



# The Amazing BENEFITS Coconut<sup>of</sup> Oil

## Nutritional Content in Coconut Oil:

Anti  
oxidants

MCT  
Medium-Chain  
Triglycerides

Lauric  
Acid

Caprylic  
Acid

Capric  
Acid

## The Health & Healing Benefits of Coconut Oil:

### Skin Care

The MCT in Coconut oil act as a natural skin conditioner. Deeply penetrating & moisturizing, they protect against environmental & free radical damage. It also helps with anti-aging, eczema & even provides some sun protection.

### Hair Care

Coconut oil is one of the best ways to provide nutrients to your hair. The fatty acids condition deeply from the insides of the strands out. Providing protein, eliminating dandruff & aiding in re-growth. Many people use it as a

### Stress Relief

Coconut oil is very soothing. The natural aroma of coconut is also very soothing. You can apply the oil to your head & gently massage to help remove mental fatigue.

### Weight Loss

The Fatty Acids in coconut oil destroy candida, (yeast overgrowth) which triggers weight gain, carbohydrate cravings & fatigue. They're easily digested & converted into energy, which helps to speed up metabolism & help

### Immunity

The unique saturated fats of coconut oil contain antibacterial, anti-viral, anti-fungal, and anti-parasitic properties that help strengthen the immune system. Consuming coconut oil regularly will reduce incidences of sickness.

### Infections

**Lauric Acid** (found only in breast milk & coconut oil) is converted into monolaurin in the body. This may destroy bacterial & viral infections like measles, influenza, hepatitis C & even HIV. Monolaurin may also eliminate Athlete's foot.

### Digestion

MCT molecules in coconut oil are small so they are easily digested with less strain on the pancreas & digestive system. People suffering from diabetes, obesity, gallbladder disease, or crohn's disease may benefit greatly from coconut oil.

### Diabetes

Coconut oil may improve insulin sensitivity & glucose tolerance over time. It helps regulate blood sugar levels & protects against insulin resistance. It can even help prevent type II diabetes.

### Heart Health

The fat in coconut oil does **not** have a negative effect on cholesterol. In fact, it helps improve your cholesterol profile. It helps prevent heart attack & stroke and may even cure heart disease.

**TIP: Buy Organic, Unrefined, Cold-Pressed, Extra-Virgin Coconut Oil!**