pain and this is a huge miracle! Then finally in June I went for my dental cleaning. The gal that cleans my teeth said my gums were significantly tighter and my teeth were almost stain free. I have severe periodontal disease that has caused me to lose a few molars. I had just about given up hope on my teeth and the oil pulling has made a huge difference! She asked me what I was doing and I told her about the coconut oil pulling. She told me she uses coconut oil also but she takes hers internally for weight loss and cooking for her family. She has lost a lot of weight! Then the dentist came in and looked at my teeth and he was blown away by the difference! He had never even heard of coconut oil and after we both told him about it he said he was buying some on his way home for his dry skin. My husband also had a deep dental cleaning appt. later that afternoon so I went home and printed a bunch of information for the dental office about all the health benefits of coconut oil. Everyone in that dental office were all so busy making copies of my printouts! ha! I love spreading the word about this amazing oil!

My husband started oil pulling several days ago after hearing my good news at the dental office. When he went back for his second cleaning they told him they could tell that his gums have tightened up since his visit just a few days prior. So now he is hooked, too! I have never taken it internally but I started that today with 2 tablespoons. I will encourage my husband to do the same! Can't wait to see what happens! I have had several UTI's and am hoping it will work its magic with that. Thank you for the opportunity to share our success story and I hope it is beneficial to others.

**Debbie Walker**

Hello, I have interstitial lung disease. You might know it by the name pulmonary fibrosis. The diagnosis has been confirmed by a biopsy and PFT and CAT scans. It is a restrictive lung disease which has no cause (for me), no TREATMENT, and no cure. The best description is my lungs are turning to cement. Two weeks ago, I accidentally came across your book and since I have been suffering with severe back pain caused by "severe degenerative disc disease" and I have had IBS for years and because of my illness I am extremely fatigued, I was willing to try anything to feel even a little bit better. I just wanted to do my dishes and put away my laundry but thankfully all I could do was read. I can't believe the miracles I am experiencing in my body. The back pain is improved (I am however seeing a chiropractor), the stomach is improved and my energy level has increased. The most amazing thing which I did not expect is I am breathing better. I am always checking my O2 sats (I am a registered nurse). Two weeks ago without oxygen my O2 sat were between 90 and 93% but this morning they were 97%. I was able to go to the bathroom first thing this morning without oxygen which I have not been able to do for months. I know it is only two weeks but since I have not read anything in your book about restrictive lung diseases I thought you might be interested. Thanks for all your research.

**Maggie Kuelling**  
Loves Park, Illinois

I'm pleased to share my success story about using coconut oil. As a retired doctor of chiropractic I've used hundreds of different products over the years and using coconut oil has given me one of the most dramatic results of all of them. I believe I started using coconut oil after reading an article on Dr. Mercola's website about how it helped him with his dental plaque. Using an electric toothbrush I would dip it in some coconut oil, then dip it in baking soda and then brush my teeth for about 2 minutes. After having done this for about a month I went to my dentist to have my regular cleaning. Usually for me cleanings have been rather painful, when I would rinse my mouth out afterwards there would be lots of blood, my gums would be sore for a couple of days and it wouldn't be long before my teeth didn't look clean any more. This time when the dentist was cleaning my teeth I was surprised to notice that it didn't hurt much. Then when I rinsed my mouth and spit out there was absolutely no blood at all. Also there was very little soreness afterwards. After about a week my teeth continue to look as though they've just been cleaned instead of looking dirty again very quickly. My dentist noticed that the dental floss was going between my teeth much more easily. He wondered if my teeth had moved. I am certain that it was because as the coconut oil killed of the microorganisms in my mouth the swelling in my gums went down and this made for space between my teeth. I'm also using it for other things including with my 3 dogs and look forward to sharing more success stories in the future.

