

How the components within the Mangosteen Cocktail work

The following provides an insight in terms of how the components of mangosteen cocktail weight loss program works.

In general, our bodies' need a proper balance of proteins, carbohydrates, and fats of which this cocktail provides.

- Mangosteen by itself stimulates the thymus gland that works to increase metabolism. Since everyone's body is different, some lose weight just by taking mangosteen, however the mangosteen weight loss cocktail works for everyone.
- The oils (these are good oils) stimulate the brain to tell the body it is full as well as stimulates metabolism.
- To make the weight loss program serve as a meal replacement, add about 100 calories per serving of vanilla (or flavor of choice) whey protein powder, which can be obtained from a health food store.
- Flax seed oil can be used in place of extra-virgin olive oil and extra-virgin coconut oil can be used in place of coconut oil. Some health food stores are now ordering the Kefir product and will keep it on hand since this program has been taking off around the country.

Some using the weight lose cocktail either don't lose weight initially, OR, quickly lose 5-10lbs within the first few week(s) and then weight loss seems to stall. This is normal. Continue to drink the cocktail until desired weight is obtained. For those who have this happen, don't lose heart; remain on the program since what will start to occur is that inches begin to start falling off the body. Once you reach desired weight loss goal it is encouraged to continue taking the cocktail (in reduced amounts) and you continue to see improvements in skin etc.

Mangosteen: Improves the immune system, stimulates the thymus gland to increase metabolism, and improves digestion, elimination, has anti-inflammatory, anti-aging, anti-oxidant to flush toxins from the body, and so much more. To learn more about the benefits of mangosteen, recommend the following resources: Dr Sam Walters's CD, 'Unleash The Power of Mangosteen', Dr Sam Walters's DVD, 'Every 20 Seconds', Dr Templman's books, 'Mangosteen Medical Desk Reference', and 'Medical Applications for Mangosteen'. Contact the person who gave you this information to find out how to get Mangosteen and a copy of these references.

Kefir: Here are the benefits of consuming kefir regularly in the diet.

- Easily digested, it cleanses the intestines, provides beneficial bacteria and yeast, vitamins and minerals, and complete proteins.
- Because kefir is such a balanced and nourishing food, it contributes to a healthy immune system and has been used to help patients suffering from AIDS, chronic fatigue syndrome, herpes, and cancer.

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- Its tranquilizing effect on the nervous system has benefited many who suffer from sleep disorders, depression, and ADHD (attention deficit hyperactivity disorder).
- The regular use of kefir can help relieve all intestinal disorders, promote bowel movement, reduce flatulence and create a healthier digestive system.
- In addition, its cleansing effect on the whole body helps to establish a balanced inner ecosystem for optimum health and longevity.
- Here's a printable \$1.00 off coupon for Lifeways Kefir
<http://www.lifeway.net/coupon/coupon.php>

Coconut Oil: There is an organic type of unrefined coconut oil that is the best to use for the cocktail. Unrefined coconut oil cooperates with thermogenesis of your metabolism, so it works better and faster automatically, it helps diabetes because of the lauric acid content it can stabilize blood sugar.

Lauric acid is an enzyme that has many benefits and that is the main enzyme in UCO. It has about 3g of fiber as well and it's very good for the digestion. The medium chain fatty acids (as opposed to the long chain ones) are what makes the unrefined ones trans fat free. The longer chain fatty acids in regular CO have trans fats AND they are saturated fat, so there's a big difference there.

That's right the oils make processing and absorption work much better. I heard Dr. Templeman once say that it is the job of the body to heal itself, so we should help it to do that and take things that make the systems cooperate with each other. Not just try one vitamin to do one or two things in other words.

Health Benefits of Coconut Oil ¹



The health benefits of coconut oil include hair care, skin care, stress relief, heart diseases, cholesterol levels, weight loss, kidney problems, digestion, metabolism, high blood pressure, immunity, dental care, diabetes, bone strength, HIV and cancer. These benefits of coconut oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and its properties such as antimicrobial, antioxidant, antifungal, antibacterial, soothing, etc.

