



## COCONUT OIL AND ITS AMAZING HEALING PROPERTIES

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In a study to test coconut oil's biocidal properties against the bacteria responsible for tooth decay, coconut oil proved to be quite effective. It also proved very powerful inhibiting a large variety of pathogenic organisms from viruses to bacteria protozoa, due to its naturally high lauric acid content. Ireland researchers found that coconut oil treated with enzymes, in a process similar to digestion, strongly inhibits *Streptococcus* bacteria, responsible for plaque buildup, cavities and gum disease.

The action of coconut oil was tested in its natural state and after being treated with enzymes, in a process similar to digestion. The oils were tested against strains of *Streptococcus* bacteria, which are common inhabitants of your mouth.

They found that enzyme-modified coconut oil strongly inhibits the growth of most strains of *Streptococcus* bacteria, including *Streptococcus mutans*, an acid-producing bacterium that is a major cause of tooth decay.<sup>1</sup> It is thought that the breaking down of the fatty coconut oil by the Coconut, especially its oil, is a powerful destroyer of all kinds of microbes, from viruses to bacteria to protozoa, many of which harm human health.

Researchers at the Athlone Institute of Technology's Bioscience Research Institute in Ireland set out to test coconut oil's biocidal properties against the bacteria responsible for tooth decay.

Dental caries is a commonly overlooked problem affecting 60 to 90 percent of children and the majority of adults in industrialized countries, according to chief researcher Dr. Damien Brady.

### Top Reasons to Use Coconut Oil

- 1- Relieves stress on pancreas and enzyme systems of the body.
- 2- Helps relieve symptoms and reduce health risks associated with diabetes.
- 3- Improves calcium and magnesium absorption and supports the development of strong bones and teeth.
- 4- Reduces inflammation.
- 5- Supports tissue healing and repair.
- 6- Supports and aids immune system function.
- 7- Is heart healthy; improves cholesterol ratio reducing risk of heart disease.
- 8- Helps prevent periodontal disease and tooth decay.
- 9- Functions as a protective antioxidant.
- 10- Helps prevent obesity and overweight problems.
- 11- Applied topically helps to form a chemical barrier on the skin to ward of infection.
- 12- Softens skin and helps relieve dryness and flaking.
- 13- Prevents wrinkles, sagging skin, and age spots.
- 14- Promotes healthy looking hair and complexion.
- 15- Helps control dandruff.
- 16- Does not form harmful by-products when heated to normal cooking temperature
- 17- Has no harmful or discomforting side effects.
- 18- Inexpensive

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