

Coconut Oil. Is it Old Fashioned ?

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Commercial compulsions, make news. To promote one, they downgrade or denigrate the other who has the pride of place. **Coconut oil**, has been the staple cooking oil of Mangalore until recent times, but recently it has been looked with disfavor.

New research, has seen the good side of it, and that justifies the logic of our ancestors, who used it, and lived long lives, with few diseases. Thus the fault does not rest with the ingredient, but with the way we use it. Our sedantary lives are far removed from the active lives of our ancestors.

[You should see this video clip and judge for yourselves.](#)