

A STUDY ON THE EFFICACY OF SATURATED FATS AND FRESH NATURAL FOODS ON HEALTH AND OBESITY

Abstract.

This article describes the changes that have occurred in our diets since the early 20th Century. We see how good oils such as butter and *coconut oil* were demonised, and this along with denatured, processed food, led to illness and obesity. We describe a 5 month trial using natural food and saturated fats, and detail the improvement in health, along with weight loss.

Background

Before 1920 obesity, coronary heart disease and type 2 diabetes were rare in America (and elsewhere). During the next 40 years these rose enormously, and continue to rise, bringing these to epidemic proportions.

Were people starting to eat more animal fat? On the contrary, the consumption of animal fats continued to fall. Between 1910 and 1970 the proportion of traditional animal fat in the American diet changed from 83 percent to 62 percent and butter consumption fell from 18 pounds per person to 4. Yet by the 1950's heart disease was the largest cause of death.

From the 1920,s the consumption of margarine and refined oils increased by 400 percent. This was caused by 'health' advice given out, based on the flawed Framingham Study.

Method

In February 2005 we conducted a Public Lecture with 90 attendees. We gave a brief outline of wellness today, our involvement in this, and our proposed health and weight loss program.

33 people signed on to be participants in the study, 25 women and 8 men. All but two were overweight or obese – the heaviest being 170 +kg. Of the remaining 2, one had experienced rapid weight loss from a commercial weight loss program, but severe muscle wasting. Both had significant health problems, as did the remainder of the participants.

The overall health problems included diabetes, hypertension, elevated cholesterol, gout, sleep problems and depression. Most were taking drugs for these problems, many taking several.

All participants were required to have a full set of medical tests before the program commenced.

Participants met, first weekly then every three weeks for group sessions. In these sessions each participant was measured and weighed, and given a Heart Rate Variability (HRV) See www.nervexpress.com reading to determine their autonomic nervous system balance, thus their health.

They were further given full instructions on which foods to eat, and which to avoid. Each was also given *a month's supply of virgin coconut oil*, which was replenished when empty.

These sessions were also opportunities to make friends, and exchange ideas and recipes.

At the completion of the 5 months, all participants again visited their doctor to replicate the medical tests. Of the original 33, 25 completed the study. The results were astounding. The highest weight loss was 18kg. But the best result was the improvement in health, as measured by the medical tests, the Heart Rate Variability (HRV) readings, and the fact that only two continued to take any form of medication, and these were drastically reduced. The best result in terms that the laymen would understand was the fall of 20-25 percent in Mean Heart Rate in all participants from their previously dangerous levels (100+ standing).

Two participants were smokers at the beginning of the study, and at the end only 1 continued smoking. Smoking cessation was not an aim of the study, but a pleasing side benefit.

Conclusion

All the results of the study indicate that the taking of *coconut oil*, along with a nutritious natural diet, not only leads to weight loss, but a vast improvement in health.