

# Virgin Coconut Oil Benefits

*Rich in antioxidants, promotes bowel health and good for the heart*

Flu strains are constantly evolving and there is no prevention other than strengthening the body's own immune system.

One natural food that has been found to strengthen the immune system is Orifera Virgin Coconut Oil.

Through regular use, Orifera Virgin Coconut Oil strengthens the body's immune system and helps to fight off viral and bacterial infections. It is also a good

source of antioxidants.

Virgin coconut oil helps to promote a healthy bowel system and is good for the heart.

It increases the body's metabolic rate, thus aiding weight loss and preventing obesity. The molecules in its unique medium chain fatty acids do not need to be broken down and can be immediately utilised by the cells to produce energy, instead of being stored as fat

in the body.

According to recent research by the Philippine Children's Medical Center, virgin coconut oil was found to be extremely effective for treating pneumonia in children aged three months to sixty months.

They also found that virgin coconut oil helped to stabilize breathing rate and cured cases of creaky joints. Children who were treated with virgin coconut oil in the

hospital recovered much faster than children who only received regular treatment.

Orifera Virgin Coconut Oil is available in both liquid and softgels at the following prices: RM30 for 150ml, RM90 for 500ml and RM40 for softgels.

*Translated from the original article 'Khasiat Kelapa Dara' by Siti Zarinah Sahib, as published in Harian Metro newspaper, 22 April 2010.*



Metro Hati

## Khasiat kelapa dara

*Ada sumber antioksidan, bantu lindungi tubuh daripada masalah usus besar, baik untuk jantung*

**PELBAGAL...** minyak kelapa dara mempunyai pelbagai fungsi.

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**S**ELESEMA adalah penyakit yang sentiasa berkembang dan tiada pencegahan melainkan dengan mempekuatkan sistem imun badan. Salah satu sumber makanan semula jadi yang dapat memperkuatkan sistem ketahanan badan ialah Minyak Kelapa Dara Orifera.

Penggunaan Minyak Kelapa Dara Orifera secara berterusan memberi sokongan kepada sistem imun serta membantu tubuh melawan virus dan jangkitan bakteria. Minyak kelapa dara mempunyai sumber antioksidan yang baik. Ia juga membantu melindungi tubuh daripada masalah usus besar serta baik untuk jantung. Selain itu minyak kelapa dara boleh meningkatkan kadar metabolisme badan untuk membantu mengelak masalah kengaman. Ciri molekulnya tidak perlu diurai dan boleh terus digunakan oleh tubuh untuk menghasilkan tenaga daripada disimpan sebagai lemak badan. Berdasarkan kajian terkini Pusat Perubatan Kanak-kanak Filipina, minyak kelapa dara sangat berkesan untuk merawat kanak-kanak berumur tiga sehingga 60 bulan yang menghidap penyakit pneumonia. Mereka juga mendapati

minyak kelapa dara dapat mempercepatkan penstabilan kadar pematasan dan menyelesaikan masalah tulang berbulu. Kanak-kanak yang dirawat menggunakan minyak kelapa dara di hospital akan lebih cepat sembuh berbanding mereka yang menerima rawatan biasa. Minyak kelapa dara dijual dalam bentuk cecair dan gel pada harga RM30 untuk 150 mliter (ml), RM90 untuk 500 ml dan RM40 untuk gel.