

COCONUT OIL, HYPERTENSION AND BLOOD PRESSURE:-

A Simple Oil Change to Lower Blood Pressure.....

People who regularly consume coconut oil have lower blood pressure than those who do not. That's a fact!

Cardiovascular disease or simply heart disease is a general term for all disorders of the heart and blood vessels.

Atherosclerosis, the most common heart disease by far, sets the stage for high blood pressure or hypertension, including, heart attack and stroke.

High blood pressure is common in most adults. The typical Western diet is full of omega-6 poly-unsaturated fatty acids (PUFA). No wonder one third of the United States adult population is hypertensive.

There are many factors that influence blood pressure. Dietary fat consumption, particularly polyunsaturated fats, is one of them. Most likely, the cooking oil; e.g. soybean oil, corn oil and most other vegetable oils; shortening and margarine you consume are predominantly omega-6 fatty acids. This is especially true if you adhere to the typical Western diet. Your body converts these polyunsaturated fats into prostaglandins which are pro-inflammatory, resulting in:-

- Constriction of blood vessels
- Increase inflammatory response, and
- Increase blood platelet stickiness

..... all of which elevate blood pressure and encourage atherosclerosis.

Coconut oil is 92% saturated and contains a unique and relatively rare type of fat molecules called medium chain fatty acids (MCFA).

MCFAs are not transformed into prostaglandins. For this reason, MCFA-rich coconut oil does not have the detrimental effects omega-6 fatty acids have.

If you eat any type of cooking oil, shortening, margarine, or any frozen or processed food, chances are, you are consuming omega-6 fats.

By using MCFA-rich coconut oil for all your cooking and food preparation needs, you will reduce the excessive amount of omega-6 fats in your diet, thus diminishing the blood pressure-elevating effects of these prostaglandins. When you use MCFA-rich coconut oil in place of other oils in food preparation, the amount of omega-6 fat molecules in your diet is reduced. MCFAs abundantly present in coconut oil are not transformed into prostaglandins and can weaken the effects of omega-6 fatty acids.

Coconut oil consuming populations generally have better blood pressure numbers than those who don't.



Table 22.

The "Good" and the "Bad" Fats

EFFECTS	Coconut Oil MC Sat.	Animal Fat LC Sat.	Olive Oil MUFA ω9	Corn/ Soybean PUFAs ω6	Fish Oil PUFAs ω3
A.					
Wt. Gain	↓↓	↑↑	↑↑↑	↑↑↑	↑
HDL-C	↑	↓		↓↓	↑
Ratio LDL-C: HDL-C	↓	↑		↑	↓
Platelet Clumping		↑		↑↑	↓
Bacterial/Viral/ Fungal Infections	↓↓↓				
Asthma & Allergies	↓			↑↑↑	↓↓
Inflammatory Diseases	↓↓↓	↑		↑↑↑	↓↓
Cancer	↓	↑	↑	↑	?
B.					
Obesity	Anti	Pro	Pro	Pro	Pro
Atherogenic	Anti	Pro		Pro	Anti
Blood clotting		Pro		Pro	Anti
Infections	Anti				
Asthma & Allergies	Anti			Pro	Anti
Inflammatory Diseases	Anti	Pro		Pro	Anti
Cancer	Anti		Pro?	Pro	?



Table 23.

