



Coconut Oil Goodness

Description



image via [The Beauty Gypsy](#)

I became intrigued by the health benefits of coconut oil after Dr. Oz featured a segment on it last year. I've stopped watching the Dr. Oz show because I felt like it was becoming an infomercial. I have nothing against Dr. Oz personally. I feel like he has a lot of good things to share, it's just hard trying to determine which ones are right for you. The show I saw was of reports of people improving and even reversing the effects of Alzheimers by using coconut oil. My memory seems to have declined

since the birth of my children and I have a fear of Alzheimers so this got my attention. I rushed out to Trader Joes and bought my coconut oil and there it sat for almost a year with the exception of using a spoonful once or twice in my coffee, that is until recently.

According to Coconut Oil.com some other reports of health benefits are

- 1.positive results from people with type 1 and type 2 diabete
- 2.health benefits from those suffering from hypothyroidism
- 3.health benefits to those with skin diseases by applying directly on skin. Itâ€™s an antibacterial and anti-fungal
- 4.healthy hair and skin
- 5.helps in fighting off bacterial infections and viruses



I recently came across several ideas for coconut oil on pinterest. Wellness Mama lists 101 uses for coconut oil. The Beauty Gypsy lists 50 Amazing Beauty Tricks with coconut oil and recommends buying organic virgin and preferably unrefined and cold pressed coconut oil. I found mine at Costco

which I wrote about [here](#). I decided to try using it as a shaving cream because my friend Tracy had tried it and it works great. I whipped about 2 cups of coconut oil in my Kitchen Aid mixer until it became soft and fluffy and put it in a container with a lid which I keep in my shower.

I followed the instructions on the [Coconut Mama's](#) website for DIY coconut oil moisturizer. I don't think I would like it as a moisturizer though. It's somewhat greasy when applied to your skin, but after showering and drying off it leaves my skin soft and smooth. Plus I get a really close shave. The oil will be hard, but once it's applied to the warmth of your skin it melts. I have also used some on my lips as a Chapstick. The benefits and options are endless. Please leave a comment if you've been using coconut oil and have other suggestions.

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