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## Breaking News - NATION

### Virgin coconut oil vs swine flu proposed

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MANILA, Philippines—The spread of the new influenza virus called the H1N1 or commonly known as the swine flu has revived interest on the use of the ever-reliable virgin coconut oil (VCO).

While there is no direct proof available for the efficacy of the VCO against the H1N1 virus, scientific studies have proven that VCO's major component, lauric acid, is an effective "anti-viral, anti-bacterial, and anti-fungal compound," said a statement released by the country's health experts and authorities in the coconut industry. "Monolaurin, a natural derivative of lauric acid, has been proven to be effective as well," said the group that included former Health Secretary Jaime Galvez-Tan, health and wellness advocate Cory Quirino, and ABA-AKO party-list representative Leonardo Montemayor.

Because coconut oil is made up of predominantly of medium-chain triglycerides, it becomes an efficient and non-fattening source of energy, they said.

"Many regular users of VCO attest to its beneficial effect in terms of decreasing the incidence of sickness. This is consistent with its effects of enhancing the immune system and strengthening the innate capabilities of the body to protect itself against viral attacks. This is precisely the protection that we need against this new flu virus," they added.

They recommended VCO consumption of two tablespoons per day, or to use it for cooking.

The other signatories to the statement were Dr. Fabian Dayrit, dean of school of science and engineering at the Ateneo De Manila University; Danilo Coronacion, president of the Coconut Industry Investment Fund; Tess Santos, president of the VCO Oil Producers and Traders Associations Inc.; Cesar Villariba, executive director of the Katipunan ng Katutubong Kalakalan ng Quezon;

Gerardo Natividad, vice president for operations of Maria Makiling Coconut Resources Corporation; Maria Socorro Hernandez, managing director of Icons Management Consultancy Services; Len Ang-Isleta, general manager of Maricor Ads; and Bayani Nito of A-Curve Alternative Advocacy.

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