

Coconut Oil and Diabetes

Does it Really Cure Diabetes?

Coconut oil and diabetes are something people overlook when it comes to diabetes curing. Of course, we tend to lean on the medication instead of a natural alternative to cure diabetes.

"So how does 'coconut oil and diabetes' works?" you ask. You might think it is not possible for coconut oil to cure diabetes. However, a certain number of diabetics who take coconut oil are getting better and better.

Do you have the question to coconut oil and diabetes?

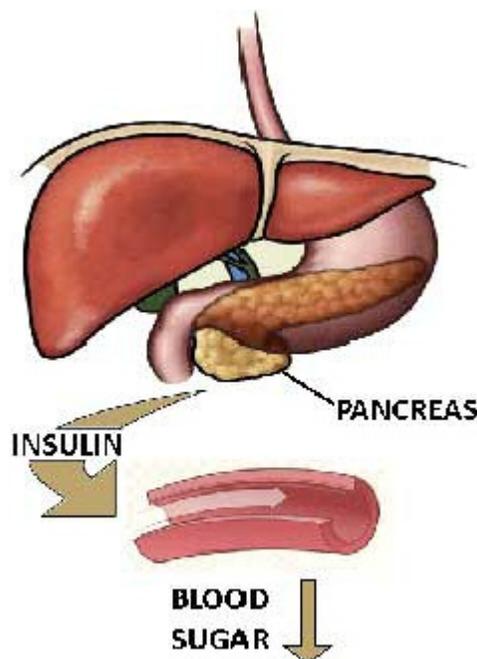
By taking coconut oil everyday combined to following the medical advice, many people can reduce the level of blood sugar to the normal range. It only takes a certain period of time -- months, if not weeks.

Some can even cut back the amount of medications they've been taking for years! Let's take few minutes to learn about what diabetes is...

What is Diabetes?

Diabetes mellitus is a disorder stage of metabolism. It will lower the capability of the pancreas to produce insulin in order to help glucose get into the body's cell.

Then the body will convert the glucose into energy for utilization.



What will happen if you have fewer insulin? Yes, the blood sugar does not fully absorb into the cells.

Some of them is left in the blood stream. And you will have high blood sugar. This condition can cause you negative effect on your body.

It is possible for the excessive blood sugar to turn into the fat sticking to the arterial wall. This will make the blood vessel narrow, causing a blockage to the blood flow.

Finally, you may have many health problems such as slow wound healing, numb feeling, blurry eyesight, feeling tired easily, and more.

Coconut oil and diabetes can be a new hope for you to heal diabetes. Not only does it help regulate the blood sugar, but it also burns the extra fat in your body efficiently.

So to speak, coconut oil might be the only edible oil for every diabetic to take daily.

Here's How It Works

In this 'Coconut oil and Diabetes' topic, you'll learn how coconut oil works as an effective and natural cure of diabetes. Here are what you get from coconut oil:

1. Good Nutrient for Body Cells



Glucose generally comes from the food we eat. Since glucose composes of many long molecule structures, it is difficult to enter the cells by itself. So it needs insulin to do so.

However coconut oil contains most of medium-chain fatty acids (MCFAs, C 6-12) which are **smaller** and **lighter** than glucose. So it can get into the cells without a need of insulin.

Coconut oil does the job similarly to insulin. It is because coconut oil gives the body healthy nutrients that are useful for the cells to produce energy.

Whether you have less insulin or insulin resistance, coconut oil still works. You can take coconut oil to improve the pancreas function and/or activate the insulin response to the cells.

Coconut oil can be the **ONLY** dietary oil that every diabetic should take.

2. Metabolism Boost

Metabolism boost is another great benefit you can get from 'coconut oil and diabetes' approach.

MFCAs in coconut oil help regulate the digestive system, and improve thyroid function. ([Coconut oil thyroid treatment](#) is an alternative for those with hypothyroid condition.)

