Coconut Oil

Colds and Sore Throats - Coconut oil has antimicrobial properties that can help you recover from a cold. Mix it with warm tea and honey for a soothing throat remedy.

Cuts and Scrapes - Coconut oil can be used as a topical cream for cuts and scrapes, protecting against infection while conditioning the skin to heal faster. It may also prevent scarring.

Dandruff - Several times per week, coat your fingertips with coconut oil and massage it into your scalp for an easy dandruff cure. This is an effective yet gentle method, suitable for cradle cap, too.

Deodorant - You can use coconut oil by itself as a deodorant that leaves underarms feeling silky soft, or you can add baking soda and cornstarch for advanced odor protection.
   Recipe: 1/2 c. coconut oil**1 T. baking soda**1 T. cornstarch**1 T. rubbing alcohol **Several drops of your favorite essential oil. *This provides odor protection with no aluminum as in commercial deodorant!

Detoxification - Coconut oil is a unique detoxifier because it provides energy while cleansing the body. One popular method is to take 1-2 T. of coconut oil seven times per day for one to seven days to cleanse the body from toxins, impurities and candida.

Fungal Infections - Coconut oil is antifungal and helps fight fungal infections like athlete's foot, ringworm, thrush and vaginal yeast infections. Use it internally and topically for these conditions.

Hair Conditioner - Apply a thin layer of coconut oil to your scalp. Allow it to soak for several minutes and then wash as usual. No other conditioners are needed after the shampoo.

Lip Balm - Lip moisturizers are filled with chemicals and natural products are often pricey. If you need a moisturizer for your lips, try coconut oil in a commercial lip balm container.

Make-up Remover - Coconut oil is an effective make-up remover and a natural moisturizer, so it won't cause dryness or irritation.

Skin Conditions - Coconut oil is moisturizing, antimicrobial, antifungal and anti-inflammatory; making it a great remedy for all kinds of skin problems ranging from eczema to acne to diaper rash.

Sun screen - Coconut oil provides natural sun protection without exposing your body to toxic chemicals and metals. Coconut oil protects against free radicals providing protection against skin cancer.

Toothpaste - A recipe for an all-natural, fluoride-free toothpaste.: 1/4 c. coconut oil**1/4 c. baking soda**A pinch of stevia powder**Several drops of spearmint or peppermint essential oil. Mix well and add water to reach desired consistency. An inexpensive option and suitable for people with sensitive teeth.

Moisturizing Shower Scrub - Recipe: 1 c. coconut oil**1/2 c. aloe vera gel**1/4 c. baking soda * This works great with exfoliating gloves. Apply a tablespoon of this mixture on your gloves, scrub with it well and rinse as usual. It provides gentle exfoliation with plenty of healing moisture.

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Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-

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