The human body converts lauric acid into monolaurin which is claimed to help in dealing with viruses and bacteria causing diseases such as herpes, influenza, cytomegalovirus, and even HIV. It helps in fighting harmful bacteria such as listeria monocytogenes and heliobacter pylori, and harmful protozoa such as giardia lamblia. As a result of these various health benefits of coconut

¹ www.organicfacts.net/organic-oils/organic-coconut-oil/health-benefits-of-coconut-oil.html

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oil, though its exact mechanism of action was unknown, it has been extensively used in Ayurveda, the traditional Indian medicinal system.

Coconut oil is often preferred by athletes and body builders and by those who are dieting. The reason behind this being that coconut oil contains lesser calories than other oils, its fat content is easily converted into energy and it does not lead to accumulation of fat in the heart and arteries. Coconut oil helps in boosting energy and endurance, and enhances the performance of athletes.

Health benefits of coconut oil include the following:

- **Hair Care:** Coconut oil is one of the best natural nutrition for hair. It helps in healthy growth of hair providing them a shiny complexion. Regular massage of head with coconut oil ensures that your scalp is free of dandruff, lice, and lice eggs, even if your scalp is dry. Coconut oil is extensively used in the Indian sub-continent for hair care. It is an excellent conditioner and helps in the re-growth of damaged hair. It also provides the essential proteins required for nourishing damaged hair. It is therefore used as hair care oil and used in manufacturing various conditioners, and dandruff relief creams.
- **Stress Relief:** Coconut oil is very soothing and hence it helps in removing stress. Applying coconut oil to the head helps in removing mental fatigue.
- **Skin Care:** Coconut oil is excellent massage oil for the skin as well. It acts as an effective moisturizer on all types including dry skin. The benefit of coconut oil on the skin is comparable to that of mineral oil. Further, unlike mineral oil, there is no chance of having any adverse side effects on the skin with the application of coconut oil. Coconut oil therefore is a safe solution for preventing dryness and flaking of skin. It also delays wrinkles, and sagging of skin which normally become prominent with age. Coconut oil also helps in treating various skin problems including psoriasis, dermatitis, eczema and other skin infections. Therefore coconut oil forms the basic ingredient of various body care products such as soaps, lotions, creams, etc., used for skin care.
- **Premature Aging:** Coconut oil helps in preventing premature aging and degenerative diseases due to its antioxidant properties.
- **Heart Diseases:** There is a misconception spread among many people that coconut oil is not good for the heart. This is because it contains a large quantity of saturated fats. However, coconut oil is beneficial for the heart. It contains about 50% lauric acid, which helps in preventing various heart problems including heart burns, high cholesterol levels and high blood pressure. The saturated fats present in coconut oil are not harmful as it happens in case of other vegetable oils. It does not lead to increase in LDL and HDL levels. It also



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reduces the incidence of injury in arteries and therefore helps in preventing atherosclerosis.

- **Weight Loss:** Coconut oil is very useful in reducing weight. It contains short and medium-chain fatty acids that help in taking off excessive weight. It is also easy to digest due as it helps in healthy functioning of the thyroid and enzymes systems. Further, it increases the body metabolism by removing stress on pancreases, thereby burning out more energy and helping obese and overweight people reduce their weight. Hence, people living in tropical coastal areas, who eat coconut oil daily as their primary cooking oil, are not fat, obese or overweight.
- **Pancreatitis:** Coconut oil is also useful in treating pancreatitis.
- **Digestion:** Internal use of coconut oil occurs primarily as cooking oil. Coconut oil helps in improving the digestive system and thus prevents various stomach and digestion related problems including irritable bowel syndrome. The saturated fats present in coconut oil have anti microbial properties and help in dealing with various bacteria, fungi, parasites, etc., that cause indigestion. Coconut oil also helps in absorption of other nutrients such as vitamins, minerals and amino acids.
- **Immunity:** Coconut oil is also good for the immune system. It strengthens the immune system as it contains antimicrobial lipids, lauric acid, capric acid and caprylic acid which have antifungal, antibacterial and antiviral properties. The human body converts lauric acid into monolaurin which is claimed to help in dealing with viruses and bacteria causing diseases such as herpes, influenza, cytomegalovirus, and even HIV. It helps in fighting harmful bacteria such as listeria monocytogenes and heliobacter pylori, and harmful protozoa such as giardia lamblia.
- **Healing:** When applied on infections, it forms a chemical layer which protects the infected body part from external dust, air, fungi, bacteria and virus. The curative properties of coconut oil are useful in healing as well. It speeds up the repairing of damaged tissues.
- **Infections:** Coconut oil is very effective against a variety of infections due to its antifungal, antiviral, and antibacterial properties. According to the [Coconut Research Center](#), coconut oil kills viruses that cause influenza, measles, hepatitis, herpes, SARS, etc. It also kills bacteria that cause ulcers, throat infections, urinary tract infections, pneumonia, and gonorrhoea, etc. Coconut oil is also effective on fungi and yeast that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, etc.
- **Liver:** The presence of medium chain triglycerides and fatty acids helps in preventing liver diseases as they substances are easily converted into energy when they reach the liver, thus reducing work load on the liver and also preventing accumulation of fat.
- **Kidney:** Coconut oil helps in preventing kidney and gall bladder diseases. It also helps in dissolving kidney stones.
- **Diabetes:** Coconut oil helps in controlling blood sugar, and improves the secretion of insulin. It also helps in effective utilization of blood glucose, thereby preventing and treating diabetes.