**JM, California**

I first read *Coconut Cures* and started using coconut oil three years ago. I had a rash on my legs that started several years earlier as a small patch and grew so that it was mostly on my legs below the knees. I went to physicians, dermatologists, allergists, acupuncturists, tried numerous creams to no avail. Coconut oil was the one product that made the rash go away. I also use it on my skin, including my face, and hair. My elbows are as soft as a baby's behind. I took 2 jars of it on a trip to Fiji and turned several people on to it. I used it as a sunscreen, although on the first day we were outside longer than we should have been and I got a burn. I made sure I used lots of oil and stayed out of the sun for a few days until the burn turned brown and then I was able to go back in the sun. Now my friends at the office are using it too--one of them loves it on her popcorn. Thanks.

**Kathy**

I told my dentist that I was not happy to take antibiotics as I believed that the coconut oil was taking effect. He had never ever heard anything at all about coconut oil and was so surprised when he did a thorough examination because he said that he could see that although the gum was swollen and angry looking, he could tell that it was actually starting to subside. He also looked at my gums, as I had previously been referred by him to a specialist in Clifton Bristol UK for problems with gingivitis. He found all my gum depth scores mainly at zero and a couple at one!! He said OK he didn't want to medicate me and would observe how things went and within one more day all swelling had completely disappeared and the gum was pink and healthy again!!!! He is so amazed that he said he is going to look at coconut research online (which is amazing in itself because usually he sticks strongly to what is said and recommended by the royal college of dentists only).

One more thing, I have been using coconut oil as a scalp and hair conditioner every night before bed for about three months. I look really funny as I have new tufts of hair sprouting all over my head!! Literally people who know me say 'what happened to you?' My hair is shiny and soft but is also growing at an incredible rate, so it is not only conditioning but promoting brand new growth!!

I am really grateful for your help and guidance

**Bless you  
Chrissie**

I am new to coconut oil and am busy reading your book, The Coconut Oil Miracle. I have not fully integrated it into my diet but am trying all of the suggestions. I have been putting the garlic and coconut oil on my plantar wart on my heel that I have had for a good many years and it has started to really bother me. So far it has shrunk to over half the size.

I have been using it for over two weeks and will continue until it disappears. However, the neat story is about my daughter who came for a visit...her hand had a nasty case of eczema spreading from her knuckle out.

I said, I have just the thing...coconut oil after her shower in the morning and before she went to bed at night...it took only 3 days for all of the bleeding, cracks, dry, scaly skin to become completely healed, and soft/smooth!

I'm sold!!!! How much proof does one need?...I think the longer you have a "problem" the longer it will take to heal...she only had that eczema for a month.

Thanks so much for your work on this wonderful, natural, easily accessible substance!...and no prescription! It just gets better and better.

**Brenda**

Seeing that you're fairly expert and open minded in the healing properties of coconut oil, I wonder if you might consider with me please, my experience with my hydrocephalic child and the use of coconut oil in the midst of a brain shunt malfunction/failure, and the seeming practically immediate "cure" for her failing shunt. There is no cure at this time in medical history; a blocked/failing shunt means brain surgery, period. Which is why I'm so excited about this experience we had, and continue to have. Could the info in this article [on treating Alzheimer's with coconut oil] and how it affects the elderly brain, could it explain somehow this recovery from a malfunctioning/failing shunt? It must somehow, because I watched my daughter recover right in front of me recently. Not only that, but prior to this experience she was having bad headaches on a regular basis, and pressure pain in her head. She doesn't have the pressure pain or headaches at all now. Not at all!

As I write this, again I'm awed by this fact, and so grateful!! This is really huge. I've talked to her doctor and neurologist, who are both new to her unfortunately, so they aren't able to see the dramatic difference I've seen, like night and day, and of course, they are both skeptical and say it's most certainly only a coincidence, or perhaps it was a migraine!? Please see this post I shared in a hydrocephalus group shortly after this happened August 1st of this year.

