



The Many Benefits of Coconut Oil

- The medium chain fatty acids in coconut oil provide energy that the body can use more rapidly than any other fat source. These medium chain triglycerides are converted in the body for immediate energy, not stored in the body as fat. The body uses them as a quick and long lasting energy source. Cows fed coconut oil to “fatten them up” instead become lean, active and energized. You will too!
- Cravings occur in the body when we aren’t getting the proper nutrients and fuel from food. Coconut oil and butter are both nourishing and satisfying; keeping us fuller longer, when coupled with high quality vitamin and mineral sources, provide the body with the proper nutrient balance to decrease cravings.
- Strengthens the immune system and fights off infections
- Helps to alleviate skin issues such as acne, eczema, dry and itchy skin
- Helps brain function, mental health and behavioral problems
- Suppresses inflammation
- Possesses healing properties
- Protects us from cancer, diabetes and other chronic diseases
- Tastes delicious in a smoothie, tea, oatmeal or on sourdough toast
- With its high burning point, it is perfect for sautéing vegetables, stir fries, cooking eggs and seafood and baking.
- For more on the benefits of unrefined, cold pressed, organic & virgin coconut oil, please see the book [Eat Fat Lose Fat](#), By Mary Enig & Sally Fallon.