



Holistic Medical Centre

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More about coconut

Coconut oil is a saturated fat that is extremely stable and easily withstands cooking/roasting heats, it resists oxidation and can be stored for a long time. Being a saturated fat, coconut oil is solid room temperature, however, it contains no TRANS fats. TRANS fatty acids are unhealthy fats that have been associated with accelerated oxidation (aging) of cells and other conditions such as cancer. Vegetable oils such as corn, soya, safflower and sunflower are unsaturated fats so are liquid at room temperature. Polyunsaturated fatty acids (PUFA) that have been heated contain high amounts of these unhealthy TRANS fats. Hydrogenation is the treatment of oils with very high temperatures to create products such as margarine which is almost solid at room temperature and most importantly prolongs the shelf life of these oils. Coconut is a saturated fat but unlike meat, dairy and lard contains very high amounts of medium chain fatty acids. Tropical oils and breast milk are the richest sources of medium chain fatty acids. There are many studies that indicate that consumption of coconut milk does NOT

predispose one to heart disease and in fact it is protective. However a high intake of meat and low intake of plant foods very closely correlates with increased risk of heart disease. In a 2002 study in Africa reported in Pub Med on meat and coconut... "the consumption of total fat or saturated fat, including that from coconut, was not a predictor for CHD (Coronary heart disease) in this food culture. However, the intakes of animal foods, total protein, dietary cholesterol and less plant derived carbohydrates were predictors of CHD". Another study from Pub Med... "The results imply no specific role for coconut or coconut oil in the causation of CHD in the present set of Indian patients from Kerala". People from the Far East and Thailand have a traditional diet that is primarily fruit, vegetables, starches like rice, plenty of fish, very little meat, and products derived from plants. The main source of saturated fat in the Far Eastern diet is coconut milk. With this type of diet, the intake of total fat and

saturated fat is far less than that of a western diet. Coconut milk also contains high amounts of Lauric acid (a medium chain fatty acid) which is formed into monolaurin in the the body. Monolaurin is antiviral, antibacterial, and antiprotozoal. MCFAs are sent directly to your liver, where they are immediately converted into energy. Coconut oil has often been compared to carbohydrates in its ability to be "burned" for energy. However, since insulin is not involved in the process of digesting the MCFAs in coconut oil, you won't get blood sugar fluctuations associated with carbohydrate metabolism. This is great if you have blood sugar problems or are trying to loose weight. In contrast LCFA (Long chain fatty acids) are very readily converted to fat and are high in lard, meat, dairy, some vegetable oils, nuts and nut oils. In summary, coconut oil is good for your heart, is useful if you are trying to loose weight and is a great form of useable energy for athletes.

Our favourite quote

Pleasure in the job puts perfection in the work.

Aristotle 384BC - 322BC

Health tips

Easy Thai Fish

Sauté in olive oil (or coconut oil) 1-2 large onions, a little salt and cayenne with plenty of crushed garlic and grated fresh ginger until onions are translucent. Add a stick of lemongrass, 1-2 cans of coconut cream and some cubed kumara. Squeeze the juice of 1 lemon into the sauce and place the two halves face down in the sauce. Simmer till kumara is soft then place fish fillets in the sauce and cook a short time until fish is done. Remove lemon and lemongrass. Serve on rice or rice noodles with salad.

Happy Patient File

From Karin, our nurse:

In April of this year I was diagnosed with breast cancer after a routine mammogram with Breastscreen Aotearoa. Apart from the fact that I am a woman and have breasts, I had no risk factors, with no family history, have never smoked, and have breast-fed at length. Have I been doing too much? WellAfter surgery and 20 sessions of radiotherapy I am fine, and, in fact, have remained fine throughout the whole treatment. My wonderful colleagues at HMC prepared treatment plans for me for prior to and after both surgery and radiotherapy and I have experienced very few side effects. I cannot stress enough how important it is to go for those pesky mammograms! Please feel free to talk to me about any of the above- I shan't be embarrassed!

More about metals

We have been asked lately where the sources of heavy metals are. Below are the commonly elevated metals we find in patients and the common sources of contamination.

Mercury

Uptake of mercury is increased with a deficiency in zinc, selenium, vitamin C, some B vitamins and amino acids The main source is amalgam fill-

ings. This becomes more significant if your genetic protection from metals is poor. Genetic protection can be assessed on a blood test. Other sources include: intake of large fish, some vaccines, broken thermometers and barometers, emissions from coal power plants, batteries, pesticides, fungicides, emissions from industrial/hospital incinerators,

ingestion of large fish and some professions including, dentistry and mining. Please note that we have proteins in our body that facilitate the excretion of mercury and are able to deal with the smaller amounts that come through the food chain. Exposure to larger amounts or a deficiency in the previously mentioned nutrients will result in larger

amounts in the body.

Lead

A deficiency of zinc, calcium or iron can increase the lead uptake. Sources: artists paints with lead pigments, lead based paints used on houses and in marine paints and anti-fouling, batteries, industrial smelting, in glazes used in the making of pottery, fuel, solder, jewelry making.