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

Coconut Oil Increases Beneficial Properties in Human Breast Milk

By Cori Young

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by: **Cori Young**

COCONUT OIL FOUND BENEFICIAL FOR LACTATING MOTHERS...

The unique composition of human breast milk fat includes the fatty acids, lauric acid and capric acid, which have potent antimicrobial properties. These fatty acids offer the nursing infant protection from viruses such as herpes and HIV, protozoa such as giardia lamblia, and bacteria such as chlamydia and helicobater.

A study published in 1998 in the American Journal of Clinical Nutrition has shown that lactating mothers who eat coconut oil and other coconut products, have significantly increased levels of lauric acid and capric acid in their breast milk. Thus, the milk supply has increased amounts of the protective antimicrobials , which will give even greater protection to the nursing infant.

Pregnant females store fat to assure successful lactation. Any lauric acid and capric acid in the diet becomes part of the adipose stores. The milk fat of a lactating mother is made up of these stores as well as her current diet. If her diet doesn't contain lauric acid, then generally her milk fat will contain around 3% lauric acid and round 1% capric acid.

When a lactating woman adds foods rich in lauric acid to her diet, the amount of lauric acid available in her breastmilk increases substantially to levels three times the original level and nearly double the amount of capric acid. In countries where coconut oil is a diet staple, levels of lauric acid in the mother's milk can be as high as 21% and capric acid can be as high as 6% giving her infant even more protection against viruses, bacteria, and protozoa.

Coconut oil can be used instead of butter in cooking and baking. You can stir it into oatmeal or even use it as a spread. Also, this oil's antimicrobial properties are beneficial for the skin. Pregnant women in many cultures the world over rub cocnut oil on their expanding bellies to keep skin soft and prevent itching.

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Cori Young is an herbalist living in the Pacific Northwest.
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A Refreshing Pina Colada for your Face

By Danielle Sims

A Refreshing Pina Colada for your Face by Danielle Sims

Pina Coladas remain a favorite at popular beach vacation spots. Imagine your skin taking a refreshing sip of this popular drink! I'm referring to the non-alcoholic version, of course. Rich, creamy coconut milk and exhilarating pineapple make the pina colada a tasty treat as well as a wonderful facial mask.

Pina Colada Mask

1 TBS Coconut Milk
2 TBS Honey
1 TBS mashed Pineapple
1 TBS of Plain Yogurt

Mix all ingredients together. Apply to your clean skin and leave on for 15–20 minutes. Rinse off the mask with cool water to close your pores. You may not need to add a moisturizer after your mask, since the coconut milk contains plenty of oil.

Coconut milk contains natural emollients which help to moisturize the skin, helping to prevent it from wrinkling. The oil in coconut milk locks in moisture and softens the skin.

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Honey is an excellent treatment for the skin and is used frequently in skincare products. It contains antibacterial and anti-inflammatory properties which can effectively help treat minor cuts, abrasions, and burns.

Pineapple contains a protein-digestive enzyme called bromelain which helps rid the skin of dead cells and dirt. The tingling action that is felt when this facial mask is applied is the enzymes in the pineapple working.

Yogurt helps to cleanse the skin with the exfoliating properties of lactic acid it contains. Lactic Acid is a mild alpha-hydroxy acid and can help balance your skin's acidity.

This mask recipe can also become a tasty smoothie. You will need to adjust the recipe to make a delicious pina colada smoothie.

Pina Colada Smoothie

½ cup Coconut milk
½ cup pineapples
2 TBS honey
¼ cup yogurt
6 ice cubes

Blend all ingredients in your blender and drink.

Now there is one more reason to enjoy a pina colada!

Danielle Sims explored her library of alternative health, herbal books, and aromatherapy books and created a blueprint for making her own body wrap formulas at home. Now she offers this information in an e-book entitled *Wrap Yourself Slim: Body Wrap Exposed*. Monthly newsletter is also available at her web site. For more information go to <http://www.wrapyourselfslim.com>

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