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9 Benefits Coconut Milk

1 IMPROVES HEART HEALTH

Coconuts are one of the best sources of lauric acid — 50 percent of the fat in coconuts is lauric acid — a protective type of fatty acid linked with improved cholesterol levels and heart health. Coconut fat helps promote a decrease in (bad) LDL cholesterol and rise in (good) HDL cholesterol. Also, coconut milk helps lower blood pressure and keep blood vessels flexible, elastic and free from plaque buildup.

2 BUILDS MUSCLE AND HELPS LOSE FAT

Medium-chain triglycerides (MCT) fatty acids found in coconut milk increase energy expenditure and help enhance physical performance. Because coconut milk is high in healthy fats, it also helps fill you up and prevent overeating or snacking throughout the day.

3 PROVIDES ELECTROLYTES AND PREVENTS FATIGUE

Although coconut water is a higher source of electrolytes, coconut milk also provides important minerals needed to maintain blood volume, regulate heart health, and prevent dehydration or diarrhea. Coconut milk also contains the types of MCTs that are easily used by your brain for energy.

4 HELPFUL FOR LOSING WEIGHT

According to a study, consumption of a diet rich in MCTs results in greater loss of fat compared with long-chain fatty acids, perhaps due to increased energy expenditure and fat oxidation observed with MCT intake.

5 HELPS IMPROVE DIGESTION AND RELIEVE CONSTIPATION

Coconut milk nourishes the digestive lining due to its electrolytes and healthy fats, improving gut health and preventing conditions like IBS.

6 CAN HELP MANAGE BLOOD SUGAR AND CONTROL DIABETES

The fat content of coconut milk can help slow the rate at which sugar is released into the blood stream, better controlling insulin levels and preventing a "sugar high" or worse, conditions like diabetes.

7 MAY HELP PREVENT ANEMIA

It provides a good source of plant-based iron that can contribute to a diet sufficient at preventing anemia from occurring.

8 HELPS PREVENT JOINT INFLAMMATION AND ARTHRITIS

Coconut milk's MCTs can help lower inflammation, which is associated with painful conditions like arthritis and general joint or muscle aches and pains.

9 HELPS PREVENT ULCERS

Coconut milk can help reduce the occurrence of ulcers even better than coconut water can, according to recent studies.

