

# Coconut Oil

## Harmony & Health

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Quality Products for Health

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Coconut oil comes from the nut (fruit) of the coconut palm. It contains medium-chain fatty acids, including capric acid, caprylic acid, and lauric acid. About 60-70% of coconut oil is made up of specific saturated fats called medium-chain triglycerides, which are shown to play a role in brain health, memory, lowering weight, decreasing metabolic syndrome, abdominal obesity and inflammation. Topically it has a mild anti-fungal benefit and a good moisturizing effect; commonly used for eczema, psoriasis, and other dry skin conditions.

**Make-up Remover** - Coconut oil is an effective make-up remover and a natural moisturizer, so it won't cause dryness or irritation.

**Hair Conditioner** - Apply a thin layer of coconut oil to your hair. Allow it to soak for several minutes and then wash as usual. No other conditioners are needed after the shampoo.

**Lip Balm** - Lip moisturizers are filled with chemicals and coconut oil gives you a good substitute.

**Skin Conditions** - Coconut oil is moisturizing, antimicrobial, antifungal and anti-inflammatory; making it a great remedy for all kinds of skin problems ranging from eczema to acne to diaper rash.

**Cuts and Scrapes** - Coconut oil can be used as a topical cream for cuts and scrapes, protecting against infection while conditioning the skin to heal faster. It may also prevent scarring.

**Dandruff** - Several times per week, coat your fingertips with coconut oil and massage it into your scalp for an easy dandruff cure. This is an effective yet gentle method, suitable for cradle cap, too.

**Deodorant** - You can use coconut oil by itself as a deodorant that leaves underarms feeling silky soft, or you can add baking soda and cornstarch for advanced odor protection.

Recipe: 1/2 c. coconut oil/ 1 T. baking soda/ 1 T. cornstarch/ 1 T. rubbing alcohol / 10 drops of your favorite essential oil. \*This provides odor protection with no aluminum as in commercial deodorant!

**Detoxification** - Coconut oil is a unique detoxifier because it provides energy while cleansing the body. One popular method is to take 1-2 T. of coconut oil seven times per day for one to seven days to cleanse the body from toxins, impurities and candida.

**Fungal Infections** - Coconut oil is antifungal and helps fight fungal infections like athlete's foot, ringworm, thrush and vaginal yeast infections. Use it internally and topically for these conditions.

**Sunscreen** - provides mild sun protection & helps protect against free radical damage

**Toothpaste** - mix 1/4 c. coconut oil with 1/3 c. baking soda & 10-20 drops of essential oil of choice. Mix well, add water to reach desired consistency.

**Vaginal dryness**- cool coconut oil & form into small marble size balls, store in freezer keep form; insert one ball vaginally at bedtime to gradually melt & moisturize area while you sleep.

**Moisturizing Shower Scrub** - Recipe: 1 c. coconut oil\*\*1/2 c. aloe vera gel\*\*1/4 c. baking soda \* This works great with exfoliating gloves. Apply a tablespoon of this mixture on your gloves, scrub with it well and rinse as usual. It provides gentle exfoliation with plenty of healing moisture.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



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