



# COCONUT OIL MEDICINAL USES

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**Dr. Axe**

## **Coconut Oil Medicinal Uses**

**61. Fight Inflammation** — Coconut oil supports both a healthy liver and kidneys. According to researchers, virgin coconut oil, prepared without chemical or high-heat treatment, exhibits an inhibitory effect on chronic inflammation. (2) As inflammation is one of the leading causes of many chronic diseases, this study supports regular consumption of virgin coconut oil to help fight inflammation.

**62. Boost Immunity** — Coconut oil's unique nutrition profile that is rich with lauric acid, capric acid and caprylic acid provides for strong antiviral, antifungal, antimicrobial and antibacterial properties that have an immune boosting effect. By fighting these elements present in the body, the immune system is better equipped to respond properly when attacked.

**63. Prevent Bone Loss and Osteoporosis Risk** — Free radicals and oxidative stress are linked to the development of osteoporosis, a metabolic disorder. According to a 2012 study, virgin coconut oil is effective in maintaining bone structure, and preventing bone loss in estrogen-deficient rats. (3) The report specified virgin coconut oil due to its high polyphenols and exerts antioxidant properties, and you should take 3 tablespoons daily for best results.

**64. Alzheimer's Treatment and Brain Health Protector** — There are several reports that coconut oil may be an effective natural treatment for Alzheimer's disease. But at present, it's premature until more double-blind studies are finished.

**65. Sleep Aid** — Coconut oil is a perfect carrier oil when making soothing and relaxing home remedies using essential oils, like lavender or Roman chamomile oil, that can help reduce anxiety and aid in getting a good night sleep.

**66. Acne Fighter** — Acne is a serious issue for adults in addition to teens and is commonly caused by bacteria overgrowth or an imbalance in oil on the skin. Coconut oil acts as a natural antibiotic, killing harmful bacteria that leads to serious breakouts. For a great [acne home remedy](#), try mixing the oil with tea tree oil and raw honey for added benefits and effectiveness.

**67. Cancer Protection and Defense** — Coconut oil and medium-chain triglycerides have been shown to provide a "potent anti-tumor effect and maintenance of a normal immune system," supporting the belief that coconut oil can help protect from certain types of cancers. (4)

**68. Candida Killer** — Coconut oil contains caprylic acid, which has anti-microbial properties that can kill yeast and candida. In a recent study, researchers found that coconut oil was active against species of *Candida* at 100 percent concentration, greater than the drug fluconazole. (5) **Add 1 tablespoon of coconut oil to your diet**, and apply pure coconut oil directly to affected areas twice per day, until symptoms resolve. Follow my [candida treatment protocol](#) to help beat candida.

**69. Fat Burning Supplement** — The MCT's found in coconut oil have been proven to support weight loss and help your body burn fat for energy. Sounds odd right? Adding fat to your diet to burn fat? But the truth is not all fats are created equal. Add

a tablespoon a day to reap the benefits of these fatty acids that may help to reduce abdominal fat. According to a study published in the *American Journal of Clinical Nutrition*, consumption of MCT oil leads to a greater rate of weight and fat mass loss than olive oil. (6)

**70. Hormone Balance** — The healthy fats in coconut oil support the thyroid and adrenal glands, which can lower cortisol to naturally [balance hormones](#). Coconut oils helps to suppress inflammation while supporting healthy metabolism, two things that are essential for balanced hormones.

**71. Digestive Support** — Coconut oil is easy to digest and contains compounds that destroy bad bacteria, promote growth of probiotics and helps [heal leaky gut](#). Coconut oil promotes the growth of healthy probiotics in the digestive tract. The antibacterial, antifungal and antimicrobial properties help to control parasites and fungi, while aiding in the efficient absorption of essential nutrients.

**72. Blood Sugar Stabilizer and Diabetes Preventer** — Coconut oil can help balance blood sugar levels and has been medically proven to improve [diabetes](#). Coconut oil can help balance blood sugar levels by encouraging efficient secretion of insulin from the pancreas. In a 2009 study, researchers found that medium-chain fatty acids “may therefore be beneficial for preventing obesity and insulin resistance.” (7)

**73. Eczema and Psoriasis Cure Treatment** — Coconut oil can be used as cream to naturally heal dry and flaking skin for those with [eczema](#) and psoriasis. Mix coconut oil, shea butter and geranium oil for the best benefits.