end{align*} To double check our answer, we can compute the integral in the other direction, integrating first with respect to y and then with respect to x . In this triangle, $y = 2x/3$ (as used above in Example 2) which means that for this example, we must use $x > 2y/3$. Determine the maximum deflection δ and check your result by letting $a = 0$ and comparing with the answer to Problem 606. To finish, we need to compute the integral with respect to y , which is simple. 1|Page The first integration y yields the slope of the elastic curve and the second integration x gives the deflection of the beam at any distance x . Here's an example where we integrate over the region defined by $0 \leq x \leq 2$ and $0 \leq y \leq x/2$. Take the origin at the wall. P-614. calculate the slope of the elastic curve over the right support. end{align*} Thankfully, this does agree with the answer we obtained in Example 2. 18 | Page Solution 614 At $x = 0$, $y = 0$, therefore $C_2 = 0$ At $x = 8$ ft, $y = 0 = 40(83) - (25/6)(84) + (25/6)(44) + 8C_1$ $C_1 = -560$ lb-ft² 19 | Page Thus, At the right support, $x = 8$ ft answer Solution to Problem 615 | Double Integration Method Problem 615 Compute the value of $EI y$ at the right end of the overhanging beam shown in Fig. 616 by a clockwise couple M applied at the right end and determine the slope and deflection at the right end. $\frac{1}{EI} \int_0^2 \int_0^{x/2} dy dx = \frac{1}{EI} \int_0^2 \left[\frac{1}{2} y^2 \right]_0^{x/2} dx = \frac{1}{EI} \int_0^2 \frac{x^2}{8} dx = \frac{1}{EI} \left[\frac{x^3}{24} \right]_0^2 = \frac{1}{EI} \left(\frac{8}{24} \right) = \frac{1}{3EI}$ Therefore, The maximum value of $EI y$ is at $x = L$ (free end) 6|Page answer Solution to Problem 608 | Double Integration Method Problem 608 Find the equation of the elastic curve for the cantilever beam shown in Fig. P-608; it carries a load that varies from zero at the wall to w_0 at the free end. These two constants must be evaluated from known conditions concerning the slope deflection at certain points of the beam. If $E = 10$ GPa, what value of I is required to limit the midspan deflection to $1/360$ of the span? Solution 610 By symmetry 1 | Page At $x = 0$, $y = 0$, therefore $C_2 = 0$ At $x = a + b$, $y = 0$ Therefore, Maximum deflection will occur at $x = a + b$ (midspan) Therefore, answer Checking: When $a = 0$, $2b = L$, thus $b = \frac{1}{2}L$ (ok) 12 | Page Solution to Problem 611 | Double Integration Method Problem 611 Compute the value of $EI \delta$ at midspan for the beam loaded as shown in Fig. Solution: Now we need to give constant limits for y . P-613? We calculate that our double integral is $\int_0^1 \int_0^{2y} dx dy = \int_0^1 [2y]_0^{2y} dy = \int_0^1 2y dy = [y^2]_0^1 = 1$. This means, we must put y as the inner integration variables, as was done in the second way of computing Example 1. Since x is gone, it's just a regular one-variable integral. Example 1 Compute the integral $\int_0^1 \int_0^{2y} dx dy$ where δ is the rectangle defined by $0 \leq x \leq 2$ and $0 \leq y \leq 1$ pictured below. Solution 611 13 | Page At $x = 0$, $y = 0$, therefore $C_2 = 0$ At $x = 4$ m, $y = 0$ Therefore, At $x = 2$ m (midspan) Maximum midspan deflection Thus, answer 14 | Page Solution to Problem 612 | Double Integration Method Problem 612 Compute the midspan value of $EI \delta$ for the beam loaded as shown in Fig. P-615. Is it confusing that the limits of x are $2y \leq x \leq 2$ rather than $0 \leq x \leq 2$ (which would more closely parallel the above Example 2)? end{align*} Example 2' Now compute the integral over the same triangle δ , but make y be the outer integration variable. In calculus, the radius of curvature of a beam is given by $\frac{1}{\rho} = \frac{d^2y}{dx^2}$ in the derivation of flexure formula, the radius of curvature of a beam is given as Deflection of beams is so small, such that the slope of the elastic curve dy/dx is very small, and squaring this expression the value becomes practically negligible, hence Thus, $EI / M = 1 / y''$ If EI is constant, the equation may be written as: where x and y are the coordinates shown in the figure of the elastic curve of the beam under load, y is the deflection of the beam at any distance x . P-609, a simply supported beam carries two symmetrically placed concentrated loads. For the triangle defined by $0 \leq x \leq 2$ and $0 \leq y \leq x/2$, the limits of y depend on x . 606. P-620, carrying two triangularly distributed loads. Example 2 Rectangular regions are easy because the limits ($a \leq x \leq b$ and $c \leq y \leq d$) are fixed, meaning the ranges of x and y don't depend on each other. P-616, determine (a) the deflection and slope under the load P and (b) the maximum deflection between the supports. 3|Page Solution 606 From the figure below At $x = 0$, $y = 0$, therefore $C_2 = 0$ At $x = L$, $y = 0$ Therefore, Maximum deflection will occur at $x = \frac{1}{2}L$ (midspan) 4|Page answer Taking $W = w_0$, answer Solution to Problem 607 | Double Integration Method Problem 607 Determine the maximum value of $EI y$ for the cantilever beam loaded as shown in Fig. Hence, we can describe the triangle by $0 \leq x \leq 2$ and $0 \leq y \leq x/2$. $\frac{1}{EI} \int_0^2 \int_0^{x/2} dx dy = \frac{1}{EI} \int_0^2 \left[\frac{1}{2} y^2 \right]_0^{x/2} dx = \frac{1}{EI} \int_0^2 \frac{x^2}{8} dx = \frac{1}{EI} \left[\frac{x^3}{24} \right]_0^2 = \frac{1}{EI} \left(\frac{8}{24} \right) = \frac{1}{3EI}$ Therefore, At $x = 3$ m answer Solution to Problem 620 | Double Integration Method Problem 620 Find the midspan deflection δ for the beam shown in Fig. P-621. end{align*} We first integrate with respect to x inside the parentheses. 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