

Download All About Coconut Oil Its Uses And Benefits

Coconut oil might just be the most versatile health food on the planet, so much so that I consider it a top superfood. Not only is it my favorite cooking oil, but coconut oil uses are numerous and can extend to being a form of natural medicine, be used for natural beauty treatments and so much more. Rich source of Fatty acids that provide many benefits. According to the USDA National Nutrient Database for Standard Reference, coconut oil contains 0 cholesterol and is a good source of energy, lipids, and various other nutrients. I've said before that I am with coconut oil like the dad in "My Big Fat Greek Wedding" is with wine: Coconut oil has a wide array of health benefits, hair and skin uses, and uses around the home. 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.