

Secret Sauce for Fat Loss (how scientific is this? Let's be Guinea Pigs)

The cat is out of the bag, the secret food is coconut oil (but please keep the details of how we are using this stuff to yourself). This stuff has been around for ages, but its true potential is only now being realized.

Coconut oil is a saturated fat. I can hear you now "But saturated fat is bad!" I can tell you with 100% certainty that is a myth. The reasons why you have heard this falsehood over and over could fill a book (and in fact it has) but for our purposes let's stick with this: There are "trans fats" and there are "saturated fats" and they are NOT the same thing. Trans fats are man-made garbage fats and are toxic to humans. The safe level of trans fats in the diet is ZERO.

Saturated fat can be either man made (avoid like the plague) or come from nature (awesome stuff, enjoy whenever possible). Coconut oil obviously comes from nature so we are cool. Coconut oil has some SERIOUS benefits when it comes to fat loss. First off, its fat is primarily composed of Medium Chain Triglycerides (MCTs) - most fats are long chain.

This is significant for several reasons:

1. The likelihood of MCTs being stored as fat is near zero.
2. MCTs are preferentially used as a fuel in the body and require no conversion to be used almost instantly (signaling your body to switch its fuel source from carbs to bodyfat)
3. Coconut oil has been proven to elevate metabolism, increasing the number of calories burned per day significantly.
4. Coconut oil has been shown to optimize the thyroid and even reverse thyroid dysfunction.
5. Coconut oil seriously blunts appetite.
6. Coconut oil puts your body in a "fat burning mode"

It is worth noting that the one of the fats in coconut oil is called lauric acid. This is also the primary fat found in mother's milk. There are piles and PILES of other benefits too, but that goes beyond the scope of this guide.

Here is how you will be using coconut oil: You will be taking 2-4 tablespoons of the awesome stuff per day in divided doses. How much will depend on you and how things shake out. Highly scientific I know, but we will be seeing what works for you and tweaking it. FYI- there are no negative side effects to taking too much coconut oil.

When to take it:

- After you wake up - boosting metabolism and telling your body to use fat for fuel, setting the tone for the day
- 20-30 minutes prior to your workout - boosting metabolism and telling your body to use fat for fuel for the workout (and beyond)
- 20-30 minutes prior to any meal - blunting appetite and blunting any insulin response
- Any time during your fast (see below) - blunting appetite, boosting metabolism and telling your body to use fat for fuel.

You do not have to take it at EVERY one of those times, but first thing in the morning and prior to the workout are the most important. (If you work out in the morning this could be just the one 1-2 tbs dose, but then definitely take it another time during the day.)

How you will take it:

I like it straight from the bottle. I use the Trader Joe's brand, but you can use any brand of virgin coconut oil. It tastes like a creamy Mounds candy bar, just not as sweet. Some people like to put it in a mug of water and put in the microwave, warm it up and drink it. That's too much effort for me, but whatever works.

At room temperature coconut oil is a very soft solid that is easily scooped out with a measuring spoon. In the hotter months of the year it might be completely liquid – this is just fine as coconut oil does not go bad (the only natural fat that doesn't.) Fair warning: If you refrigerate it, it will be as hard as a rock. One down side is the stuff is not particularly portable. To make my life easier I keep a jar at home and a jar at work. Again, get the one at Trader Joe's or the one at Costco. Capsule are NOT acceptable. Some love the taste, some hate it, some just tolerate it. If you absolutely can't stand it then don't take it, but it can accelerate fat loss considerably.

I do have a few "recipes" I have been tweaking, but basically you do not want to take it with anything caloric.

SIDE NOTE: A very small percentage of users may experience some "gastic distress" when consuming coconut oil. This is largely due to killing off the bad bacteria in the gut. The simple solution is to start with a smaller dosage (1 tsp) and work your way back up.