

10 Amazing Uses Of Coconut Oil

What You Need to Know
About Coconut Oil!

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Coconut oil has seen a surge in popularity ever since studies showed that it was not hazardous to one's health and was not a cause of cardiovascular disease.

The misconception arose because coconut oil is extremely high in saturated fats. So, people jumped the gun and assumed that just because it was high in fat it was detrimental.

However, many new studies have dispelled these misconceptions and actually turned the tables. We had been wrong all along. Coconut oil is very beneficial to the body and the real culprits are the hydrogenated oils that are sold in supermarkets all over the world.

This short report will reveal a few facts about coconut oil that will make you decide to make it a part of your life. It is just too beneficial to ignore.

Do note that it's ideal to get a guide on coconut oil like *The Coconut Oil Secret* so that you can learn all the different ways to use coconut oil to benefit yourself.

- * Coconut oil is extracted from the coconut kernel and is very popular in South East Asia. The Indians use it in their cooking and as hair oil too.
- * Coconut oil is composed of more than 85% saturated fats. These are healthy fats that are medium-chain triglycerides.
- * Coconut oil contains lauric acid that is antiprotozoal in nature. That means it is akin to a natural form of medication. Since it's antiviral, antifungal and antibacterial, it prevents an many potential health problems from taking root.
- * Cold pressed coconut oil is sweet, has a pleasant taste and is light yellow in color
- * It is also calorie dense. 1 gram of coconut oil contains almost 9 calories. If you're on a 2,000 calorie a day diet, 2 tablespoons of coconut oil will meet your daily needs.
- * Coconut oil is perfect for frying meats, grilling and cooking dishes in high heat. Since it is stable in high heat and has a high smoke point, it is far better to use coconut oil rather than olive oil that will have oxidative damage at high heat
- * The ratio of saturated, polyunsaturated and mono-unsaturated fats is of 86.5: 1.8: 5.8
- * The lauric acid and medium-chain triglycerides are rapidly absorbed into the blood stream and used as energy. Your metabolic rate will get a boost while your good cholesterol level rises.
- * Coconut oil should always be stored in a cool place.
- * Coconut oil has hundreds of other uses ranging from moisturizing your skin to whitening your teeth. This is a highly versatile oil.
- * It's always recommended that you consume virgin coconut oil. If you can make it yourself, that will be excellent and better than any store bought coconut oil.

* You can make coconut oil using the cold press method, wet mill method or the boiling method.

There are many more amazing facts about coconut oil that are enough to write a book about. Yet, one fact remains. Reading about coconut oil will not benefit you if you never adopt it in your daily life.

The best way to experience the benefits of coconut oil will be to consume a small amount daily and see how it affects you. When you feel more energetic and get leaner, you will definitely realize the beauty and power of this miracle ingredient.

#1 - Use Coconut Oil to Keep Your Cholesterol and Weight Down

High cholesterol levels and obesity has become so common place that just about everybody knows somebody who is either obese or has high cholesterol levels. In most cases, both.

But why? What has made obesity an epidemic? Why are there more people with high cholesterol than ever before?

There is one silent culprit that most people are unaware of. It is the toxic hydrogenated vegetable oils that are sold in stores and supermarkets all over the world.

The oil manufacturing companies have created an image that portrays these vegetable oils as healthy, wholesome and beneficial. The stark reality is that the opposite is true.

These oils raise the levels of bad cholesterol in the body and cause inflammation in millions of people. The human body does not readily absorb these oils and most of it is shuttled off as fat stores and people just keep getting fatter and wonder why.

The fat is also extremely stubborn to burn off because it's holding on to the toxins from these oils to protect the body.

Coconut oil which has had a bad reputation for years has finally received a new breath of life after recent studies have shown that even though it is high in saturated fat, it is very beneficial to the body and detrimental like the other oils.

People who have switched to coconut oil have noticed weight loss, extra energy and less digestive disorders. They are also less prone to falling ill because coconut oil has antioxidant and antibacterial properties. Coconut oil is quickly absorbed by the body and converted to energy.

