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Coconut Research

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

Coconut Oil

Antimicrobial Effects

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

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

-Joseph Mercola, D.O.

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

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

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Cancer

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Cardiovascular Health

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

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Diabetes

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Digestion and Nutrient Absorption

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

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