

1001 USES FOR COCONUT OIL

FOOD

Flavoring
Texture
Prevent sticking
Cooking/frying oil
Can use in place of margarine, shortening, and vegetable oils in food preparation
Preservative
Extend shelf life of foods
Season cookware
Source of healthy fat
Help balance essential fatty acid consumption
Egg preserve

NUTRITION/HEALTH

Nutritional supplement
Improve digestive health/function
Improve absorption of nutrients
Prevent vitamin/mineral deficiencies
Improve athletic performance
Acts as a protective antioxidant
Provide a quick and easy source of nutrition
Prevent/treat malnutrition
Fortify infant formula
Fortify hospital feeding formulas
Enrich breast milk
Help to keep blood sugars in balance
Moderates glucose release into bloodstream
Improves insulin secretion
Improves insulin sensitivity
Weight management
Reduces steatorrhea
Helps heal damage caused by celiac disease, improving nutrient absorption
Helps improve absorption of nutrients after partial surgical removal of the stomach or intestine
Used in parenteral nutrition
Used in enteral nutrition
Control sugar cravings
Improve body's utilization of EFAs
Quickly and easily absorbed by cells and converted
Reduces stress on pancreas

MEDICINE

Heart function
Liver function
Gallbladder function
Kidney function
Pancreas function
Intestine function
Brain function
Immune function
Thyroid function
Prostate health
Improve blood circulation
Improves sperm motility and fertility
Reduce inflammation
Protect against cancer
Protect against seizures
Increase HDL cholesterol values
Improve (lower) cholesterol ratio
Improve lipoprotein (a)/Lp(a) levels
Reduce atherosclerosis
Reduce risk of heart attack and stroke
Protect against heart failure
Protect against diabetes
Protect against metabolic syndrome
Improve energy
Boost metabolism
Prevent catabolism/breakdown of muscle protein

HELPS PREVENT & TREAT VIRAL INFECTIONS

Influenza Measles Shingles
Intestinal infections / diarrhea
Mononucleosis Hepatitis C
Herpes (fever blister/cold sore)
Epstein-Barr virus Leukemia virus
Pneumovirus Coxsackievirus
SARS coronavirus Sarcoma virus
Parainfluenza virus type 2
Varicella virus AIDS/HIV
Vesicular stomatitis virus
Human lymphotropic virus
Syncytial virus Chicken pox

HELPS PREVENT & TREAT BACTERIAL INFECTIONS

Peptic ulcers
Boils
Staph infections (including MRSA)
Gingivitis and periodontal disease
Dental cavities
Fistulas
Swimmer's ear
Ear infections
Eye infections (conjunctivitis)
Throat infections
Mastitis
Gonorrhea
Toxic shock syndrome
Gastroenteritis Tetanus
Food poisoning
Sinus infections
Bed sores
Urinary tract infection
Bladder infections
Pneumonia Rheumatic fever Meningitis
Anthrax
Parrot fever
Spirochetes (Lyme disease, syphilis, etc.)
Gangrene
Endocarditis
Lymphogranuloma venereum
Pelvic inflammatory disease

HELPS PREVENT & TREAT FUNGI & HEADACHES

YEAST INFECTIONS

Ringworm	Athlete's foot	Jock Itch
Ear fungus/itchy ear	Diaper rash	Thrush
Yeast Infections	Candidiasis	Toenail fungus

HELPS EASE DIGESTIVE & MALABSORPTION DISORDERS

Whipple's disease
Irritable Bowel Syndrome (IBS)
Colitis
Crohn's disease
Muscular carnitine deficiency
Lipoprotein lipase deficiency/Congenital! beta! lipoprotein deficiency Abnormalities of protein metabolism Malabsorption syndrome
Primary intestinal lymphangiectasia (Waldmann's Disease) Cholelithiasis (gallstone disease) Gluten enteropathy
Blind!loop syndrome
Primary biliary cirrhosis
Type V hyperlipoproteinemia Biliary atresia, obstructive jaundice Enteritis
Chyluria (milky urine)
Chylothorax
Chylous ascites
Pancreatitis
Hemorrhoids
Pancreatectomy
Cholecystectomy Balance intestinal flora'
Gastrointestinal ulcers