"So I have to share my recent experience with my daughter's shunt. She's 18 and has had 6 surgeries this year. Prior to that, the surgeries were at 6 weeks old, 7 years, and 15 years old. But things haven't been smooth for 5 years or more. A few Fridays ago I came home from work to find that she had slept all day, was having bad head pain, was nauseous and dry heaving, sleeping mostly, running a slight temp, downward pressure on eyes and protruding slightly, bad balance and dizziness, enlarged pupils and pale complexion. She was very obviously experiencing a blockage/malfunction. So I started to pack a bag to drive her to primary children's hospital in Salt Lake, where all her surgeries have been done since she was 7 (amazing, amazing hospital and staff!!!) In the meantime, on a whim, I gave her about 3 tablespoons of organic virgin coconut oil to eat. I've been using coconut oil a lot personally for my own health, and it was just a spontaneous thought, why not, couldn't hurt. I actually had her take a capsule of turmeric and capsule of cayenne pepper as well, but I think the coconut oil is key here. She fell asleep for about a 1/2 an hour and when she woke up she said her head wasn't hurting as bad, and her eyes maybe looked a little better. Within another half an hour she was definitely feeling better and it was showing all over -- her slight fever broke and all other symptoms slowly faded and improved. Not only did it pass that night, but she has not complained of pressure pain ONCE in the last 3-4 weeks. Prior to this it was at least a few times a week that she'd have pressure pain. Also after her last surgery in January, she's had a noticeable lazy eye. That too, has completely disappeared as of that night. What am I left to think? I think the coconut oil somehow got in there and un-gunked the blockage, and appears to be continuing to maintain smooth performance. How could this be and not be known about? I don't know. Coconut oil was vilified for so long and only in recent years are we hearing of its practically limitless benefits. What do you think about this? Thanks for reading and I look forward to discussing if anyone is interested."

I did have one other mother respond that since starting her child on a high coconut oil diet, her child too has stopped having headaches...This information may be able to help a lot of people with hydrocephalus!

**Stephanie Chipley**

I was diagnosed with psoriasis 5 years ago. After a whole year seeing the dermatologist (countless tests and treatments) he finally told me the disease is incurable, they only can control it. The last medicine he wanted me to try is Soriatanne, which is very expensive and could affect my liver (blood test weekly to check for damage). Against his advice, I chose not to use it and seek a second opinion from another specialist in Los Angeles, CA. One look at my hands and she told me to go home, and gave me some advice, "you're going to live with it and die with it" is what she basically told me.

The last couple years I have tried some natural remedies but nothing seemed to help. My psoriasis started with a small spot on one of my fingers then spread to the whole hand, then the other hand, and then both of my feet. By chance one of my cousins suggested I try coconut oil. Intrigued, I did some research on it and was amazed by what I found out; the opposite to what I have been told all these years-- fat is bad for you. Well, after one week using VCO internally and externally, both my feet are cleared of psoriasis, one hand is about 95% and the other hand 85% cleared. Other than that, my energy level is way up. By the way, I should mention that I am 61 year old now, coconut oil is perfect for intimate use (massage, lubricant). My wife is very happy, we do it almost daily, no kidding.

**Timmy D  
Las Vegas, NV**

Hi there,

I wanted to share with you my brother's amazing success regarding coconut oil. My

brother is schizophrenic and has been on heavy medication for many years. The medication has had awful side effects for him turning him into a zombie - tired all the time, low energy and consequently weight gain. My brother saw an item on the TV regarding coconut oil and decided to try it. This was less than 6 months ago but in that time his daily tablespoon of coconut oil has provided him with so much energy he is amazed. He could only do up to an hour of physical work before resting but now he can work solidly for a good few hours. He has managed a whole day volunteering in a community project without exhaustion - this is something he really could not do before. He would take more if he could afford it but even the small amount he takes is transforming his daily life. He has just started digging out the foundations for a house extension! A project on hold before because of his illness. I hope more research can be done in this particular area as so many people who take anti psychotic medication are suffering. He only wishes he had known about coconut oil years ago.

