

COCONUT OIL - Organic, Extra Virgin, RAW

The health benefits of coconut oil include hair care, skin care, stress relief, heart diseases, cholesterol levels, weight loss, kidney problems, digestion, metabolism, high blood pressure, immunity, dental care, diabetes, bone strength, HIV and cancer. These benefits of coconut oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and its properties such as antimicrobial, antioxidant, antifungal, antibacterial, soothing, etc.

Use this aromatic Coconut Oil in place of butter or other oils as a spread, in smoothies, raw foods or dehydrated food recipes, infant and baby foods formulations, ice cream, frozen desserts and confectioneries. Excellent for baking and sautéing.

Our virgin coconut oil can also be applied topically to the skin as a naturally body oil, lip balm, and to the hair. It absorbs into the skin well, without leaving it feeling oily.



Sizes	
24 oz. glass jar	\$24.00
1 gal.	\$60.00

Our virgin, “biologically pure” coconut oil is extracted from fresh coconut milk by a patented cold centrifuge process that uses NO heat, chemicals, fermentation, hydrogenation, copra-drying, or deodorization at any stage; before, during or after pressing. This is true virgin oil and is one of the purest natural oils of any kind. The untouched purity of our virgin oil is demonstrated by its superb stability without preservatives or special colored packaging required. The full character of coconut is retained: fresh coconut flavor, sweet coconut aroma, and natural source of lauric acid and medium chain fatty acids.

No other oil is like it in terms of usefulness and longevity.

- Unrefined & biologically pure
- Inherent vitamin E and antioxidant
- Light viscosity
- No added scents or flavors
- White and clear without refining
- high oxidative stability
- low moisture content
- Very long shelf life (3+ years)

Unhydrogenated coconut oil does not elevate your “bad” cholesterol level (LDL). It contains “good fat” Lauric Acid (found in mother’s milk) and is mostly made up of medium-chain fatty acids (MCTs) which the body metabolizes efficiently and converts to energy rather than storing as fat!

Health benefits of coconut oil include the following:

- **Hair Care:** Coconut oil is one of the best natural nutrition for hair. It helps in healthy growth of hair providing them a shiny complexion. Regular massage of head with coconut oil ensures that your scalp is free of dandruff, lice, and lice eggs, even if your scalp is dry. Coconut oil is extensively used in the Indian sub-continent for hair care. It is an excellent conditioner and helps in the re-growth of damaged hair. It also provides the essential proteins required for nourishing damaged hair. It is therefore used as hair care oil and used in manufacturing various conditioners, and dandruff relief creams.
- **Stress Relief:** Coconut oil is very soothing and hence it helps in removing stress. Applying coconut oil to the head helps in removing mental fatigue.
- **Skin Care:** Coconut oil is excellent massage oil for the skin as well. It acts as an effective moisturizer on all types including dry skin. The benefit of coconut oil on the skin is comparable to that of mineral oil. Further, unlike mineral oil, there is no chance of having any adverse side effects on the skin with the application of coconut oil. Coconut oil therefore is a safe solution for preventing dryness and flaking of skin. It also delays wrinkles, and sagging of skin which normally become prominent with age. Coconut oil is also helps in treating various skin problems including psoriasis, dermatitis, eczema and other skin infections. Therefore coconut oil forms the basic ingredient of various body care products such as soaps, lotions, creams, etc., used for skin care.
- **Premature Aging:** Coconut oil helps in preventing premature aging and degenerative diseases due to its antioxidant properties.
- **Heart Diseases:** There is a misconception spread among many people that coconut oil is not good for the heart. This is because it contains a large quantity of saturated fats. However, coconut oil is beneficial for the heart. It contains about 50% lauric acid, which helps in preventing various heart problems

including heart burns, high cholesterol levels and high blood pressure. The saturated fats present in coconut oil are not harmful as it happens in case of other vegetable oils. It does not lead to increase in LDL and HDL levels. It also reduces the incidence of injury in arteries and therefore helps in preventing atherosclerosis.

- **Weight Loss:** Coconut oil is very useful in reducing weight. It contains short and medium-chain fatty acids that help in taking off excessive weight. It is also easy to digest due to its help in healthy functioning of the thyroid and enzyme systems. Further, it increases the body metabolism by removing stress on the pancreas, thereby burning out more energy and helping obese and overweight people reduce their weight. Hence, people living in tropical coastal areas, who eat coconut oil daily as their primary cooking oil, are not fat, obese or overweight.
- **Pancreatitis:** Coconut oil is also useful in treating pancreatitis.
- **Digestion:** Internal use of coconut oil occurs primarily as cooking oil. Coconut oil helps in improving the digestive system and thus prevents various stomach and digestion-related problems including irritable bowel syndrome. The saturated fats present in coconut oil have antimicrobial properties and help in dealing with various bacteria, fungi, parasites, etc., that cause indigestion. Coconut oil also helps in absorption of other nutrients such as vitamins, minerals and amino acids.
- **Immunity:** Coconut oil is also good for the immune system. It strengthens the immune system as it contains antimicrobial lipids, lauric acid, capric acid and caprylic acid which have antifungal, antibacterial and antiviral properties. The human body converts lauric acid into monolaurin which is claimed to help in dealing with viruses and bacteria causing diseases such as herpes, influenza, cytomegalovirus, and even HIV. It helps in fighting harmful bacteria such as *Listeria monocytogenes* and *Helicobacter pylori*, and harmful protozoa such as *Giardia lamblia*.
- **Healing:** When applied on infections, it forms a chemical layer which protects the infected body part from external dust, air, fungi, bacteria and virus. The curative properties of coconut oil are useful in healing as well. It speeds up the repairing of damaged tissues.
- **Infections:** Coconut oil is very effective against a variety of infections due to its antifungal, antiviral, and antibacterial properties. According to the Coconut Research Center, coconut oil kills viruses that cause influenza, measles, hepatitis, herpes, SARS, etc. It also kills bacteria that cause ulcers, throat infections, urinary tract infections, pneumonia, and gonorrhoea, etc. Coconut oil is also effective on fungi and yeast that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, etc.
- **Liver:** The presence of medium chain triglycerides and fatty acids helps in preventing liver diseases as these substances are easily converted into energy when they reach the liver, thus reducing work load on the liver and also preventing accumulation of fat.
- **Kidney:** Coconut oil helps in preventing kidney and gall bladder diseases. It also helps in dissolving kidney stones.

- **Diabetes:** Coconut oil helps in controlling blood sugar, and improves the secretion of insulin. It also helps in effective utilization of blood glucose, thereby preventing and treating diabetes.
- **Bones:** As mentioned earlier, coconut oil improves the ability of our body to absorb important minerals. These include calcium and magnesium which are necessary for development of bones. Thus coconut oil is very useful to women who are prone to osteoporosis after middle age.
- **Dental Care:** Calcium is an important element present in teeth. Since coconut oil facilitates absorption of calcium by the body, it helps in getting strong teeth. Coconut oil also stops tooth decay.
- **HIV and Cancer:** It is believed that coconut oil plays an instrumental role in reducing viral susceptibility of HIV and cancer patients.

Our virgin coconut oil is also sometimes known as Virgin Oil de Coco-Crème