

Download All About Coconut Oil Its Uses And Benefits

Coconut Oil for Hair– This nourishing oil has been used for centuries in hair and its unique fat composition makes it especially beneficial for certain hair types. Use it as a hair mask, hot oil treatment, or in homemade hair products. To Moisturize and Nourish Skin– The same properties make coconut oil great for skin as well. Many people like to use it as a natural moisturizer. Top 10 Evidence-Based Health Benefits of Coconut Oil Written by Kris Gunnars, BSc on January 11, 2018 Healthline and our partners may receive a portion of revenues if you make a purchase using a ... Though it's high in saturated fat, including coconut oil in your diet can offer a multitude of health benefits. So, let's take a look at 20 amazing health benefits of coconut oil! 1. Balance hormone levels. Coconut oil can actually help you balance out your hormones, thanks to the presence of natural lauric acid. 20 Coconut Oil Benefits for Your Brain, Heart, Joints + More! To date, there are over 1,500 studies proving coconut oil to be one of the healthiest foods on the planet. Coconut oil benefits and uses go beyond what most people realize, as coconut oil — made copra or dried coconut flesh — is a true superfood.