You will feel satiated and be less prone to weight gain because the body doesn't see a need to store fats since it has a readily available supply of energy.

So, consuming coconut oil will prevent unnecessary weight gain. Coconut oil also boosts your metabolic rate and burns up to 3 times more calories.

Another benefit of coconut oil is that it converts cholesterol into pregnenolone. So, your bad cholesterol levels will decrease naturally and the balance in your body will be restored. Your low-density lipoprotein (LDL) levels will be low and your good cholesterol levels will be high.

The best way to use coconut oil to combat bad cholesterol and weight gain will be to gradually adopt it in our diet. By making the switch from the bad oils to coconut oil, you will effectively eliminate most of the health problems that are plaguing society currently.

Inflammation, obesity, high cholesterol, sleep disorders, digestive problems, type 2 diabetes, etc. can all be prevented or kept in check just by consuming coconut oil daily. The lauric acid in the coconut oil will kill viruses and boost your immune system, 3 to 4 tablespoons of coconut oil a day will do wonders for you.

Coconut oil is more versatile than olive oil but you should also make olive oil a part of your diet too. Studies have shown that countries in South East Asia which use coconut oil do not have as many diseases as the Western nations. Obesity, diabetes, cholesterol, blood pressure, etc. are not so prevalent.

Make coconut oil a part of your diet and reap the rewards. It is one of the healthiest supplements on the planet and it's inexpensive. This is not a privilege that only the wealthy can afford. Coconut oil is very inexpensive and most people can afford it. So, make the switch and choose coconut oil.

#2 - Use Coconut Oil to Battle Chronic Fatigue

We live in a world where everything is so fast paced that people barely have time to breathe. Despite more conveniences than ever, we are constantly short of time. This has resulted in many of us feeling tired, lethargic, fatigued and just not in the mood for anything.

Millions of people are sick and tired of being sick and tired. One of the major causes of this is a poor, nutrient deficient diet that is not doing your body any good. People often neglect their health in pursuit of a rewarding career, money, etc.

The truth of the matter is that you are what you eat. Hastily gobbling a hot dog you just bought off a greasy stand may fill your belly but it is not what your body needs. Your body needs good nutrients, healthy fats and also adequate exercise.

Since we live in a rat-race society, one of the best things that you can do for your body is to make coconut oil a part of your diet. It will work wonders for your body and mitigate much of the damage that junk food and processed food causes.

Coconut oil has lauric acid which is antiprotozoal, antibacterial, antiviral and antimicrobial. That means it will kill off harmful bacteria and other detrimental viruses that may harm you. The moment the bacteria and viruses in your body are in check, you will automatically feel better and have more energy.

Coconut oil boosts your metabolic rate and helps to shed excess fat. The medium-chain fatty acids will be absorbed by your body and converted to fuel quickly. You will have an energy boost by consuming coconut oil.

Millions of people are suffering from chronic fatigue and it may be so debilitating that even normal day to day activities may seem too demanding. Make coconut oil a part of your diet and in a matter of time you will probably give chronic fatigue the boot.

Coconut oil is rich in saturated fats and healthy omega 3 acids. Most of us have a very unbalanced ratio of omega 3 to omega 6 fatty acids. Coconut oil will correct the balance and improve your health. Once there is balance within your body, you will definitely have more energy.

The common hydrogenated oils that are sold in stores are injurious to one's health and have many adverse effects. One of the worst side effects of consuming hydrogenated oils is inflammation.

Inflammation makes your body ache and feel painful for no reason. Your joints ache, your muscles ache, your tummy has disorders... and to sum it all up, you just do not feel good. You just can't muster up the energy to live life to its fullest potential.

After all, how could you? You are in pain.

The best remedy for this will be to completely eliminate hydrogenated oils from your diet. If that's too difficult, at least limit your consumption of it.

You should cook at home using coconut oil and olive oil, depending on the style of cooking. It's best to use coconut oil for frying and other food preparation that involves high heat.

Once you make coconut oil a part of your daily diet, you will be less prone to fatigue, lymph node problems, muscle aches, sleep disorders, fevers, rashes, joint pain, etc.

