

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Look At Coconut Oil

By JM Anderson

Coconut butter, which is also commonly referred to as Coconut oil, is a fat that consists of more

than 90% saturated fat. As it's name implies, this oil is obtained from coconuts and is commonly used for cosmetics, baking ingredients and cooking oil. The world's largest exporter of Coconut oil, which is the Philippines, receives 7% of it's total export income from this product alone.

Coconut oil is rich in a fatty acid and is among the more stable of all vegetable oils. Many consider it to be a healthy product, which may increase metabolism and improve the body's ability to fight sickness by strengthening the immune system. Once an immune system becomes weakened for any reason, the body becomes susceptible to an array of illnesses. In order to maintain a healthy lifestyle, one's immune system must remain strong. If it ever becomes weakened, it is essential to rebuild the immune system in order to protect the body against harmful sickness and/or disease. On the downside, because coconut oil is also high in saturated fat, some believe that it may increase the likelihood of cardiovascular and/or heart disease and possibly even diabetes. On the other hand, some international populations who consume large quantities of coconut oil have been shown to have lower rates of heart disease.

In addition to concerns surrounding the health effects, both good and bad, Coconut oil has been tested as a fuel, but has been faced with difficult obstacles due to it's high melting point. Coconut oil is also used for hairstyling in India, while other individuals find it to be useful as a skin moisturizer. Coconut oil is believed to be both effective and safe when used in connection with skin care. And best of all, it is not believed to carry any adverse reactions to the skin. In fact, some users have actually reported improvements in specific skin conditions after using Coconut oil. Among them, eczema, which is a very uncomfortable rash that develops in the form of small blister-like lesions. These are both painful and may result in scarring.

The information in this article is intended for informational purposes only. It should not be considered as, or used in place of, medical advice or professional recommendations for any type of treatment, cure or remedy to certain skin conditions and/or other illnesses. Prior to beginning any treatment regimen, including that which consists of coconut oil, individuals are urged to consult with their physician and/or dermatologist for proper diagnosis and/or treatment recommendation.

To find out more about

<http://www.coconutoilguide.info>

, please visit our website at

<http://www.coconutoilguide.info>

. It contains tons of free coconut oil articles, resources and tips.

Coconut Oil - A Healthy Solution For Hair And Skin Care

By Sharon Hopkins

Coconut as a whole plays a very important part in our lives. >From leaves to the oil everything has become very useful to us. Coconut oil is widely used for your hair and many may have seen the results it has provided. With the growth in the market we have been exposed to a number of creams, which have proved to be worthless. In this stiff competition coconut oil has risen as a thorough winner.

The oil seems to do wonders for your skin. It softens the skin as well as cures it from any damages providing you with a radiant and young look. It helps the skin to avoid liver spots and blemishes caused due to aging and sunlight. By regular use of the oil a soft and supple skin is developed keeping it wrinkle free. The damage to the skin by sun rays is restricted with the use of coconut oil. It brings back the shine and lost charm of the skin.

The presence of antiseptic fatty acids prevents any fungal and bacterial infection. Some of the infections it keeps fighting on regular basis are the acne, ringworm, herpes, boils, athlete's foot and warts. Coconut oil or coconut butter has been widely used as a moisturizer. It provides a shield on your skin to protect the natural moisture.

For Skin Care

–Apply grinded betel leaf with coconut oil on black spots, to lighten it –Paste of mehendi (henna) with little oil should be applied on your face to lighten black spots –Apply the mixture of coconut water and thick pineapple juice for a glowing skin –For soft skin make a paste of red sandal powder with coconut milk. Apply it on your face. Rinse it later. –To remove pimples. Use thick curd; add turmeric and drops of oil. Put it on your face. –Coconut oil mixed with crushed garlic when applied at night helps to cure plantar warts and athlete's foot –Coconut butter can be used as lip balm –Massage your face with coconut oil before going to bed this would help in premature ageing

For Hair Care

–Add a teaspoon of camphor to 1/2 a liter can of coconut oil. Store it. Massage this oil on your scalp before going to bed. This would help you get rid of dandruff –A mixture of castor, mustard and coconut oil massaged on your scalp can help you with dandruff problems –One part lemon juice with two parts

A Look At Coconut Oil

coconut oil to be massaged to the roots of your hair to ward of dandruff problem –Hair loss problem can be solved by massaging coconut or almond oil for 10 to 15 minutes

Warning: The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins manages sites related to hair and skin care, such as

<http://www.hair-n-skin-care.com>

which gives information on all you wanted to know about your hair and skin. Coconut oil helps to fight diseases as well as used as an ultimate weapon to fight skin and hair problems.



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

A Look At Coconut Oil

