

Go Nuts for Coconut Oil

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If you're going to choose just one product to add to your health arsenal, coconut oil may be your best bet. Coconut's chemical compounds make this natural ingredient a powerful tool to solve a whole handful of health issues, including aging, weight balance and infection. Full of antioxidants, this healthy fat is an Oz-approved essential for a healthier you.



Lower Your Cholesterol

Coconut oil has a saturated fat called lauric acid, which can increase the good HDL cholesterol in the blood and improve cholesterol ratio levels. Coconut oil lowers cholesterol by promoting its conversion to pregnenolone, a molecule that is a precursor to many of the hormones our bodies need. Coconut can also help restore normal thyroid function, which can contribute to healthier cholesterol.



Keep Your Weight Balanced

Coconut fats have special fats called medium chain triglycerides (MCTs). Breaking down these types of healthy fats in the liver leads to efficient burning of energy. One 2009 study found that women who consumed 30 ml (about 2 tablespoons) of coconut oil daily for 12 weeks not only did not gain weight, but actually had lowered amounts of abdominal fat, a type of fat that is difficult to lose.



Lessen the Effects of Diabetes

This is one fat that diabetics can eat without fear. Not only does it not contribute to diabetes, but it helps regulate blood sugar, thus lessening the effects of the disease.



Strengthen Your Bones

Coconut oil improves calcium and magnesium absorption in the body. The improved calcium absorption created by coconut oil use ceases tooth decay and aids in the development of strong teeth. The combined increased calcium and magnesium absorption are of great benefit to middle-aged women who may become afflicted with osteoporosis.



Prevent Aging

The oils found in the coconut have a positive antioxidant action in the body. This means they help our body stop the damage to other healthy fats and tissues in our body. Oxidation is considered a major contributor to cardiovascular problems and skin aging. Coconut oil can actually help our bodies reduce the need for antioxidant intake.



Cook the Healthy Way

A solid fat at room temperature, coconut oil's rich, tropical taste has made it a delicious substitute for butter or shortening. Virgin coconut oil is high in lauric acid which is easier to digest than other fatty acids. Because of its deep coconut flavor, a small amount goes a long way in soups, curries, fish or adding a lovely tropical flavor to vegetables.



Moisturize Your Skin

Coconut oil is a wonderful moisturizer for skin. It has good amounts of the antioxidant vitamin E, which is very protective. If you are using on the skin regularly, it is best to try to find an organic coconut oil, to reduce the absorption of toxins and pesticides through your skin.

Bonus use? Coconut oil makes a great makeup remover – the oil breaks down and dissolves stubborn makeup and sunscreen.



Fight Infection

Studies have shown that intake of coconut oil can help our bodies mount resistance to both viruses and bacteria that can cause illness. Even more, it also can help to fight off yeast, fungus and candida. For one prone to skin infection (such as eczema), having adequate levels of lauric acid could prove useful in reducing the risk of a secondary bacterial infection.



Hydrate Your Hair

Virgin coconut oil contains fatty acids, making it a great conditioner for your hair. Coconuts are also packed with growth factors, such as kinetin, a plant hormone that promotes cell division and slows aging. Basically, this powerful oil can help keep your hair looking healthy and lustrous.