



**CHOLESTEROL
FREE**

VIRGIN COCONUT OIL

*NATURE'S SMARTEST OIL
from the
TREE OF LIFE*

**Boost
Energy**

**Increase
Metabolism**

**Healthy Oil
For Digestive
Disorders**

**Anti-viral
Anti-bacterial
Anti-fungal**

**Nature's
Skin
Moisturiser**

**Beautiful
Hair**



THIS BROCHURE IS FOR HEALTHCARE PROFESSIONALS


Rainforest Herbs®
Herbs for Life

www.rainforestherbs.com

Understanding Your Fats and Oils.

We need
3 main food groups:
Carbohydrate,
Protein
and Fat.



Fat is **IMPORTANT** to our diet because:-

- each cell in our body has 2 layers of cell membrane which is made from fat.
- fat is the main energy store in our body. Fat deposits are used to meet energy demands when our diet is not enough e.g.:
 - when we're sick or during starvation, in pregnant women as a source of energy for growing babies in the womb.
- fat provides long lasting energy.
- fat helps your body make hormones.
- fat helps the absorption of Vitamins A, D, E, K

Did you know?
Our brain is 70% fat.



Oil is used to describe fat which is liquid at room temperature. Otherwise, fat is used to describe fat solid at room temperature.

Metabolic Syndrome

is the name given to a group of risk factors linked to being overweight which increases a person's chance of having heart disease, diabetes and stroke.

The factors are:

- Central Obesity – apple shaped body
- High Blood Pressure
- Insulin Resistance – high than normal fasting blood sugar
- High Triglycerides
- Low HDL Cholesterol
- Non-active Lifestyle



OMEGA 3 oil, OMEGA 6 oil, Olive Oil, Virgin Coconut Oil

It is now well acknowledged and documented that there is a rise in obesity, metabolic syndrome, heart disease and type 2 diabetes in the last few decades.

Generations ago, human beings lived on a diet of meat and vegetables/fruits which have a Omega 6 to Omega 3 ratio of approximately 1:1. Omega 6 in nature is found in egg yolk, red meat and dairy products. Omega 3 is found in oily fish such as salmon, herring, sardines and trout; flaxseed and walnuts.

However, these days, as more Asians adopt a Western diet which typically consists of fast food, processed foods and omega 6 rich vegetable oils (such as sunflower oil, corn oil, soybean oil) *we are now consuming excessive omega 6 oils on a daily basis*. On the downside, our consumption of fish oil which is high in Omega 3 has dropped as our daily diet of fish decreases. This imbalance in Omega 6 : Omega 3 ratio (which in a typical American diet can be as high as 15:1 to 16:1) has led to an increase in obesity, heart disease, metabolic syndrome, inflammatory diseases such as psoriasis, arthritis and many more.



VIRGIN COCONUT OIL

RAINFOREST HERBS VIRGIN COCONUT OIL is made from organic certified coconuts and is composed of more than 65% medium chain fatty acids (MCFAs). MCFAs are smaller molecules therefore are easily digested and used by our body to produce energy similar to carbohydrates and are not circulated in the bloodstream unlike other fats. Hence, they do not become stored in fat cells or contribute to weight gain.

On the other hand, all the Omega 6 Polyunsaturated Processed Vegetable Oils we use for cooking are primarily composed of long chain fatty acids (LCFAs) that require a complex route of digestion. This complex route involves LDL cholesterol to move the fat through the bloodstream and contributes to fat build-up in our body.

Furthermore, unlike MCFAs (which is highly resistant to oxidation), LCFAs are rapidly altered by free radicals during manufacturing and cooking process (due to its' sensitivity to heat) creating oxidized LDL cholesterol fats which is more toxic to our body than LDL cholesterol.

WHO BENEFITS FROM TAKING VCO?

- Anyone who wants to increase their metabolism and burn more calories
- If you need a boost of energy or feel tired all the time
- On a weight loss program or to maintain weight loss
- If you have problems digesting fat
- If you need stronger immune system
- For healthy and beautiful skin and hair



ENERGY

Even as individuals go on a low fat diet, they continue to eat the same ratio of Omega 6 : Omega 3 thus, they have difficulty losing weight, lowering their cholesterol levels and see no improvement in inflammatory diseases such as psoriasis.

