

How to Use Coconut Oil to Stay Healthy and Attractive

Coconut oil has been labeled as the healthiest oil in the world. It has provided many health benefits to the tropical people for generations who are known for their physical beauty. Here's a summary of the some ways to use coconut oil to become healthier and look better. As a rule of thumb, if you are taking coconut oil raw (by the spoonfuls) use only premium grade ANH-VCO from a reliable manufacturer.

1.) Take It as a Health Supplement

Take 2-4 tablespoons of coconut oil anytime of the day in a single or divided dosage to strengthen your immune system. The medium chain fatty acids in coconut oil provide an effective defense against virus, parasites, bacteria and fungus.

Coconut oil stimulates digestion and helps nutrient absorption. It will make you less dependent on supplements as nutrient absorption is improved. Some people take coconut oil by the spoonful. Others take the coconut oil by mixing it in a smoothie or by adding the oil to their tea or coffee beverage.

2.) Use as Healthy Cooking Oil

The double bonds in polyunsaturated oils like vegetable oils make them vulnerable to oxidation and free radical attack. Many vegetable oils turn rancid due to oxidation and the free radicals cause degenerative diseases and quicken the aging process.

Coconut oil is very stable chemically as it is saturated. Thus coconut oil is not oxidized easily and thus resistant to free radical attack.

Foods fried in coconut oil absorb less fat than foods fried in hydrogenated vegetable oils. Foods cooked in coconut oil stay fresh longer and promote nutrient absorption. Thus, it is advisable to change your cooking oil to coconut oil, which is medium chain fatty acids (the good fat), instead of other vegetable oil which is long chain fatty acids.

3.) Apply on Hair as Hair Moisturizer

Coconut oil does a lot for your hair. It makes hair soft and silky, easy to brush through and brings its condition back to touchable. The small molecular structure of coconut oil allows for easy absorption, giving hair a smooth and soft texture.

Coconut oil is easy to use on hair. Put it on the hair, rub it in, relax for a minute or two, and wash out. Using coconut oil as a pre-wash conditioner can rid a person of dandruff better than a medicated shampoo and it is effective in conditioning the scalp.

4.) Apply on Skin as Skin Lotion and Moisturizer

Coconut oil is ideal for skin care. It prevents the formation of destructive free radicals, and can prevent your skin from developing skin blemishes caused by aging and overexposure to sunlight.

Apply a teaspoon of coconut oil on your face to remove your make-up after a long day. After that, wash your face with soap made from coconut oil. Finally apply coconut oil to moisturize your skin.

The thin layer of coconut oil is quickly absorbed and forms a protective coating for your skin which guards against bacteria. Coconut oil strengthens the underlying skin tissues, bringing lasting improvement for the skin.

5.) Take It as a Natural Medicine

One must be warned that coconut oil is not a substitute for the medicines you normally take. Instead, coconut oil strengthens your immune system to fight the disease while the medicine prescribed by your doctor reduces the severity of your symptoms. Use only premium grade ANH-VCO for raw consumption.

Regular consumer will increase their dosage of coconut oil whenever they feel that an illness is coming up. Coconut oil speeds their recovery from illness, and has protected the people in the tropics from infectious diseases like malaria and yellow fever for generations.

6.) Use It to Manage Your Weight

Either, a.) By consuming raw coconut oil 30mins before lunch and dinner, you lose weight indirectly by making wise food choices without feeling hungry, miserable and deprived. Or, b.) You can continue to take foods cooked in fat and desserts containing fats and have fun losing weight. This is possible if the fat taken is mostly coconut oil. Coconut oil acts on the satiety center of your brain to make you less hungry.

Coconut oil increases your metabolic rate which makes the body burn more calories. This increased metabolism may stay for up to 24 hours. Taking coconut oil increases your energy level and burn off calories at an accelerated rate.

7.) Go on a Detoxification Program

Coconut oil can be used to clear out the toxins that have been accumulated in your body after many years. A detoxification program using coconut oil can cleanse your body system and let you feel good and look good.

Before going on the program, one should have been taking coconut oil as a health supplement for at least 2 weeks. It is advisable to stay at home as you may need to go to the toilet often. Take no food and a tablespoon of coconut oil every two hours. The whole program lasts 14 hours with 7 tablespoons of coconut oil.

To use it as a treatment for constipation you can take 2 -3 tablespoon before bedtime.

(Caution:- Use only premium grade ANH-VCO from a reliable manufacturer for raw consumption).