**Kind regards,  
Suzanne Grace, Leeds, UK**

Recently, my complexion looked and felt awful. It was red, hot and inflamed. In the past I was diagnosed with a variety of dermatitis: seborrhea, psoriasis, eczema, rosecea and tinea versicolor. I have had them all. The seborrhea surfaced with my face feeling like it was sunburn. I was desperate and reread your book "The Coconut Oil Miracle," especially, pages 76 and 77 - Healing Fungal and yeast Infections with Coconut Oil.

I want to thank you for suggesting caprylic acid with coconut oil. It has made a HUGE difference and cleared up my face in 3 days. I had suspected yeast/fungi issues, so I purchased the dietary supplement. It WORKED for me. I also have been very conscious of eating less sugar and carbohydrates. I now have lots of energy and feel so much better.

I will continue to used coconut oil internally and externally plus take the caprylic acid. I would say both are my new elixir.

Thank you very much for your research and all you are doing to help others in being and feeling healthy.

**Namaste,  
Jennifer**

Dr. Fife, I can honestly say you helped changed my life! I am a gastric bypass success losing over 100 pounds and maintaining it for almost ten years. Along with the weight loss comes the loose skin and after seeing myself in pictures, I realized that the years of using and selling chemically-laden skincare products was taking its toll. I was thin, but looked old. My husband told me how he had been taking 3 T of coconut oil to stabilize his blood pressure, cholesterol and weight and suggested I try it as a moisturizer. Not only was I impressed with how my skin felt, I developed an organic regenerating serum moisturizer using centrifuged coconut as the base. I have since developed other products that contain not only the coconut, but a proprietary blend of volcanic ash clays. Whenever I have demonstrations of our products, I always bring my copy of your book, "The Coconut Oil Miracle" with me (and a few copies for anyone who wants it) so prospective clients can see for themselves my source of inspiration. I know I'll always get laughs when my dog-eared, tagged and faded copy is viewed.

My family has heard me praise coconut oil so much that now whenever one of them has a burn, or suffering from stomach problems, or a skin condition like rosacea, psoriasis, eczema, age spots (I could go on and on), I'll start to recommend coconut oil **but** before I can get it out of my mouth, my sister will chime in, "uh-oh, here she goes with how great coconut oil is". I just laugh but in my heart I know that it's just a

case of pharmacology brain-washing. Why is it so hard for people to acknowledge that Mother Earth has provided plenty of healthy, natural alternatives to RX medicines? I'm so happy that now, thanks to your website, videos and books, I have an avenue to educate others about the wonders of coconut.

### Debbie

I am a 76 yr. old active, healthy senior who is moderately diabetic. I started taking coconut oil in Dec. 2012. So far, I am elated at the results! In Feb. 2012, my AIC was 7.0 It had slowly but consistently crept up from 6.4 in previous years. In 2012, the AIC crept up to 7.2, then jumped to 7.6, and in Dec. stayed at 7.6 even though I had lost 5 lbs. The steady increase in the blood sugar was disturbing.

In Dec. 2012, I started researching coconut oil and reading Mary Newport's and your books, so my interest was in improving brain health and diabetes as well all the other benefits of using coconut oil. I met up with the usual queries and doubts from friends, nutritionists and doctors -- saturated fat is bad for you. But I persisted, and systematically tried to incorporate 2-3 Tbsp. of oil into my daily diet, even though my husband does not like the taste of coconut oil in cooked foods.

I just had some lab test results, and my AIC had dropped from 7.6 to 7.0!! This was the first drop I have experienced in 3-4 years! My lipids are also improved -- total cholesterol has dropped, HDL is higher, LDL is lower, and the ratio is better. I am thrilled to know that there is something definite to tell my friends, and that all my efforts are working.