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- **Bones:** As mentioned earlier, coconut oil improves the ability of our body to absorb important minerals. These include calcium and magnesium which are necessary for development of bones. Thus coconut oil is very useful to women who are prone to osteoporosis after middle age.
- **Dental Care:** Calcium is an important element present in teeth. Since coconut oil facilitates absorption of calcium by the body, it helps in getting strong teeth. Coconut oil also stops tooth decay.
- **HIV and Cancer:** It is believed that coconut oil plays an instrumental role in reducing viral susceptibility of HIV and cancer patients.

Further Reading:

[Characteristics of Organic Coconut Oil](#)

[How is Virgin Coconut Oil Manufactured?](#)

[What is Extra Virgin Coconut Oil?](#)

Olive oil's health benefits²

The greatest exponent of monounsaturated fat is olive oil, and it is a prime component of the Mediterranean Diet. Olive oil is a natural juice which preserves the taste, aroma, vitamins and properties of the olive fruit. Olive oil is the only vegetable oil that can be consumed as it is - freshly pressed from the fruit.



The beneficial health effects of olive oil are due to both its high content of monounsaturated [fatty acids](#) and its high content of antioxidative substances. Studies have shown that olive oil offers protection against [heart disease](#) by controlling LDL ("bad") cholesterol levels while raising HDL (the "good" cholesterol) levels. (1-3) No other naturally produced oil has as large an amount of monounsaturated as olive oil - mainly oleic acid.

Olive oil is very well tolerated by the stomach. In fact, olive oil's protective function has a beneficial effect on ulcers and gastritis. Olive oil activates the secretion of bile and pancreatic hormones much more naturally than [prescribed drugs](#). Consequently, it lowers the incidence of [gallstone formation](#).

Olive oil and heart disease

Studies have shown that people who consumed 25 milliliters (mL) - about 2 tablespoons - of virgin olive oil daily for 1 week showed less oxidation of LDL cholesterol and higher levels of antioxidant compounds, particularly phenols, in the blood.(4)

² www.healingdaily.com/detoxification-diet/olive-oil.htm

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But while all types of olive oil are sources of monounsaturated fat, EXTRA VIRGIN olive oil, from the first pressing of the olives, contains higher levels of antioxidants, particularly [vitamin E](#) and phenols, because it is less processed.

Olive oil is clearly one of the good oils, one of the [healing fats](#). Most people do quite well with it since it does not upset the critical omega 6 to omega 3 ratio and most of the fatty acids in olive oil are actually an omega-9 oil which is monounsaturated.

Olive oil and colon cancer

Spanish researchers suggest that including olive oil in your diet may also offer benefits in terms of [colon cancer](#) prevention (5). Their study results showed that rats fed diet supplemented with olive oil had a lower risk of colon cancer than those fed safflower oil-supplemented diets. In fact, the rats that received olive oil had colon cancer rates almost as low as those fed [fish oil](#), which several studies have already linked to a reduction in colon cancer risk.



Types of olive oil

Generally, olive oil is extracted by pressing or crushing olives. Olive oil comes in different varieties, depending on the amount of processing involved. Varieties include:

Extra virgin - considered the best, least processed, comprising the oil from the first pressing of the olives.

Virgin - from the second pressing.

Pure - undergoes some processing, such as filtering and refining.

Extra light - undergoes considerable processing and only retains a very mild olive flavour.

