

Inflammation-FREE Recipes from Dr. Gloria's Ecuadorian Cooking Institute
Gloria Gilbère, CDP, DA Hom, ND, PhD, DSC, EcoErgonomist, Wholistic Rejuvenist,
Certified HTMA Practitioner, Professor of Natural Health, Founder/Executive Chef – Dr.
Gloria's Kitchen™ @ The Anti-Inflammation Cooking Institute



Photos courtesy Dr. Gloria Gilbère

Series 1 of 3

Health Benefits of COCONUT FLOUR

Gloria Gilbère, CDP, DA Hom, ND, PhD, DSC





Those of you that haven't cooked or baked with healthy alternative flours are often intimidated because they do respond and cook differently. We, at our Anti-Inflammation Cooking Institute, did all the testing for you to bring you easy-to-cook delicious variations of your favorite foods that use conventional wheat flours that convert to sugar, feed yeast, play havoc with blood sugar and thyroid health, and cause or accelerate inflammation.

When patients and readers begin a healthy anti-inflammatory lifestyle, the FIRST question I'm often asked is, "What constituents in coconut flour make it anti-inflammatory?" The answer; coconut flour contains 4g of nourishing fats (coconut oil)—incredibly potent as it's not only anti-microbial, anti-fungal, anti-bacterial and anti-inflammatory, it's also high in metabolism-boosting medium-chain fatty acids.

The SECOND question I'm often asked is, "What other varieties of healthy flours do you use and recommend?" I always reply, "The Super Five"—flours that have the most health-enhancing benefits, do not induce inflammation, accelerate or cause any of the conditions mentioned above, they include:

1. Almond flour
2. Coconut flour
3. Buckwheat flour (especially good for those with Celiac disease)
4. Teff flour
5. Quinoa flour

The THIRD question I'm asked is, "What is Coconut Flour and how is it made?"

Producers of coconut flour originally sold the nutritious coconut milk by-product to farmers in the form of coconut meal. Farmers (particularly those practicing



Those of you that haven't cooked or baked with healthy alternative flours are often intimidated because they do respond and cook differently. We, at our Anti-Inflammation Cooking Institute, did all the testing for you to bring you easy-to-cook delicious variations of your favorite foods that use conventional wheat flours that convert to sugar, feed yeast, play havoc with blood sugar and thyroid health, and cause or accelerate inflammation.

When patients and readers begin a healthy anti-inflammatory lifestyle, the FIRST question I'm often asked is, "What constituents in coconut flour make it anti-inflammatory?" The answer; coconut flour contains 4g of nourishing fats (coconut oil)—incredibly potent as it's not only anti-microbial, anti-fungal, anti-bacterial and anti-inflammatory, it's also high in metabolism-boosting medium-chain fatty acids.

The SECOND question I'm often asked is, "What other varieties of healthy flours do you use and recommend?" I always reply, "The Super Five"—flours that have the most health-enhancing benefits, do not induce inflammation, accelerate or cause any of the conditions mentioned above, they include:

1. Almond flour
2. Coconut flour
3. Buckwheat flour (especially good for those with Celiac disease)
4. Teff flour
5. Quinoa flour

The THIRD question I'm asked is, "What is Coconut Flour and how is it made?"

Producers of coconut flour originally sold the nutritious coconut milk by-product to farmers in the form of coconut meal. Farmers (particularly those practicing