In my own diet, I put in a tsp. or so of oil into hot beverages, and froth it into a nice drink, so this spreads the oil throughout the day. I also add it to my own hot cereal, soups, use it as a nice spread when I have toast, and am sneaking RBD oil into cooked foods with stronger flavours so that my husband doesn't object. I have also resorted to baking again, since I do not like the stuff that goes into prepared foods, and use it in cookies, cakes, etc. I experimented with making some chocolates, and call this recipe -

#### Healthy Guilt-Free Chocolates.

1/3 cup of coconut oil (could use slightly less to make a firmer texture)  
 1 square of dark chocolate, unsweetened - chopped ( I use this instead of the sweetened chocolate chips in the original recipe)  
 Stevia to taste  
 1/2 tsp. vanilla or other flavoring if desired.

Place the chocolate and coconut oil into a 1 cup liquid measuring cup with pouring lip, microwave on medium heat for about 2 minutes until the chocolate melts; add flavorings and stir very thoroughly; I bought some small ice cube trays at the Dollarama store which have flexible bottoms where you can easily push out individual cubes. At the bottom of the cubes, place maraschino cherries, or ginger, or nuts, or coconut etc., then pour a small amount of chocolate over to cover. Pop into the freezer or fridge, and store there until needed. To serve, I pop out the number that I need, present them on a pretty napkin covered plate, keep the plate in the fridge until needed, and then pass them out to guests and say "Home-made, healthy, guilt-free chocolates!" They are delicious, especially the cherry ones (cut cherries in 1/2 to fit the cube). I usually whip them back into the fridge after serving because they tend to melt a bit in a warm room. These treats only take 10 minutes to make and everyone wants seconds! The comments are "Did you really make these?"

Feel free to share this recipe. And thanks again, Dr. Fife, for all that you have done.

### Diana

Hi,

I'm a Scientist and Engineer with a large Biotech company. I have a busy life which involves lots of travel and Hotels. I'm 45, overweight and unfit. Last year I found I had high blood pressure and Metabolic Syndrome. The Doctor wanted to put me on Meds straight away. My 61 yo Husband has gone down that road and I didn't want to go there too. I did a bit of research and amongst other things, Raw Cacao and Coconut Oil seemed to come up a lot. I never take the word of some Blog on Google so I went to the Scientific Research Databases and was blown away by the Research. To get them both, I started making my own chocolate out of Coconut oil, Raw Cacao and a bit of Honey and eating them straight from the Refrigerator. Anyway my Blood Pressure came back down within a few weeks. Yay, no Meds for me. I'm also slowly losing weight and had more energy to start exercising.

Back to the travel. Sometimes catching a lot of planes can be very unhealthy. On a trip last year just after I started making chocolate, the first two planes were fine but when I got off the third, I knew straight away I had picked up a viral load of some sort. This doesn't happen on every plane, just sometimes. I've accepted this for the past 12 years as part of the job. Within an hour of disembarking I had really bad flu like symptoms, aching, headache painful joints clogged sinuses and a feeling of fatigue. I had one more job to do then I was to fly home. I felt so bad I thought seriously about just getting back on a plane straight home but I didn't want to let the customer down, they needed urgent help and it was a small job, plus I knew once I got home it would be the usual scenario of being really sick for three days. You can't do anything about a virus other than to just let it take its course. Or so I thought.

I struggled through the job, got back home that night and my Husband said, "You look terrible". "Yep", I replied, "won't be able to go boating tomorrow, I'll be crook for the next three days". I went to the Refrigerator and saw my bag of coconut chocolates and thought, why not give it a go. I ate them all, every last one of them and went to bed. Next morning I woke up feeling great. I still felt something was not right but I no longer had the aches, pains, headache or fever and we happily went out in the boat and had a great weekend.

As a scientist I can't yet attribute one incident to the coconut oil. Maybe I just got lucky. I figured I will no doubt get sick again from a flight so we'll see if the same thing happens. Only problem is, I keep flying but I haven't been sick again. Maybe sneaking a chocolate every time you go to the Refrigerator can be a good thing if it's a coconut oil chocolate.

