

## Top 10 Benefits of

# Virgin Coconut Oil

## Helps REDUCE your WEIGHT

VCO is a special type of oil - it helps you lose weight in your abdominal cavity. The secret is in the medium chain fatty acids. These acids increase your metabolic rate which helps your body convert those pesky fat into energy!



## Supports your IMMUNE SYSTEM

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



## Lower the risk of HEART DISEASES

Studies in both humans and rats show that coconut oil improves important risk factors like Total, LDL and HDL cholesterol, which may translate to a reduced risk of heart disease.



## TAKES CARE of your hair.

It helps in healthy growth of hair and gives your hair a shiny quality. It is also highly effective in reducing protein loss which can lead to various unattractive or unhealthy qualities in your hair.



## NOURISHING for the brain

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



## Keeps your skin HEALTHY

When applied externally it forms a protective antibacterial layer protecting the infected body part. Coconut oil speeds up the healing process of bruises by helping to repair damaged tissue. It also prevents wrinkles, sagging skin, skin dryness and flaking.



## Battles INFECTIONS

Coconut oil is very effective against a variety of infections due to its antifungal, antiviral, and antibacterial properties. According to the Coconut Research Center, coconut oil kills the viruses that cause influenza, measles, hepatitis, herpes, SARS, and other serious health risks. It also kills bacteria that cause ulcers, throat infections, urinary tract infections, pneumonia, and gonorrhoea. Finally, coconut oil is also effective in the elimination of fungi and yeast that cause ringworm, athlete's foot, thrush, and diaper rash.



## BOOST Brain Function in Alzheimer's Patients

Studies show that the fatty acids in coconut oil can increase blood levels of ketone bodies, supplying energy for the brain cells of Alzheimer's patients and relieving symptoms.



## 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. Note: This is not a free pass to eat a lot of sugar and other dumb carbs.



## Healthy Cooking Oil

VCO is one of the few oils that is not damaged when heated to temperatures used in cooking, frying, and baking. Corn, soy, sunflower, canola, and safflower oils undergo detrimental changes when heated to cooking, frying, or baking temperatures. You also get the health benefits listed above and so much more! Talk about a healthy cooking oil.