When buying olive oil you will want to obtain a high quality EXTRA VIRGIN oil. The oil that comes from the first "pressing" of the olive, is extracted without using heat (a cold press) or chemicals, and has no "off" flavors is awarded "extra virgin" status. The less the olive oil is handled, the closer to its natural state, the better the oil. If the olive oil meets all the criteria, it can be designated as "extra virgin".

What is pure and light olive oil? "Pure" olive oil is made by adding a little extra virgin olive oil to refined olive oil. It is a lesser grade oil that is also labeled as just "olive oil" in the U.S.

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"Light" olive oil is a marketing concept and not a classification of olive oil grades. It is completely unregulated by any certification organizations and therefore has no real precedent to what its content should be. Sometimes, the olive oil is cut with other vegetable oils.

How to care for your olive oil

Resist the temptation to place your beautiful bottle of olive oil on the windowsill. Light and heat are the #1 enemy of oil. Keep olive oil in a cool and dark place, tightly sealed. Oxygen promotes rancidity. Olive oil is like other oils and can easily go rancid when exposed to air, light or high temperatures.

You can of course buy extra virgin olive oil in any grocery store. A good source on the internet for extra virgin olive oil is [here](#).

Olive oil versus canola oil

Do not fall into the hype which is put out by traditional medicine regarding the promotion of canola oil (rapeseed) as superior due to its concentration of monounsaturated fatty acids. Olive oil is far superior and has been around for thousands of years. Canola oil is a relatively recent development and the original crops were unfit for human consumption due to their high content of a dangerous fatty acid called erucic acid.

If the taste of olive oil is a problem, or if you are frying or sautéing food, then you should consider [coconut oil](#). Many nutritionally misinformed people would consider this unwise due to coconut oil's nearly exclusive content of saturated fat. However, this is just not the case. Because it has mostly saturated fat, it is much less dangerous to heat. The heat will not tend to cause the oil to transition into dangerous [trans fatty acids](#).

References

- 1.Keys A, Menotti A, Karvonen MJ, et al.: The diet and 15-year death rate in the Seven Countries Study. Am J Epidemiol 124: 903-915 (1986)
- 2.Willett WC: Diet and coronary heart disease. Monographs in Epidemiology and Biostatistics 15: 341-379 (1990)
- 3.World Health Organization: Diet, nutrition, and the prevention of chronic diseases. Report of a WHO Study Group. WHO Technical Report Series 797, Geneva 1990
- (4) European Journal of Clinical Nutrition April 2002;56:114-120
- (5) Gut 2000;46:191-199.

Nutritional Value of Flax Seed Oil³

Flax seed is nutritious seed packed with all vital vitamins and minerals. It is abundant in omega 3 fatty acids. The seeds have high levels of fiber, which are useful for weight loss. Flax seed oil obtained from the seed's, also contains large amounts of omega 3 and hence has numerous health benefits.

Healing fats⁴

Let's say this outright: the most important healing fat is fish oil, which is discussed in detail [here](#). You don't need to be concerned with the quantity of fat in your diet, rather you need to be concerned with the TYPE - and saturated fat is not the enemy. Saturated fats, found mostly in animal products like butter, cheese and fatty meats, are not as dangerous as you may believe. Saturated fats offer a number of health benefits and play many important roles in the body. Some vegetable oils (coconut and palm) also contain saturated fat. [Coconut oil](#) is a particularly healthy choice.

Trans-fatty acids, formed through a process called "hydrogenation", are found in processed foods and fried foods. Trans-fatty acids are much worse for you than saturated fats. Not only can they raise LDL (bad) cholesterol levels and lower HDL (good) cholesterol, but they have also been linked to [heart disease](#). [Olive oil](#) in particular offers many benefits in terms of cholesterol and heart health.

Much of the information found on this web page comes from Udo Erasmus' book, "[Fats That Heal, Fats That Kill](#)".

I learned a lot from that book. Mr. Erasmus is largely responsible for North America's increased awareness of Essential Fatty Acids and is one of the recognized authorities on the subject.

Healing fats are oils that contain Essential Fatty Acids.

What Are Essential Fatty Acids (EFAs)?

The word 'Essential' is used because they are something our body can not produce, we must get these Essential Fatty Acids from outside (from food or supplements).