Finally, and you people may want to edit this out, but hubby and I have a very active sex life. Problem is I suffer from really bad bouts of Candida. Hubby had a sore shoulder muscle one night so I took his shirt off and started to rub it. I needed some massage oil but had none so I thought I'd use some coconut oil instead. It worked great but the phone rang. I got up and went to wash my hands to get rid of the greasy, oily feeling and there was none. My hands felt really nice. So a light bulb went on in my head. This stuff could work good as a personal lubricant. I tried it that night and it was sensational. Water based personal lubes dry out and get sticky so you have to keep putting more on. Oil based lubes work good but they are too slippery at penetration and you lose a lot of sensation (they taste bad too). Coconut Oil on the other hand works really well at getting him interested, but isn't over slippery when it counts so you don't lose any sensitivity. Best part is, with most lubes, oil or water based, when the deed is done, you have to get straight up and wash your hands because they feel yucky. Kind of breaks the magic. Not so with coconut oil. You get to cuddle up and just enjoy the intimacy and stroke his chest or skin with nice soft hands. I don't need any scientific research to tell me coconut oil is anti-fungal. I haven't had Candida since we switched to coconut oil. I get to enjoy my husband everyday now and not just in between bouts of Candida. The coconut oil is much cheaper than the Canasten Medication and it's sooo nice not having all the grief and discomfort.

So there you are, the miracle that is coconut oil.

**C.R.**

In April 2011 at the age of 51, I was diagnosed with Macular Degeneration. I asked my ophthalmologist if there was anything I can do and he said NO!

I didn't believe him; researching my condition, I discovered coconut oil. I started taking 2 tablespoons in my oatmeal and cooking with it for less than 3 months.

The following year upon my return to the same doctor; he discovered I no longer had the condition and had to downgrade!!!

This works... be open to the possibilities and try it; you have nothing to lose.

**Marlene Genovesi, NJ**

I have been cooking with coconut oil for several years now and also have applied it topically to my skin. It is the most wonderful product and I wanted to share my story. I was developing a diverticulitis attack, which is excruciatingly painful, and had been previously treated with powerful antifungal drugs. Those drugs made me very sick. I happened to see coconut water in the grocery store and decided to try it...I was amazed that it went directly to help the diverticulitis and within a few days it was completely gone. In addition after drinking coconut water regularly and of course continuing the coconut oil...my psoriasis that had been a problem for more than 50 years went away completely for the first time! I cannot believe how amazing these 2 products are when used together.

I also applied the coconut oil bandage to a quarter sized black lesion on my breast (possibly melanoma) and it is almost completely gone after just a few weeks. I could go on and tell you more but I decided to write about things that I did not happen to see in your books.

**Pamela J Robles**

I have used Coconut Shampoo for years because I read that it has some properties that kill yeast attached to the root of the hair. My granddaughter had a strong smell of sweat every time she played outside or ate some kind of food. I started applying coconut oil to her hair and washing it with coconut shampoo, and the smell has stopped. I am very happy because I was worried about her growing up with that smell.

**M**

I just started using coconut oil exactly 10 days now. I have only applied coconut oil to my skin (maybe 3 times a day to my arms--1 time to the rest of my body) and hair (one time only). I love the smell. A rash on my arm which has been there for years is now softer and is clearing up as well as new hair is now growing there. I tried it as a hair treatment and my hair has never looked better—soft, shinny, manageable. I noticed that the hairs on my head near my hair line were not as gray after using coconut oil treatment the night before (I need to dye my hair). I thought maybe I'm just imagining it, yet I just read the same benefit. I will continue to apply coconut oil in this area to see what happens. My skin is softer and I have a glow to my skin. I seem to have more energy. If I feel a little tired, I rub coconut oil on my arms. I plan to try adding coconut oil to my food soon. Especially interested to see if I can lose weight...