Your immune system will be stronger and you will be leaner and more energetic now that you have overcome fatigue with the potent coconut oil.

In *The Coconut Oil Secret* you'll discover many ways to make coconut oil a part of your diet.

5 Coconut Oil Beauty Secrets You MUST Know

Coconut oil has been used for many years by our ancestors for its many benefits and they used it to beautify themselves. Now you will learn 5 beauty secrets that involves coconut oil.

It is such a versatile product of nature that not only can it be used for cooking but it can also be used to benefit your appearance.

#3 - Coconut oil is a moisturizer

Are your hands dry? Or maybe the skin on your legs tend to dry out after you shave them? No worries. Just dab some coconut oil and spread it thinly over your skin and gently massage it in. Your skin will become soft, supple and moisturized.

#4 - It can function as shaving cream

Shaving creams, foams, gels that are sold in stores are a combination of chemicals that most people know nothing about. They only know how to slather their skin in the foam that comes out with nary a thought as to what is in the cream.

Well, it's all chemicals. Why not use coconut oil that is just as effective. It's also antiviral, antifungal and antimicrobial. It's also much cheaper and will not dry out your skin after use.

#5 - Coconut oil functions as a highlighter

We all know how expensive branded makeup can be. Using cheap makeup is not a good idea because it might damage your skin in the long run. What about coconut oil? It can be a cheekbone highlighter. Many brands of makeup use coconut oil as a base ingredient.

You just need to lightly dab a small amount of coconut oil over your make up to make your skin glow.

#6 - Use it as a makeup remover

Coconut oil is an excellent makeup remover even for waterproof eye makeup. So, instead of buying makeup remover from the store, you can just use coconut oil. It's cheaper and more beneficial than a cocktail of chemicals.

#7 - Use it as a massage oil

There are many different brands of massage oils, sensual oils, etc. sold in stores. Most are nothing more than slick packaging and some fragranced oils that are not half as beneficial as coconut oil but just cost way more.

Enough of that. Use coconut oil as your massage oil. It is just as effective for massage and much more beneficial to your skin. It will not burn a hole in your pocket either.

These are just a few beauty tips in regards to coconut oil. There are many more out there due to the versatile nature of this miraculous oil. Do your research to find out many other ways you can use this miracle oil to beautify yourself. It will be well worth your time.

#8 - Use it for cooking.

It has a high smoke point and that makes it better than olive oil if you're baking or frying food. It's also a good replacement for butter if you're trying to quit consuming dairy products.

#9 – Reduce stretch marks

Pregnant women who rub coconut oil on their skin daily will reduce the appearance of stretch marks.

#10 – Prevent diaper rash

When applied to babies' bottoms, coconut oil will prevent diaper rash and is just as effective as any store bought diaper cream.

Other uses:

- * Suffering from allergies? Rub some coconut oil inside your nose and it will alleviate your symptoms.
- * Suffering from diabetes? Use coconut oil in your cooking. It is rapidly absorbed by the body and converted to energy. This will reduce insulin resistance and your diabetes will be kept in check.
- * If you have dry hair, rub some coconut oil on your hair and wear a shower cap. Leave it for a while so that the hair has time to absorb the oil. After a few uses, your hair will be soft and silky.
- * If you constantly feel cold, 2 tablespoons of coconut oil daily will improve your blood circulation and you will be less prone to feeling cold all the time.
- * Is the skin on your heels cracked and dry? Rub coconut oil a few times a day on the cracked heel and the skin will recover and become soft again.
- * Gargling 2 tablespoons of coconut oil for a few minutes daily will improve your gum health. If used for brushing, it will also whiten your teeth.
- * Coconut oil can be applied to cold sores to make them go away
- * If you have problems falling asleep, daily consumption of coconut oil will promote better sleep.

These are just some of the many uses of coconut oil. To get the best benefits out of coconut oil, it would be a really good idea to pick up *The Coconut Oil Secret* online.

You'll then learn how to make coconut oil a part of your daily life. Coconut oil has too many rewards for you to ignore.

Next Step...