Is there an alternative to this?

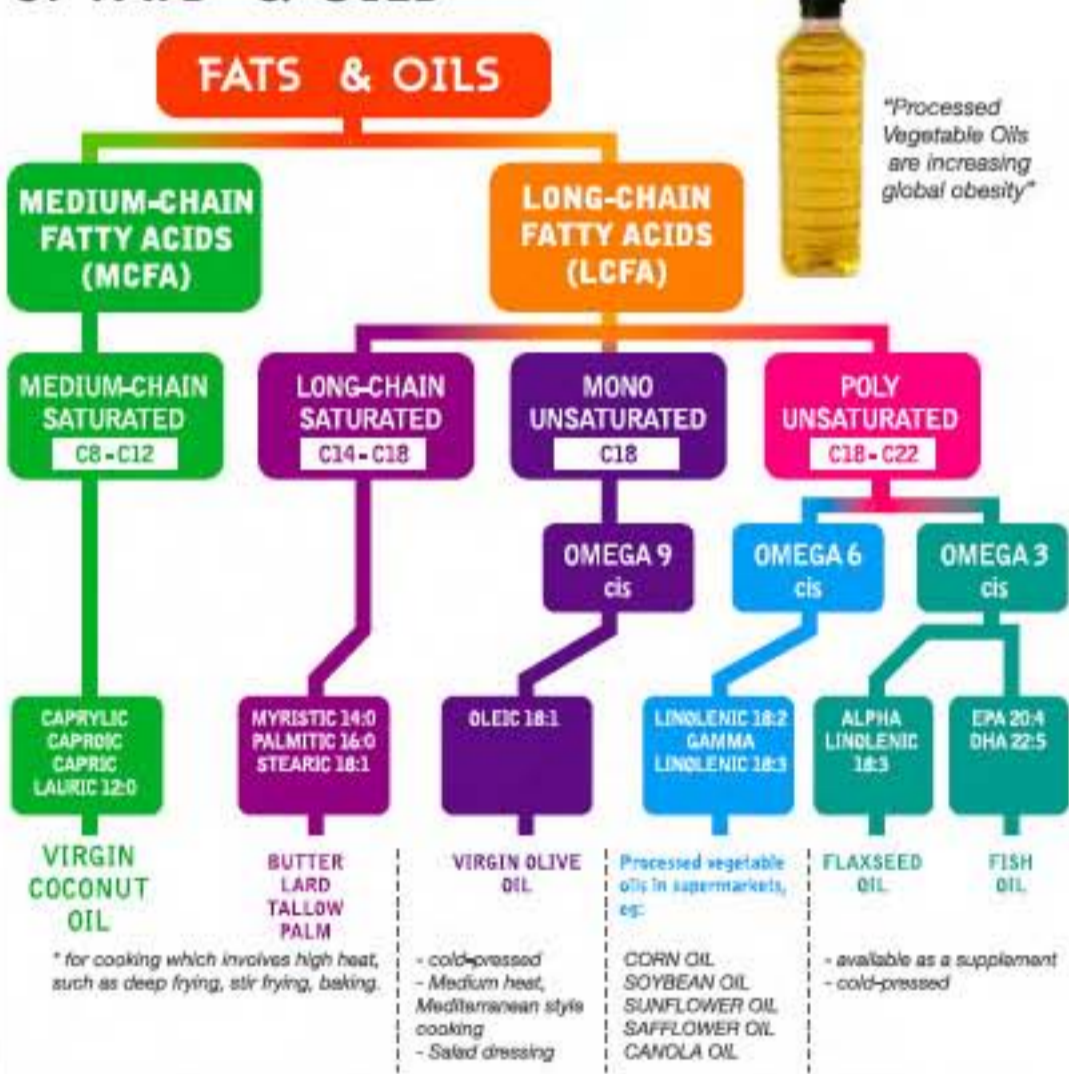
Yes there is.

VIRGIN COCONUT OIL.

Historically, Asian diets which have consisted mainly of cooking with Coconut Oil and Mediterranean diets which are high in Olive Oil, have all had a much better overall population health statistics of heart disease and obesity. It is only in the recent few decades with development of globalization, we started to consume processed Omega 6 polyunsaturated oils, we saw a parallel increase in obesity and metabolic syndrome.