As the result, you have higher metabolism which in turn helps stimulate the pancreas to secrete more insulin.

You can replace insulin with coconut oil to cure Type 1 and Type 2 diabetes (Thampan, 1994; and Garfinkel, et al. 1992). Perhaps you no longer need insulin injection if you take coconut oil daily.

Remember, the higher metabolism, the higher fat burning.

Yes, you can also [lose weight with coconut oil](#) while having low risk of diabetes ;-)

3. Pancreas Recovery

Your blood sugar usually increases a little after each meal. To balance the level of blood sugar, the body needs more insulin to help blood sugar enter the cells, and produce energy.

If you are diabetic, the pancreas becomes less effective to produce sufficient insulin. However, with coconut oil, you can improve your pancreas function.

Since lauric acid in coconut oil helps speed up metabolism, the pancreas functions will become more effective. So it can produce more insulin for you to reduce an excessive blood sugar.

4. Cells Response Boost

This is beneficial for those with Type 2 diabetes as the body cells are unable to respond to insulin.

Coconut oil helps activate the ability of cell's response in allowing more glucose enter the cells. The pancreas does not necessarily produce more insulin while coconut oil is working on that (Garfinkel, et al. 1992; Han, et al. 2003).

You see, coconut oil helps improve not only the pancreas, but ability of cell's response as well. So coconut oil can be a cure for both Type 1 and Type 2 diabetes.

The diabetics with no feeling on the foot and hand start getting the feeling back after taking the diet with coconut oil for a few weeks.

This is the incredible benefit between coconut oil and diabetes.

5. Blood Sugar Regulation

Studies found that coconut oil can regulate the blood sugar level (Garfinkel, et al. 1992; Han, et al. 2003).

Diabetics who consume coconut oil will be full longer (slow diet craving).

This is beneficial for the body to stabilize the level of blood sugar while glucose is gradually spreading into the blood.

Some diabetics can control and reduce blood sugar level by consuming the diet with coconut oil despite of eating sweetened food (Fife 2006).

Taking 2 to 3 tablespoons of coconut will help lower your blood sugar within 30 minutes.

6. Effective Glucose Utilization and High Glucose Tolerance

MCFAs in coconut oil have a higher ability than other oils in developing binding affinity between insulin and cells (Ginsberg, 1982 and Yost and Eckel, 1989).

The research found that coconut oil can create high [glucose tolerance](#) to the body as well.

This is another great benefit from 'coconut oil and diabetes' approach.

7. Lower Glycemic Index (GI)

Normally, our blood sugar slightly rises after eating. The amount of blood sugar depends on the diets we take.

The more carbohydrate, the more blood glucose produced.

[Glycemic Index \(GI\)](#) describes the difference of each carbohydrate ranking to the effect of blood glucose level.

For example, the dessert as well as starch such as bread and sugar are the diets that have a high GI level. Likewise, some of the very sweetened fruits like banana, longan, and litchi have a high level of GI too.

They will increase a high blood sugar level quickly.

The doctor usually recommends the diabetic to limit high GI diet.

However, you won't be worrying when it comes to 'coconut oil and diabetes' remedy. Why?

Because, coconut oil has no effect to the GI level, and it has extremely low GI level too. Moreover, if you add coconut oil in the sweetened diet like candy and other starch, the GI level will decrease significantly.

Simply take one tablespoon of coconut oil twice a day before a meal, and you can lower blood sugar down nearly to a normal range.

A person who has a high blood sugar level of 220 mg has been taking coconut oil for four months daily. Now the blood sugar level comes down to 97 mg, which falls into the normal range. Now he no longer needs insulin injection anymore. (Testimonial)

In short, 'coconut oil and diabetes' approach is an alternative and efficient way to cure diabetes naturally. The coconut oil nutrients do activate the body cell response to glucose absorption effectively.

If you're looking for a way to cure diabetes naturally, 'coconut oil and diabetes' approach is another wise choice for you.