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## Debunking Medical Myths: 3 MYTHS Surrounding Coconut Oil

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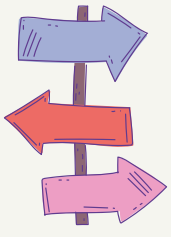
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# FICTION

VERSUS

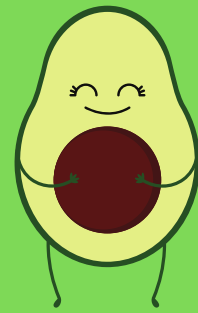
# FACT



## 3 MYTHS SURROUNDING COCONUT OIL



Coconut oil is better for you than other plant oils.



Coconut oil is **WORSE** for you than most plant oils as it contains higher levels of **BAD** saturated fats.



Coconut oil can help prevent the onset of Alzheimer's or Dementia.



There is no scientific evidence that supports this claim. Ingesting coconut oil is not proven to be beneficial for preventing Alzheimer's or Dementia.



Cooking with coconut oil instead of other plant oils is beneficial for your heart.



Ingesting coconut oil is proven to raise your LDL-C levels more than other plant oils, which can increase risk of cardiovascular disease.

While coconut oil is proven to contain **WORSE** fats than olive oil and to be **HARMFUL** to your cardiovascular health, it can have oral benefits. Swishing coconut oil around in your mouth has been shown to **REDUCE** oral bacteria and plaque buildup, and might be a **HELPFUL** addition to your nightly routine!