



Frequently Asked Questions – Coconut Pacific

Is Coconut Pacific high in fat? Not all fats are bad for us. An excellent reference of this subject is [Eat Fat, Lose Weight: The Right Fats Can Make You Thin for Life](#) by Ann Louise Gittleman. Certain saturated fats, like omega 3 fatty acids and Lauric Acid of which Coconut Oil is typically 50% or more, help build the immune system and increase metabolism, helping the body burn unwanted fats. Good fats provide satiety and stabilize blood sugar levels, helping you feel full and satisfied for hours instead of minutes. These healthy fats can even boost the body's metabolic rate and, since fat is metabolized slowly, decrease the rate at which carbohydrates are released into your system. It's just a matter of knowing which fats are good for you and how to get them into your diet.

Will Coconut Oil raise your cholesterol? There is 0 mg of cholesterol in Coconut Pacific. Cooking with Coconut Pacific and consuming it on a regular basis will help you maintain cholesterol levels that are already in the healthy range. Replacing the traditional cooking oils and spreads that are high in cholesterol with Coconut Pacific is clear the smart choice.

Is Coconut Pacific as good as Olive Oil? Even better. It serves as a superior oil for sautéing or frying due to its stability at high heats, and the taste is far better. As a topical oil, you will smell much better using Coconut Pacific.

Can I cook at high temperatures with Coconut Pacific? Yes, because Coconut Pacific will not break down at high temperatures. The heat will not cause the oil to transition into dangerous trans fatty acids as with other traditional cooking oils. Because it is so stable at high heats, you will find that less is required for certain types of cooking.

How much should I use? There are so many different uses for Coconut Pacific, from cooking and frying to moisturizing hair and skin to spreading it on toast. You will find that you need less than you think when cooking, and even less than that when used as a topical oil. Some nutritionists recommend up to 3-4 tablespoons per day as a nutritional supplement.

Are there a lot of calories? Coconut Pacific has fewer calories, gram for gram, than other fats. And because Coconut Pacific is made of almost entirely medium chain fatty acids which convert quickly to energy, as opposed to the long chain fatty acids found in traditional cooking oils which are stored in the blood as fat, the calories in Coconut Pacific are burned very easily and quickly.

Why is Coconut Pacific more expensive than other coconut oils? The easy answer is “you get what you pay for,” but there is far more to Coconut Pacific than that. Most other brands are not USDA certified organic, and this certification raises the price. Many other brands are refined or bleached or deodorized, which adds chemicals to the oil and damages the healthy properties. Furthermore, look at the packaging. Chemicals in plastic are highly fat soluble, so any fats placed in direct contact with plastic will act like blotting paper and absorb the toxins directly. That's why Coconut Pacific is offered in glass jars. And last but certainly not least, the quality is easy to see, smell and taste when compared to cheaper brands. Compare them yourself and you will agree that Coconut Pacific is **SIMPLY THE BEST.**

Life is short. Drink it in.