**74. Balance Cholesterol Levels** — The healthy fats in coconut oil have been proven to [increase HDL cholesterol](#) and lower LDL cholesterol, thus supporting heart health. According to a 2015 study that studies coronary artery disease patients, coconut oil consumption helped increase HDL cholesterol and also reduced waist circumference. (8)

**75. Constipation Relief** — Many people swear by coconut to [remedy chronic constipation](#) and relieve bloating. Try taking one tablespoon of coconut oil in the morning or before bed in order stay regular. The oil penetrates the digestive track and keeps things running smoothly by killing off harmful bacteria and allowing your gut flora to re-balance.

**76. Fight Heart Disease** — After decades of coconut oil being vilified due to its saturated fat content, new research is now proving that medium-chain fatty acids and coconut oil are beneficial to heart health and help lower [high blood pressure](#). (8, 9)

**77. Help Sick Pets** — Just like their human caretakers, dogs and cats can benefit from the addition of coconut oil to their diet. Pets with digestive upset can benefit from a teaspoon or two of coconut oil mixed into their food. Skin allergies, irritations and wounds can be soothed, while is healing accelerated with a topical application. Unlike other salves, since it is edible coconut oil, there is no health risk if they lick it off their coats.

## Coconut Oil Nutrition Profile

Coconut oil, like other plant-based oils, does not contain cholesterol. Loaded with beneficial fats, the vast majority (more than 85 percent) of the fats in coconut oil are **medium-chain triglycerides**. These medium chain fatty acids (MCFA's) found in coconuts has tremendous health benefits; they are easy to for the body to burn as fuel for energy (and are featured in the popular **ketogenic diet**) and have antimicrobial properties, in addition to other important traits.

Coconut oil contains three unique fatty acids that are responsible for its various health benefits:

- **Lauric acid**
- Capric acid
- Caprylic acid

These are some of the rarest substances found in nature and the reason why this oil is so beneficial.

Lauric acid has a particular structure that allows the body to absorb it easily. Once absorbed, it morphs into monolaurin, found in human breast milk, and coconut milk and oil. Monolaurin is known for its antiviral, anti-microbial and antibacterial properties.

In addition, coconut oil contains linoleic acid, oleic acid, phenolic acid, myristic acid, vitamin E, vitamin K and iron.

## Organic Extra Virgin Coconut Oil vs. Refined Coconut Oil

To reap the many benefits of coconut oil, it's essential to choose organic unrefined coconut oil, preferably produced from a "wet-milling" process. Organic, unrefined coconut oil is extracted from fresh coconut meat rather than from dried coconut. The oil is then separated from the water, through centrifuge, fermentation, boiling or refrigeration. Fermentation is the preferred method to ensure that the coconut oil retains its inherent health benefits.

Unlike **olive oil**, coconut oil is thermally stable, and the antioxidants are not lost through the heating process. Multiple scientific studies conducted in Sri Lanka, Malaysia and other countries where coconuts are native have shown that the wet-milling fermentation method followed by "hot extracted virgin coconut oil" produces the highest level of antioxidants and lowers bad cholesterol, while raising good cholesterol.

While the heat process may seem counter-intuitive based on what we know about heating and the destruction of nutrients, coconut oil reacts differently to heat than

other foods. For example, the case with harmful GMO oils is usually the opposite; they have been heated to the point of oxidizing and becoming toxic.

Refined coconut oil has a higher smoke point and is void of the coconut flavor. These coconut oils are mass-produced, typically through a chemical distillation process that starts with desiccated coconut that is not fresh. The coconuts are further bleached and deodorized to make them “more palatable” to the American consumer.

Some of these refined coconut oils are even hydrogenated, which turns this healthy natural oil into a synthetic trans-fat. For this reason, avoid refined coconut oils as much as you possibly can — and instead, choose the organic unrefined coconut oil.

Source: Dr Axe <https://draxe.com/coconut-oil-uses/>

Graham Healy [www.healyshealth.com](http://www.healyshealth.com)

ps Dr Axe is an excellent reference source highly recommended GH