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A recent clinical study has shown that the regular consumption of coconut oil, to be more specific, a tablespoon of this oil daily, will speed up the weight loss process and promote heart health.

The findings of this study provide great hope for overweight people, diabetics and patients who suffer from cardiovascular disease. Sadly, these health issues cannot be treated by some reliable medicines provided by the conventional medicine and the [pharmaceutical industry](http://www.healthyfoodhouse.com/baking-soda-the-nightmare-of-the-pharmaceutical-industry/).

Previously, coconut oil was stated to be harmful by nutritionists, as it is rich in saturated fatty acids, which were believed to be the same as the synthetic saturated fatty acids such as margarine.

However, due to the numerous studies on this subject, we are now aware that this is untrue. Actually, the natural sources of these saturated fatty acids are not highly appreciated due to their benefits for our health, particularly for our cognitive functions.

Namely, the aim of this scientific research was to evaluate the effects of a treatment based on extra virgin coconut oil, particularly on the relation between the consumption of this oil and the HDL cholesterol levels, as well as various anthropometric evaluations.

The study included people at the age between 55 and 69 years, and about 64% of them were men. All participants suffered from high blood pressure, while only 5% didn’t have blood lipid profiles, which indicated the presence of dyslipidemia. They practiced a treatment that included drugs that reduce cholesterol levels.

Initially, during the first three months of the study, 136 participants ate one standardized diet. Afterward, only 116 participants managed to end this first stage, and they were divided into 2 groups.

The first group continued to follow the same diet and involved 22 participants, while the other 94 ate a bit modified diet which contained a teaspoon, 13 ml or 0.43 ounces, of extra virgin coconut oil on a daily basis.

After another three months, the findings of the study indicated that the group which consumed [coconut oil](http://www.healthyfoodhouse.com/this-is-what-1-tablespoon-of-coconut-oil-does-to-your-heart-and-waistline-in-no-time/) has experienced a reduction of all six parameters that were evaluated in the study, as follows:

* Weight – 0.6 kilos or 1.300 pounds
* Waist Circumference – about 2.1 cm or 0.8 inch
* BMS or Body-Mass index – 0.2 per square meter
* Neck Perimeter – about 4 cm or 1.5 inches
* Systolic Blood Pressure – 3.3 points
* Diastolic Blood Pressure – 3.5 points

Moreover, their HDL cholesterol levels have been found to have increased.

Thus, the conclusion of the scientists involved in the study was that the non-pharmacological interventions are of high importance for the management and control of risk factors in secondary prevention among patients suffering from coronary diseases.

Furthermore, they found that a diet rich in extra virgin coconut oil results in gradual rise of the HDL-C concentrations, as well as a waist circumference reduction.

Hence, the findings of this study are important and reveals crucial properties of this oil. Namely, numerous popular pharmaceutical drugs taken in order to elevate the levels of HDL cholesterol are not scientifically- based, and have been recently found to provide no effects, and even endanger the entire health.

For instance, patients with extremely low HDL-C levels who use statins do not witness any positive effects. Moreover, pharmaceutical medicines for reducing HDL cholesterol can cause numerous serious side- effects. Therefore, the use of this completely natural and safe oil can be of great help.

Moreover, one of the major factors for cardiovascular problems, and even cardiac mortality is midsection fat or abdominal obesity.

According to a study from 8 years ago, which was published in the Circulation journal, abdominal obesity is the major cause of heart attacks, followed by abnormal lipids and smoking.

Therefore, in order to prevent heart diseases and reduce the risk of cardiovascular issues, you should eat a diet that will naturally raise the levels of HDL-C cholesterol, and promote stabilization of the waist circumference and Body Mass Index.

Undoubtedly, this is one of the numerous scientific studies that have provide evidence for the numerous positive effects of the use of coconut oil.

Another scientific study proved the advantageous effects of this oil in the case of Alzheimer’s. Namely, patients consumed one dose of medium chain triglycerides derived from this beneficial oil and in only a few hours, they experienced enhanced cognitive functions.

Hence, you should do some research on your own and find out the amazing benefits of the use of coconut oil, as well as other effective methods to reduce abdominal fat and increase HDL cholesterol.

**Read The Full Original Article Here:**[**This is What 1 Tablespoon of Coconut Oil Does to Your Heart And Waistline in No Time**](http://www.greenmedinfo.com/blog/only-1-tbsp-coconut-oil-produces-powerful-health-changes-study-confirms?page=1)