

Virgin Coconut Oil

Rich in protein, vitamins and antioxidants

May help in treatment of AIDS

Longer shelf life

Better taste and fragrance than ordinary oil

Does not go rancid easily



10 Practical Uses for **Coconut Oil**



In the Kitchen

- 1.) **Cooking** - use in place of other oils for sauteing. Try expeller pressed in order to lose the coconut flavor.
- 2.) **Baking** - use as a healthy alternative to vegetable shortening

Around the Home

- 3.) **Furniture Polish** - use in place of toxic dusting sprays to provide a clean sheen to your furniture.
- 4.) **Car Detailer** - use to condition the leather, vinyl, plastic parts of your vehicle.

For the Outdoors

- 5.) **Sunscreen** - coconut oil provides a natural SPF. Healthy alternative to toxic sunscreens.
- 6.) **Insect Repellent** - mix with some peppermint essential oil and rub on the skin to scare the mosquitoes away

Bath & Body

- 7.) **Cleansing** - if you have sensitive skin, use this instead of soap and then wipe off with warm wet rag
- 8.) **Conditioning** - use on a dry scalp or brittle hair for an easy {and cheap} conditioning treatment
- 9.) **Moisturizing** - use in place of lotion, just a little goes a long way
- 10.) **Oil Pulling** - swishing coconut oil around in the mouth daily is an old tradition for cleaning teeth and bacteria control in the mouth.**

**Not a FDA proven health claim

COCONUT OIL MEDICINAL USES



- 1 FIGHTS INFLAMMATION
- 2 BOOSTS IMMUNITY
- 3 PROTECTOR
- 4 SLEEP AID
- 5 FIGHTS ACNE
- 6 HELPS SICK PETS
- 7 KILLS CANDIDA
- 8 BALANCES HORMONES
- 9 SUPPORTS DIGESTION
- 10 CONSTIPATION RELIEF
- 11 FAT BURNING SUPPLEMENT
- 12 CANCER PROTECTION & DEFENSE
- 13 PREVENTS BONE LOSS & OSTEOPOROSIS RISK
- 14 ALZHEIMER'S TREATMENT & BRAIN HEALTH
- 15 BLOOD SUGAR STABILIZER & DIABETES PREVENTER
- 16 ECZEMA & PSORIASIS CURE TREATMENT
- 17 BALANCES CHOLESTEROL LEVELS
- 18 CONSTIPATION RELIEF



Health Benefits of Coconut Oil for Children and Adults

Reduces Baby Acne

Can help in hardening baby's soft spot

Reduces Cradle Cap

Can reduce diaper rashes

Can treat itchiness in chickenpox

Helps in healing wounds

Good for baby massage

Relieves from sunburn

Can cure ear infections

Can treat Ringworm

Is very good for pregnant and lactating mothers

Can cure pneumonia



VIRGIN COCONUT OIL



No chemical processing

Great flavor of fresh
coconuts

Tastier than refined
coconut oil

Rich in proteins, vitamins
and antioxidants