



Are you struggling with losing weight? Coconut oil may help shed some unwanted pounds!

Too often I hear, “Dr. King, I am struggling with losing weight!” This is one of the number one reasons patients consult with me in the beginning. While I understand wanting to lose the weight, getting to the root cause of the weight gain, or the inability to lose weight, is the ultimate goal.

Is your body converting T4 hormone to T3?

In some patients, their body is not converting T4 to T3. T4 is the inactive thyroid hormone that is converted to T3, the active form of thyroid hormone. You need T3 hormone to help run your metabolism.

Always check to make sure your T3 levels are within “normal” ranges. I stress normal ranges, because most doctors only use laboratory ranges to evaluate a patient’s health (I will write more about this later).

Inflammation can affect your weight!

Yes, inflammation can make you feel puffy and can add water weight. Inflammation will, also, affect how well your T4 hormone is converted to T3. That means your T3 hormone can't get into your cells and run your metabolism.

Your goal? You want to decrease inflammation as much as possible.

What causes inflammation? Here is a short list:

- 1) **Stress:** chemical, physical and emotional
- 2) **Foods:** gluten (especially, if you have Hashimoto's disease), dairy and soy...along with nightshades and specific foods that may your body may be sensitive to
- 3) **Trauma:** head trauma has been known to not only cause permanent damage to the brain, but can also cause inflammation in other areas of the body due to vagal nerve deactivation. The vagus nerve comes out of the brain, next to the cerebellum, and helps to control gastro-intestinal function. There have been studies linking head trauma to leaky gut syndrome. Not only are researchers seeing this, but I have seen this with athletes after specific head injuries in their sports.
- 4) **Medications:** certain medications are known for creating inflammation.
 - a) Insulin – this hormone is extremely inflammatory in long term usage
 - b) Prednisone – this is a go to medication for doctors trying to knock down viral loads. Most of the time, it does very little but flair a patient up (this occurred to my wife recently)
 - c) Metformin – this drug has been known to destroy muscle tissue and nerves in diabetics
 - d) Anti-biotics – a lot of people know that anti-biotics will destroy the good gut flora. There are those patients that are very sensitive to taking anti-biotics due to the affect they have on the gastro-intestinal track

1 Tablespoon a day may help keep the doctor away!

Coconut oil is known to help increase HDL cholesterol, your healthy/good cholesterol. There has been a misconception in the literature regarding this, and the mainstream industry seems stuck on this notion that coconut oil is not healthy for us.

Food expert and retailer, Ian Macdonald, jokingly said "You know you're on to something healthy when national and international health agencies are advising AGAINST coconut oil. This is typically due to influences from pharmaceutical and high profile corporations who strive on keeping the population sick and diseased."

For example, the Food and Drug Administration (FDA), World Health Organization (WHO) and the United States Department of Health and Human Services have recommended AGAINST the consumption of coconut oil. This was done without any research or studies explaining why. So, if these organizations are recommending against taking coconut oil (said sarcastically with eyes being rolled), that should be your catalyst to begin incorporating it into your eating plan.

Why is coconut oil good?

Lauric acid is a fat that comprises roughly 50% of coconut oil. Your body will take lauric acid and convert it into monolaurin. Monolaurin has amazing anti-viral, anti-bacterial, and anti-protozoa properties. What does that mean? Coconut oil is a powerful force against the “bad guys” that destroy our body. Coconut oil contains the most lauric acid of any substance on earth.

Remember, the name of the game is decreasing inflammation. Coconut oil has a direct effect in suppressing inflammation, AND repairing tissue.

Coconut oil helps to burn fat!

Coconut oil is made up of medium-chain fatty acids and monoglycerides, which you find in mother’s breast milk. Medium-chain fatty acids, found in coconut oil, enter the cell’s mitochondria (the cells’ energy burning powerhouses), where they can be converted to energy. That means, consuming coconut oil helps your cells burn fat!!!

According to a published study in *Journal of Nutrition* (Vol. 132, pages 329-332), consuming coconut oil and healthy fats showed a weight loss equivalent to 12-36 pounds per year! How crazy is that? Eating fat, helps to burn fat!

Have your thyroid markers checked, as well...

Consuming coconut oil may not be the magic elixir that some people claim. But, is sure can help your body function better.

Make sure, make sure, make sure...that your doctor is checking all of your thyroid markers. I tell patients, almost daily, to beg, plead, kick and scream, until the doctor agrees to order all of the thyroid markers (Even if they don’t know what to do with them all, or it won’t change the doctor’s course of treatment. In order for me to help a thyroid patient, I must see a full thyroid panel).

It doesn’t matter if you have been diagnosed with hypothyroidism, hyperthyroidism, Hashimoto’s Disease or Grave’s Disease, the following must be looked at:

TSH
T4
T3
fT4
fT3
FTI
T3U

rT3
TPO
TBG

Are you ready to have your life back? Give me a call and let's begin putting the pieces together for you.

Yours in health,

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