HELPS PREVENT & TREAT PARASITIC INFECTIONS Part 2

Epilepsy	Autism	ADHD
Parkinson's	Down syndrome	
Dementia	Infantile spasms	
Alzheimer's	Migraine	

Huntington's	Narcolepsy
Multiple sclerosis (MS)	
Amyotrophic Lateral Sclerosis (ALS)	
Strokes	Traumatic brain injury
Schizophrenia	Insomnia
Depression	Brain fog Hypoxia

USEFUL FOR TREATMENT OF CHRONIC & GENETIC CONDITIONS

Allergies
Sjogren's syndrome
Prevent/treat neuropathy
Prostate enlargement
Mast!cell deficiency
Cystic fibrosis
Arthritis
Fibromyalgia
Gout
Asthma
Diabetes
Obesity
Osteoporosis, Osteomalacia, Rickets
Low thyroid function
Hypoglycemia
Rheumatic fever
Altitude sickness
Anemia
Constipation
Hemorrhoids
Chronic fatigue syndrome
Polycystic ovary syndrome
Menstrual irregularities
Retinopathy
Nephropathy
Peripheral vascular disease
Protects the liver from the effects of alcohol and drug
abuse and infection
Keratosis pilaris

SPEEDS HEALING FROM TRAUMA/INJURY

Shortens recovery time after surgery
Circumcision
Laceration, road rash
Cuts
Burns/
sunburns
Bruises
Bee and wasp stings
Spider, sand fly, ant & other insect bites
Blister
Poison Ivy or oak
Carpal tunnel syndrome
Acute poisoning
Nosebleeds
Soothes and speeds healing of tattoos
Helps stop bleeding
Reduces pain (analgesic)
Reduces fever (antipyretic)
Anti! inflammatory

VETERINARY MEDICINE

Bad breath (doggy breath)
Body odor
Improve shine on coat
Prevent birds from picking skin and feathers
Expel or kill intestinal parasites
Flea, tick, and mite repellent
Clear up hot spots
udder balm for goats, cows, and other
animals

OTHER

Carrier for medications Drug preservative
Improve lipid!based drugs solubility in water
Remove ear wax Eye wash

Reduce side effects of cancer treatments

HELPS PREVENT & TREAT PARASITIC INFECTIONS Part 1

Giardia Protozoa Lice Scabies

testinal worms (tapeworms, pinworms, etc.)

BODY CARE

Soften and sooth dry, scaly, itchy skin
Emollient Exfoliant Prevent wrinkles
Prevent/lighten aging (liver) spots
Makeup remover Sooth chapped lips
Moisturizer Deodorant Eye cream
Protect against UV radiation Suntan lotion
Prevent premature aging of skin
Soften cracked, callused heels Genital Warts
Massage oil Toothpaste
Prevent/treat bad breath Prevent/treat dandruff
Prevent/treat cradle cap Clear acne
Dissolve and remove ear wax Remove Warts/moles
Prevent skin infections Speed healing of wounds
Stop bleeding of wounds Sooth itchy skin
Eases pain and inflammation caused by insect bites
Nipple cream when nursing Treat diaper rash
Head lice Hives Insect repellent
Eczema/psoriasis/dermatitis Aftershave lotion
Hair conditioner Hair styling agent
Mouthwash
Dental & gum care
Deodorant Massage oil Personal Lubricant
Stretch mark cream Scar remover Skin conditioner

INDUSTRIAL

Soap Shampoo
Biofuel/biodiesel Jet fuel Lamp fuel
Engine lubricant/motor oil"
Hydraulic press fluid
Leather softener
Condition wood cutting boards
Wood polish Bronze polish
Remove labels from bottles
lubricant (hinges, machinery, etc.)
Degreasing agent for machinery
Rust inhibitor Hand de greaser
Detergent
Dissolve grease under fingernails
Chewing gum remover
Useful in removing makeup and lipstick from clothing and carpeting
Environmentally friendly fabrication of silver gold nanoparticles for use in nanotechnology
Provides basic material for producing oleochemicals
used in making hundreds of products such as detergents, solvents, plastics, grease, resins, lubricants, etc.