

*Doctors are Dangerous website released 5 March 2018*

In a time when strange viruses are making headlines around the world, it's good to know about the most powerful natural antiviral: coconut oil. The antiviral activity in coconut oil is remarkable, even among the most resistant viruses, and the best part is, if it's virgin and organic, there isn't a man-made chemical in the mix. Think it's too good to be true?

Bruce Fife, C.N., N.D. shares, "**Laboratory tests have shown that the MCFAs (medium chain fatty acids) found in coconut oil are effective in destroying viruses that cause influenza, measles, herpes, mononucleosis, hepatitis C and AIDS; bacteria that can cause stomach ulcers, throat infections, pneumonia, sinusitis, urinary tract infections, meningitis, gonorrhoea, and toxic shock syndrome; fungi and yeast that lead to ringworm, candida, and thrush; and parasites that can cause intestinal infections such as giardiasis.**" Sounds like a powerhouse to me.

The **antiviral, antibacterial, and antifungal properties of coconut oil** are directly attributed to the medium chain fatty acids (MCFAs) in the oil, including capric acid and caprylic acid, and the powerful lauric acid. These fatty acids are concentrated in coconut oil; they make up over 60 % of all that's in the oil.

Medium chain fatty acids are unique and found in only a few places in nature. Interestingly, another place **medium-chain fatty acids are also found is in mother's milk.**



In mother's milk, these medium-chain fatty acids are what protects the infant as his/her immune system is developing. And the more the mum has in her body, the more protection the infant will receive.

As antiviral and antibacterial agents, medium chain fatty acids

work like this: Like humans, **viruses and bacteria have a skin, or outer coating to keep foreign invaders out.** Most viruses and bacteria have a malleable, fluid-like skin that is composed of a fatty substance. Inside this fatty skin resides the rest of the organism, including the organism's DNA.

Because the **fatty acids in coconut oil** are similar to the pathogen's own skin, the fatty acids are attracted to the organism and **are easily absorbed right into it.** For the pathogen, **it's like opening the door to an axe murderer,** because the MCFAs look like its best friend.

Once inside, the pathogen finds that the medium chain fatty acids are actually much smaller than **the fatty acids** that make up its own outer casing and this **begins to break apart the pathogen's casing.**

According to Fife, the smaller medium chain fatty acids "weaken the already nearly fluid membrane to such a degree that it disintegrates. **The membrane literally splits open,** spilling its insides and **killing the organism.**"

It does this all **without causing any harm to human cells or tissues.** Coconut oil - way to go !!

### **Winter Colds and Flu: — Kill germs with coconut oil and/or Borax!**

With winter approaching this piece on coconut oil may well be worth knowing. Use **coconut oil for cooking.** Get good quality virgin, cold pressed, unrefined coconut oil in supermarkets (usually a bit more expensive but worth it). It can be used anywhere we would use butter. **If you have a sore throat or mouth,** eat it off the spoon to coat the mouth and throat to kill the germs. Solid when cold, liquid after about 25C. My mother used to give us butter balls for sore throats! **Chocolate coconut balls** would be better. Mix coconut oil, cocoa and honey into balls and refrigerate to harden. Great!

Polio members have also been saying lately that **after they started taking Borax regularly** for arthritis and joint pain, they **weren't catching colds and flu** as they had been before, even when grandchildren were around them, sick from school and childcare! Another handy cheap, simple tip. Borax is anti-bacterial, anti-virus, anti-fungal, anti-parasites. **Dip a clean, licked top one third of your forefinger in our pharmaceutical-grade Borax (\$12 for 100G) then swish it in a little water and drink it daily.** Also helps with joint pain, fractures, osteoporosis, bunions, gout, menopause, prostate **NB Too much borax** can cause nausea & vomiting, dermatitis. **Antidote is Vit B2.** Take 4 x B2 100 mg & stop borax.

### **New Snoring Solution?**

I have had a few people lately say they are having trouble using their **C-PAP** for **sleep apnoea**. Polios are often better with a **Bi-PAP** (cycles on and off to let weak muscles breath out instead of against continuous pressure). And some people do well with special dental plates to keep jaw aligned while asleep - but here is another alternative that might work for you. Has undergone trials in USA hospitals. **Supports lower jaw,** keeping airways open. You can **talk, drink, breath with chin strap on.** I will do more in next newsletter.

Can be ordered on-line. World-wide shipping. See more on this at:

[www.mysnoring-solution.com](http://www.mysnoring-solution.com)

#### **My Snoring Solution® Chin Strap** An Effective Anti-Snoring Solution

**EASILY PORTABLE**



**LIGHT WEIGHT**



**EASY TO WEAR**



**COMFORTABLE**