Therefore, we should revert back to consuming Coconut Oil and Olive Oil in our diet and increase our daily consumption of fish oil.

CLASSIFICATION of FATS & OILS



Omega 6 Polyunsaturated Processed Vegetable Oils

- are very unstable and easily damaged by heat, light and oxygen.
- easily oxidized and turn stale.
- often damaged during the manufacturing process by heat generated in the process itself. This method is still used due to the cheaper costs of manufacturing.
- damaged again when used to manufacture processed food such as biscuits, cakes, fast food.
- it is now believed that our daily consumption of omega 6 oils in our diet is in so much excess that it is causing the rise in heart disease.

VCO PROTECTS OUR BODY

VCO not only helps in our metabolism, it also boosts our immune system.

Rainforest Herbs VCO has more than 50% Lauric Acid content. It also contains Capric Acid.

In nature, Lauric Acid and Capric Acid is found in mother's breast milk and they help infants build their immune system.

Clinical studies show that VCO is effective against:-

- *Helicobacter pylori*, bacteria that causes peptic ulcers
- *Candida albicans* which causes skin fungal infections such as athlete's foot, nappy rash with underlying fungal infection & vaginal thrush
- Gram +ve and -ve bacteria that causes infected lesions which further complicates skin conditions such as Psoriasis and Eczema. A type of eczema is called Atopic Dermatitis.

VCO can be consumed or applied to affected areas.

In patients with Psoriasis and Eczema, VCO is a super natural moisturiser for dry itchy skin and it helps to clear up bacteria causing infected lesions due to all the scratching.



ANTI-AGING

An added benefit of VCO is anti-aging. When our metabolism increases, all cells including our skin cells regenerate faster. This gives us healthier skin & increases collagen. People who start to take coconut oil in their diet or as a supplement report a reduction in wrinkles. It is well known that in tropical countries where coconut oil is commonly applied onto hair, men & women well into their 70s and 80s continue to have luxuriant thick black hair. With all these benefits, isn't it a wonder why VIRGIN COCONUT OIL is known as the MIRACLE OIL.

RAINFOREST HERBS VIRGIN COCONUT OIL

is pure coconut oil, cold-pressed from fresh organic coconuts. It doesn't need to be processed anymore and all the nutrients are intact. This coconut oil is clear and has the aroma of fresh coconuts.

Natural coconut oil will solidify at temperatures below 24°C. Even in an air-cond room, pure coconut oil will solidify in parts. This is how you know you have pure coconut oil. It is different from bits of impurities in the oil.



How do I take it?

CHILDREN 2 - 6 YEARS OLD:
2 teaspoons every morning.

CHILDREN 7 - 12 YEARS OLD:
4 teaspoons every morning.

ADULTS:
Take 2 to 4 tablespoons every morning as a supplement.



Virgin Coconut Oil is both safe and recommended for use during pregnancy and breast-feeding.

For those with a sensitive taste or stomach it may be helpful to mix with juice, yoghurt or add to some food such as cooked oats.

Used in Cooking: Mix into salads and use as cooking oil, a healthy replacement for all processed vegetable cooking oil.

Used Externally: Apply as moisturizer to hair & skin or on infected areas. For hair, apply once or twice a week for 20 minutes, then rinse, shampoo and condition as normal.



Rainforest Herbs®

Herbs for Life



Established in 1995, Rainforest Herbs brand is fully owned by Asia Botanicals Sdn Bhd and is the pioneer herbal company in Malaysia that focuses exclusively on developing world-class herbal products from tropical Malaysian herbs. Our range of 30 products is sold both locally and overseas. Our products meet both the Malaysian Ministry of Health Good Manufacturing Practice specifications and the Japanese Health Regulatory Authorities standards.

You are assured of quality when it's Rainforest Herbs.

Our company's mission is to bring to you the health benefits of herbs and natural products while sustaining our rainforest ecosystem. Organic and sustainably wild crafted raw materials are used in all products. We invest efforts in the education and awareness of the need to maintain and protect our rainforests ecosystem for future generations.

Herbs for Life

asia
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