



# 10 HEALTH BENEFITS OF VIRGIN COCONUT OIL



## THYROID STIMULATING



Research shows that coconut oil contains a medium-chain fatty acids accelerate that stimulates metabolism and gives you more energy.

## HELPS KEEP DIABETES IN CHECK



It does not produce an insulin spike in your bloodstream. Instead it helps control blood sugar by improving the secretion of insulin.

## GASTROINTESTINAL MALABSORPTION



Combining Vitamin E supplements with coconut oil through the skin proved to be good a alternative for those with gastrointestinal malabsorption diseases.

## HELPS WITH WEIGHT LOSS



Even though it is a fat, coconut oil actually helps with weight loss! The healthy medium chain fatty acids do not circulate in the bloodstream like other fats; they are sent directly to the liver and are converted into energy. Thus the body does not store the fat in coconut oil as fat; it uses it to produce energy instead.

## LOWER CHOLESTEROL



It is rich in lauric acid which protects your heart by reducing total cholesterol and increasing good cholesterol.

## KILLS CANDIDA



Coconut oil has a good quantity of caprylic acid in it which is well known to kill off excess candida by targeting harmful bacteria.

## SUPPORTS THE IMMUNE SYSTEM



It is rich in lauric acid, a nutrient that supports the body's immune system.

## REDUCES HEART DISEASE



Studies on people in the Pacific Islands found that their total caloric intake included thirty to sixty percent from fully saturated coconut oil. These Pacific Islanders have nearly non-existent rates of cardiovascular disease .

## NOURISHING FOR THE BRAIN



Studies show that it improves cognitive function, and stalls, or even reverses, neurodegenerative disease in their early stages.

## GOOD FOR THE SKIN



When applied externally it forms a protective antibacterial layer protecting the infected body part. Also, coconut oil speeds up the healing process of bruises by helping to repair damaged tissue.