

# Coconut Oil

## What is coconut oil?

Coconut oil is blend of fatty acids, just like any fats. However, it contains an unusual blend of short and medium chain fatty acids, primarily lauric (44%) and myristic (16.8%) acids. The body converts *lauric acid* into *monolaurin*, which may be helpful in dealing with viruses and bacteria that cause diseases.

## Is it a superior or healthier fat to consume?



The American Heart Association does **not** suggest that coconut oil is any better or preferable over other saturated fats. Like any saturated fat, it should be limited to **7%-10% of calories** because it can increase risk for heart disease. According to Penn State University cardiovascular nutrition researcher, Dr. Kris-Etherton, "coconut oil is better than trans fat **but not as good as liquid oils**. Even though coconut oil is cholesterol-free, it is still a saturated fat that needs to be limited in the diet."

## Versatility beyond cooking

Coconut oil has a lot of different uses that go way beyond cooking! Give these a try:

**Moisturizer** – Coconut oil is an excellent way to soften and hydrate dry, rough, or damaged skin.

**Face Scrub** – Mix coconut oil with baking soda, sugar, or cinnamon and oatmeal for the perfect face scrub and exfoliator.

**Lip Balm** – Coconut oil hydrates and protects lips. Coconut even offers some protection from the sun, about an SPF 4.

**Conditioner** – Coconut oil conditions, strengthens, and repairs hair. Massage it in and rinse it out after ten minutes. A small amount can be rubbed in to dry hair to tame frizz.

**Energy** – Coconut oil and its medium chain triglycerides make it an excellent energy source to improve stamina, endurance, or just to give you a boost through the day.

**Toothpaste** – Mix 1 part coconut oil with 1 part baking soda and add a couple drops of peppermint oil. This makes a refreshing, natural toothpaste that whitens and cleans without added preservatives, fluoride, sweeteners, or other chemicals.

More ways to try coconut oil: <http://www.sunwarrior.com/news/50-of-the-best-uses-for-coconut-oil/>

*Heads Up! While there may be many reports on coconut oil and its health cures, be cautious of where the source is from. According to Dr. Mozaffarian from the Harvard School of Public Health, there is very limited evidence on disease outcomes and unclear findings about its effects on cholesterol levels.*

Source: <http://www.webmd.com/>, <http://www.sunwarrior.com/>