



Health Matters

by
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Alzheimer's is critically on the rise. In ***Stop Alzheimer's Now!*** Bruce Fife, N. D. says that one of the first symptoms detected in the early stages of Alzheimer's is a loss of the brain cells' ability to use glucose, which can cause them to degenerate and die.

In ***Neurobiology of Aging***, researchers reported that medium chain triglycerides (MCTs), naturally found in coconut oil, could supply the brain cells with the needed nourishment unavailable from glucose. When their subjects were given 2 ½ Tbsp of coconut oil daily, they amazingly demonstrated overall improvement in memory, reasoning abilities and mental functioning in as few as 45 days.

It's also interesting to note that MCTs are the active ingredient in "Ketasyn", a drug given to Alzheimer's patients. **Coconut oil** not only can improve cognition, it's been shown, as well, to help control sugar cravings and increase metabolic rate, both of which support weight loss.

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