

भारत सरकार
कृषि एवं किसान कल्याण मंत्रालय
कृषि, सहकारिता एवं किसान कल्याण विभाग
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Ministry of Agriculture and Farmers Welfare
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Dear Dr. Williams,

Published on Jul 10, 2018 posted on YouTube in the talk, titled "Coconut Oil and other Nutritional Errors," professor Karen Michels (the director of the Institute for Prevention and Tumor Epidemiology at the University of Freiburg and a professor at the Harvard TH Chan School of Public Health) described coconut oil as "pure poison" and "one of the worst foods you can eat". She made some controversial comments concerning coconut oil in her lecture. Additionally, the comment function under this video is disabled. This made me to write to you directly to safeguard the Indian coconut farmers. In India, the coconut sector plays a significant role in poverty alleviation and employment generation especially among the weaker sections of the society. The industry provides livelihood to about more than 12 million farm families. In India, Coconut has a tradition dating back several thousands of years and is unique in being revered as the "Tree of Life".

Contrary to the claims that there is no study showing significant health benefits to coconut oil consumption, mere googling pulled out 1,91,00,000 general results and 4,11,000 scholarly articles indicating the benefits of using coconut oil. Dr. Michels' statements are unsubstantiated and inconsiderate. Moreover, there is no evidence that Coconut Oil consumption is linked to heart disease, inflammatory diseases and rather, **contemporary studies have shown that Coconut Oil is healthy**

Based on the evidence based scientific studies, I can put forth the top 10 health benefits of coconut oil as below

1. Improves memory and brain function.
2. Boost and regulate our metabolism.
3. Help in detoxification-removal of toxic materials that have accumulated in the body.
4. Strengthens the immune system.
5. Anti-microbial and anti-fungal property.
6. Prevents gum disease and tooth decay (oil pulling)
7. An effective moisturizer on all types of skin
8. Improves skin issues
9. Effective deep cleansing and make-up remove.
10. Helps in healthy growth of hair and gives hair a shiny quality

The diet that is right for us is the diet of our ancestors over millions of years rather than the diet advice of organisation run by paid shills. If someone wants to stir up controversy among those natural health lovers, try calling coconut oil "pure poison" and that is what has happened. I hope that you will take corrective measures by retracting the statement and come out clean by accepting the circumstances that compelled her for the negative statements against the revered crop of billions.

With kind regards

Yours Sincerely,

(Dr. B. N. S. Murthy)

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Copy to

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