

The Healing Miracles of Coconut Oil

If there was an oil that you could use for your daily cooking needs that helped protect you from heart disease, cancer, and other degenerative conditions, improved your digestion, strengthened your immune system, protected you from infectious illnesses, and helped you lose excess weight, would you be interested? This is what coconut oil can do for you.

What Coconut Oil Does Not Do:

- Does not increase blood cholesterol level
- Does not promote platelet stickiness or blood clot formation
- Does not contribute to atherosclerosis or heart disease
- Does not contribute to weight problems

What Coconut Oil Does Do:

- Reduces risk of atherosclerosis and heart disease
- Reduces risk of cancer and other degenerative conditions
- Helps prevent bacterial, viral, and fungal (including yeast) infections
- Supports immune system function
- Helps control diabetes
- Provides an immediate source of energy
- Supports healthy metabolic function
- Improves digestion and nutrient absorption
- Supplies important nutrients necessary for good health
- Promotes weight loss
- Helps prevent osteoporosis
- Has a mild delicate flavor
- Is highly resistant to spoilage (long shelf life)
- Is heat resistant (the healthiest oil for cooking)
- Helps keep skin soft and smooth
- Helps prevent premature aging and wrinkling of the skin
- Helps protect against skin cancer and other blemishes
- Functions as a protective antioxidant

Coconut oil has been called the healthiest dietary oil on earth. If you're not using coconut oil for your daily cooking and body care needs, you're missing out on one of nature's most amazing health foods.