**Vickie  
Louisiana**

I have 3 toddlers, and they recently started going to daycare, very new environment

for them. They started getting every ailment you could possibly imagine, the worse was Hand Foot and Mouth. I hate that evil virus, it causes sores in and around the mouth, that are so painful, the child will refuse to eat or drink. I started applying virgin coconut oil to their sores twice a day, I also mixed a little amount of tea tree oil in it as well. And literally 2 days later, my children for up eating again! Usually, with HFM, children are sick and possibly bedridden for 1-2 weeks, but with the coconut oil it was 2 days :)

Also, my children had lice. I know that coconut oil, or any oil will kill them. I mixed the tea tree oil and coconut oil and applied it to their hair, and it took a few days, but it worked! :) and now I apply coconut oil to their hair everyday and there is no more problems.

I also use coconut oil for my daughters eczema, it relieves any itching and allows healing to begin.

Love, Peace and Light,  
**Nellita**

I've tried to eat much more healthily over the past five years, especially knowing my blood pressure has been steadily increasing. As recently as October, 2011, it was 153/94, which is the general range it's been in for several years. I have taken liquid fish oil and other natural supplements for several years, and continue to do so. At the recommendation of a wonderful 89-year-old Hawaiian lady with vast knowledge of natural cures, my wife and I started taking coconut oil (purest form available) eight months ago (about a tablespoon per day), plus began cooking with it instead of olive oil. In March, 2012, I was stunned at a doctor appointment to learn the reading was 135/85, lower than it had been in years. Then, this past week (June 22) I went to urgent care for a simple ear problem, and was shocked to hear the nurse practitioner tell me my blood pressure was 118/78 !!!! I would simply say this: NOTHING ELSE in my diet, vitamins/supplements, lifestyle, exercise patterns, job, or stress level has significantly changed in the past eight months. I am on no prescription meds. The ONLY change has been the addition of the coconut oil. I'm spreading the word!

**Charlie B**

I have been using coconut oil for about a month now. I have Type 1 diabetes. I notice a significant difference in my blood glucose readings after meals if I haven't included coconut oil. If I haven't cooked with it, I just eat it straight out of the jar. It has also helped my 84 year old mother's mood and energy! Thanks, Coconut Oil!!!!

**Becky T**

Coconut oil is a gift from god!!! My husband was diagnosed with severe ulcerative colitis in January of 2011. It become under control with western medicine practices but in the fall he had a severe flare up. He was in and out of hospital for 2 months ( 3 weeks total) and was given high doses of IV steroids that were not helping. The doctors at the final hospital stay wanted him to try an IV infusion therapy, Remicade as his last resort. My husband and I have done extensive research on the use of Remicade and have found that it has too many side effects that he was not willing to try. His doctors had told him that it was his only option or surgery. We were devastated by this information and were felt hopeless. Then a family friend of ours told us about coconut oil and how it had helped him for a tumor he had behind his eye that had shrunk. He told us that we should try it to see if it would help with his colitis flare. It was worth shot to try. The worst thing that would happen is that it would not work. We picked up a jar of extra virgin coconut oil at our local health food store and the rest is history!!! Coconut oil has changed my husband's life for the better. This stuff is a miracle worker!!! His health has changed drastically is a

matter of a few days, literally a few days of taking it has helped him so much!! He told me the other day that he wasted 3 months of his life being sick, that he wished he found coconut oil earlier. I will scream it from the roof tops that coconut oil has changed my husband's life and mine!!! Everyone should be taking it. It benefits every part of one's health and immune system.

**Giovanna (United States)**

I have been doing coconut oil seriously for about 2 weeks, after letting the jar sit on my counter for years.

