

## [A to Z of Uses for Raw Organic Coconut Oil](#)

### **Acne**

Coconut oil can be used as a skin moisturiser by people suffering from acne because coconut oil is naturally antimicrobial and anti-inflammatory in nature and the small molecular structure of coconut oil allows for easy absorption through the skin without blocking pores.

### **After-shave**

Coconut oil is an ideal after-shave because it has anti-microbial and anti-inflammatory properties. It is also a natural skin moisturiser. Face, legs, armpits, all over.

### **Body scrub**

Add a little sea salt and your favourite essential oil into some raw organic coconut oil and you have a natural body scrub that will exfoliate and moisturise at the same time.

### **Cooking**

Raw organic Coconut oil is fabulous to replace butter and olive oil in everyday recipes. Try it for yourself on your Sunday roast potatoes – delicious.

### **Energy boost**

Studies in Sri Lankan universities have proven that the saturated fats found in coconut oil have a profoundly different effect on metabolism compared to the saturated fats of animal origin.

Raw organic coconut oil is easier to digest and absorb than other saturated fats. Also, the MCTs found in coconut oil do not end up being in fat stores or adipose tissue as much. MCTs provide a longer release of energy and decrease the amount of muscle broken down, all of which is of great benefit for athletes and 'weekend warriors'.

### **Hair and scalp rejuvenation**

Raw organic coconut oil is wonderful to use as a hair conditioner as it softens the hair and conditions the scalp, leaving it smooth and frizz-free. Using the oil as a pre-wash conditioner can help combat dandruff. Coconut oil is famous for its ability to strengthen the structure of damaged, devitalised hair.

### **Heart health**

Raw coconut oil provides greater antioxidant protection than standard refined coconut oil (which contains far less of the minor unsaponifiable polyphenolic components) thus offering cardio-protective effects. Despite being a saturated fat, it also has a positive effect on cholesterol levels.

### **Insect repellent**

This may be a myth, but raw organic coconut oil is often used as a natural insect repellent. Blend with a little tea tree or lemon myrtle for maximum effect and smooth over the exposed areas it may make the area too slippery to penetrate.

### **Lip balm**

Protect your lips from winter chapping by rubbing a little coconut oil into them.

### **Make-up remover**

Coconut oil is an excellent make-up remover because it moisturises at the same time. Powerful at removing those stubborn eye make-up such as eyeliner and mascara.

### **Nappy rash balm**

Raw organic coconut oil creates a water-repellent barrier to soothe nappy rash. The natural moisturising, anti-microbial and anti-inflammatory properties of coconut oil help restore baby's bottom.

### **Nipple protector:**

Raw organic coconut oil is the ideal nipple balm for breastfeeding mothers who wish to prevent or treat sore cracked nipples. Safe for the baby, and soothing for the mother, coconut oil can moisturise this delicate area and speed healing. The anti-microbial properties of raw organic coconut oil can also help prevent infection.

#### **Pet repair**

Feeding your dog just a tablespoon of coconut oil, once a week, especially in the winter, will keep his skin moisturized and his coat looking healthy and shiny.

#### **Skin moisturiser**

Raw organic coconut oil has been shown to help significantly as a skin conditioner, being rich in antioxidants and fatty acids that penetrate into the underlying tissues. It helps to reduce chronic skin dryness and aids the removal of the outer layer of dead skin cells, making the skin softer and smoother.

#### **Sports nutrition**

Raw organic coconut oil is being used increasingly in sports nutrition, where it is being applied as a metabolism-boosting aid to healthy weight management and as an extra source of energising medium-chain triglycerides (MCTs). Some researchers using coconut oil with professional sports people have shown dramatic results in body fat loss from 24% to 12% in 4 months from using no other fat burning supplements except coconut oil and a few basic lifestyle changes.

#### **Stretch mark prevention**

Raw organic coconut oil can help with the appearance of stretch marks and can help prevent premature ageing of the skin. Coconut oil absorbs very readily into the skin and keeps it soft but not greasy. It can be used as an all-over body moisturiser.

#### **Thrush destroyer**

Medium chain triglycerides such as lauric acid and caprylic acid found in coconut oil have been shown to have strong anti-viral, anti-fungal (e.g. candida), anti-bacterial, and anti-protozoal properties and are essential building blocks for immune system function.

#### **Thyroid health**

The synergistic properties of antioxidants, fatty acids, and other minor fractions present in coconut oil has been shown to regulate the healthy functioning of the thyroid gland and help combat hypothyroid symptoms such as fatigue, weight gain, and skin/hair/nail disorders.

#### **Weight management**

Yes ... a fat that can help you maintain your weight! Research on the effects of coconut oil from the 2009 issue of Lipids Journal revealed that 'it appears that dietetic supplementation with coconut oil ...seems to promote a reduction in abdominal obesity'.

**Greenlife recommends >>> VIRIDIAN Organic Raw Coconut Oil <<<**