The essential fatty acids are two of the most important of all the essential elements, ranking right up there with protein, as protein and the EFAs work hand-in-hand with each other. Essential Fatty Acids (EFAs) - are the building bricks of our health.

What does EFA accomplish in the body?

EFA Functions: "EFAs are involved with producing life energy in our bodies from food substances, and moving that energy throughout our systems. They govern growth,

³ <http://www.organicfacts.net/nutrition-facts/>

⁴ <http://www.healingdaily.com/detoxification-diet/healing-fats.htm>

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vitality, and mental state. They hook up oxygen, electron transport, and energy in the process of oxidation. Oxidation, the central and most important moment-to-moment living process in our body, is the 'burning' of food to produce the energy required for life processes." EFAs are also important in oxygen transfer, hemoglobin production, and control of nutrients through cell membranes. They markedly shorten recovery time from fatigue. And EFAs are also key in preventing damage from hard fats. EFAs are anti-sticky and tend to disperse them. EFAs play a part in almost every function of our body, far too many to list here.

What is hydrogenated fat?

Hydrogenation is a way of making vegetable oil harden at room temperature. Small particles of nickel or copper are added and the mix is heated to very high temperatures under pressure for up to eight hours while hydrogen gas is injected. This process destroys the essential fatty acids in the oil and replaces them with deformed trans fatty acids. These trans fats formed by hydrogenation are unnatural and as a result the human body is not well-equipped to deal with them. They also compete with essential fatty acids for absorption in the body. This blocks or delays the work of the essential fatty acids, creating deficiencies and imbalance throughout the metabolism, including [fatty deposits in the arteries](#).

Use only cold pressed (expeller pressed) nonrefined oils, (keep refrigerated) and non heated and not exposed to the light or air. No margarine (margarine is made from hydrogenated fats, and refined oils, that why it is hard). Margarine is one of the worst foods you can eat.



No Hydrogenated Fat (HF) (HF is made from trans fatty acids).

Use no oils from supermarkets , they are heated and refined (EFA are removed) (transparent bottle means that oil will not be harmed by light, and that mean that oil does not have EFA); If oil is kept in the usual shelves (out of refrigerator) it means that the oil does not contain any EFA.

The most dangerous fats are typically found in margarine, shortenings, and heated oils.

The important omega-3/Omega-6 ratio

The goal is to increase your intake of the [omega-3 fats found in fish oil](#), and reduce your intake of omega-6 fats.



These two types of fat, omega-3 and omega-6, are both essential for human health. However, the typical American consumes far too many omega-6 fats in their diet while consuming very low levels of omega-3. The ideal ratio of omega-6 to omega-3 fats is 1:1. Our ancestors evolved over millions of years on this ratio. Today, though, our ratio of omega-6 to omega-3 averages from 20:1 to 50:1! That spells danger for you.

The primary sources of omega-6 are corn, canola, safflower and sunflower oil; these oils are overabundant in the typical diet, which explains our excess omega-6 levels. Avoid or limit these oils. Omega-3, meanwhile, is typically found in [flaxseed oil](#), walnut oil, and [fish oil](#).



By far, the best type of omega-3 fats are those found in that last category, fish. That's because the [omega-3 in fish](#) is high in two fatty acids crucial to human health, DHA and EPA. These two fatty acids are pivotal in preventing [heart disease](#), [cancer](#), and many other diseases. The human brain is also highly dependent on DHA - low DHA levels have been linked to [depression](#), schizophrenia, memory loss, and a higher risk of developing Alzheimer's. Researchers are now also linking inadequate intake of these omega-3 fats in pregnant women to premature birth and low birth weight, and to hyperactivity in children.

Sadly, though, eating fresh fish, whether from the ocean, lakes and streams, or farm-raised, is no longer recommended. [Mercury levels](#) in all fish have now hit dangerously high levels across the world, and the risk of this mercury to your health now outweighs the fish's omega-3 benefits.

Routine consumption of [fish oil](#), however, is highly encouraged as a key ingredient in improving your health. Fish oil contains the highest levels of the best omega-3 fats - those with the EPA and DHA fatty acids - and, as it is in pure form, does not pose the mercury risk of fresh fish.

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Grass-fed beef (not the common corn-fed beef in most grocery stores) is another outstanding option for increasing your omega-3 intake.

You can currently find the best price on the internet for high quality Omega 3 supplements [here](#).