

Journey to Wellness

JULY NEWSLETTER

A PERFECT FAT FOR RAW CELLULAR ENERGY

If I told you that there is a food that would allow you to create raw cellular energy and that the body can create it with the least amount of metabolic steps so your mitochondria (furnace of every cell) can utilize it readily. Research has demonstrated the efficiency and delivery of this oil. It can be used for boundless energy, stubborn fat burning or weight loss, enhancing athletic performance, diabetes and cognitive function. In therapeutic doses it can be used for anti bacterial and anti viral properties.

This oil is a medium chain triglyceride (MCT) made from coconut oil. Oils are not all equal. So without going into too much of Chemistry let me give you the basics.

1. We now know that coconut oil is one of the healthiest, due to its resistance to oxidation. Most of the oils you consume are long chain triglycerides (LCT). LCT can be use as a source of energy as well but they must first bond with bile (fat emulsifier from gall bladder) and cholesterol, which the liver must first manufacture. This takes energy. After the bonding, it is metabolized in the lymphatic system before being stored in adipose tissue as fat or they can be used in the mitochondria as source of cellular fuel by going through the fat activation process. This also takes energy.
2. The mechanism that makes MCT so special is that these fats don't need to bond with bile, or cholesterol and instead of being processed through the lymphatic system; the liver just metabolized them directly making them into Alpha-keto acids. Alpha-keto acids are the highest quality form of energy that the body has access to. For example, in the event of starvation, your body will find a way to make these to keep your brain fueled. So with MCT you get this quicker power to your cell via the alpha-keto acids molecules without starving your body.

Excerpt from MCT Report March 11, 2013

“One set of mice and rats were fed a low fat diet (control diet), one set was fed a high fat diet consisting of LCT, and the last set was fed a high fat diet consisting of MCT. After 4 to 5 weeks it was found that the markers of mitochondrial metabolism, in the MCT group, were increased by levels up to 140% above of the low fat group. LCT group had

an increase as well but by 50% above the low fat group. LCT was at 1/3 of the levels of the MCT diet.” (Weisenbarger 9).

“This clearly demonstrates the ease at which the alpha-keto acids travel into the mitochondria when compared to the body’s ability to derive energy from LCT or sugar.” (Weisenbarger 9).

In summary everything our body does requires energy, derived from sugar, proteins and fats by means of many different metabolic pathways. This MCT oils delivers to the liver a fatty acids unit easily converted in alpa-keto acids. This is the best mitochondrial fuel available that I know of.

What could it do for you??

MCT is therapeutic coconut grade oil. With over 4 times as much capric acid, and over 3 times caprylic and caproic acid as would be found in natural state coconut oil. It will provide power to all of your cells. This fat passes through the cell membrane by itself, turning the power on. The research substantiates the clinical application for sugar metabolism, athletic enhancement, cognitive function, heart issues, lasting energy for all our daily demands and who does not want to better their weight management! (I also have personally been using this oil for anti viral properties with great outcome thus far).

Everything you do requires energy. If there was a food you could eat, that would supply an immense amount of cellular energy, wouldn’t you want to know about it?? This is why I am so excited to pass along my new findings.

Feel free to contact me for more information.

Dr D

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Remember that health is a journey not an end!