- 1.) My inflamed tooth became noticeably less tender, with the pain/tenderness almost completely disappearing.
- 2.) The morning pain in my lower back disappeared completely
- 3.) My flexibility improved dramatically. There is a machine at my gym that will measure the number of degrees of flexibility. For about 9 months, I have been hovering around 90 to 100. Suddenly, after doing coconut oil for a few days, my flexibility jumped to 110, which is the maximum that the machine can measure. Yesterday, I did 110 on the right leg for 3 minutes, and 110 on the left leg for 2 minutes. I was astonished.
- 4.) Even though I am 66 years old, I was able to lift weights a few days ago like a 19 year old. I was able to push my sets to failure about 7 times, like I was some kind of young stud. And the funny thing is that although that was the first time that I have lifted for months, I got very little pain for the three days afterward.
- 5.) I have more energy to do more things around the house.
- 6.) I had a really fun lucid and erotic dream. And I wake up in the morning with my male morning libido indicator indicating a highly charged libido.

I started this experiment to reduce my inflammation. It works. I found that if I get the coconut oil liquid, it will dissolve in water in a blender very nicely. I heat up a cup (without the coconut oil) in the microwave, and then put the coconut oil in the cup, and the hot cup melts the oil. Then I pour it into my juice. Coconut oil also is a great replacement for butter in macaroni & cheese and oatmeal etc. I make sure that I get a heaping tablespoonful three times a day.

Sincerely,  
**Roger Bird**  
**Colorado Springs**

In December 2011, my Golden Retriever was outside playing and cut the bottom of her paw. I was not aware of this until she began licking to heal what had already become infected. I took her to the veterinarian and they began her on a 28 day course of antibiotics. I cared for the paw by soaking it in Epsom salts 2-3 times a day and applying antibiotic cream and a clean dressing. When the course of antibiotic was complete, we still had an infected paw. She was again put on a 14 day course of medication. At that point, I was not seeing any response from the antibiotic so I consulted our veterinarian. They decided to take a culture of the area. It came back as MRSA. I was panicked. My option was one, to put her on the only known dose of antibiotic that would treat the infection. I was warned that this could be deadly. I refused the treatment.

I stopped in at Natural Pet Essentials, and I am sure glad I did. The knowledge that Kim had was incredible. She asked me to try Coconut Oil, since it is known to heal. I thought about it for all of one second and knew a natural remedy would be great if it would actually work. Let me just say, "it worked." I was amazed in as little as 3-4

days that her paw was looking much better and beginning to heal. The veterinarian was amazed also. I am now a permanent user of Coconut Oil and Coconut Chips for both of our dogs. Rylee, my Golden Retriever, is now a healthy and very happy 3 year old Golden with a lot of spunk and willingness to play. If I had continued down the path of conventional veterinary medicine, I don't know if I would have my beautiful girl today. I am not saying that veterinary care is not good or important, I am just advising those with pets to look into other natural sources before giving in to medicine.

Contributed by **C. Antigua**

I have been oil pulling for three weeks, and it really works. I went to my periodontist yesterday, and the pockets between my teeth and gums had shrunk. All of them were in the normal range. No more 4s and 5s. The hygienist said that my teeth and gums were the best she had ever seen them, and that I was obviously taking better care of them. She has always fussed at me for not doing a better job, but not this time. I OP over twenty minutes, twice a day. I'm looking forward to seeing my regular dentist in three months, and am convinced that OP could cure periodontal disease in this country.

Sincerely,  
**Marcus Rackley**

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 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 year ....anyway 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)**

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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**

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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**

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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 3<sup>rd</sup> 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 3<sup>rd</sup> 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 4<sup>th</sup> 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 4<sup>th</sup>.

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 clindomycine. 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 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 theAlmighty 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**

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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**

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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 it 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.**

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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**

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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 Teeccino, 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 Teeccino (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**

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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**

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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**

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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 its 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**

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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**

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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**

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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 chin ....instant 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.

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### **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.

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### **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**

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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**

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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 pressure. 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**

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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)**

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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**

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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**

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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**

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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**

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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**

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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**

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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**

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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**

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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