

Turns liquid at 76 degrees.

160 USES FOR COCONUT OIL 2nd March 2012 By Jennifer – Hybrid Rasta Mama

Offering a myriad of health benefits, coconut oil is affordable, readily available and completely natural. I use it for EVERYTHING. Literally. I buy it in 5 gallon increments and keep it all over my house. I even have some in the car. So here is a little information to inspire you to check out this amazing oil!

Coconut Oil Is:

Anti-bacterial (kills bacteria that cause ulcers, throat infections, urinary tract infections, gum diseases, and other bacterial infections)

Anti-carcinogenic (coconut oil has antimicrobial properties so it effectively prevents the spread of cancer cells and enhances the immune system)

Anti-fungal (kills fungi and yeast that lead to infection)

Anti-inflammatory (appears to have a direct effect in suppressing inflammation and repairing tissue, and it may also contribute by inhibiting harmful intestinal microorganisms that cause chronic inflammation.)

Anti-microbial/Infection Fighting (the medium-chain fatty acids and monoglycerides found in coconut oil are the same as those in human mother's milk, and they have extraordinary antimicrobial properties. By disrupting the lipid structures of microbes, they inactivate them. About half of coconut oil consists of lauric acid. Lauric acid, its metabolite monolaurin and other fatty acids in coconut oil are known to protect against infection from bacteria, viruses, yeast, fungi and parasites. While not having any negative effect on beneficial gut bacteria, coconut oil inactivates undesirable microbes.)

An Antioxidant (protects against free-radical formation and damage)

Anti-parasitic (fights to rid the body of tapeworms, lice and other parasites)

Anti-protozoa (kills giardia, a common protozoan infection of the gut)

Anti-retroviral (kills HIV and HLTV-1)

Anti-viral (kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other viruses)

Infection fighting

Has no harmful for discomforting side effects

Known to improve nutrient absorption (easily digestible; makes vitamins and minerals more available to the body)

Nontoxic to humans and animals

Daily Dosage:

Here is a chart outlining the recommended daily dosage of virgin coconut oil for persons over the age of 12. Coconut oil may be consumed by children under 12 but it is advisable to check with a healthcare practitioner on the proper dosage. Any good naturopath will have the information at the ready. (Starting at 12 months of age, I gave my daughter one teaspoon per day and she weighed about 16 pounds at that time.)

Weight in pounds/kilograms	Number of tablespoons of coconut oil daily
175+ / 79+	4
150+ / 68+	3 1/2
125+ / 57+	3
100+ / 45+	2 1/2
75+ / 34+	2
50+ / 23+	1 1/2
25+ / 11+	1

TYPE OF COCONUT OIL TO USE:

Virgin (unrefined) coconut oil tastes and smells coconutty and is great for cooking and baking where you want that flavor. You can use it for anything but it will impart a coconut taste (mild) and odor (pleasant in my book)! Unrefined coconut oil retains the most nutritional value and is superior to refined oil.

Expeller pressed (refined) coconut oil can be used for anything. It does not have a coconutty smell or taste. It is still outstanding to use but does lose some of its health properties during the refining process.

Food grade should always be used.

160 Uses for Coconut Oil

Coconut Oil for Personal Hygiene/Body

1. Age Spots (also known as liver spots) – applying coconut oil directly to the age spot will help it fade.
2. After Shave – coconut oil will help heal your skin after shaving without clogging pores. Great for razor burn!
3. Baldness – apply three times a day to affected area of hair loss. Coconut oil supports cell regeneration.
4. Birth Marks – can be used after a laser removal treatment to aid in healing. Can also be applied after an apple cider vinegar treatment to help support and aid the fading process.
5. Body Scrub – mix coconut oil and sugar together and rub all over! Rinse off and your skin will be super soft! You can add in essential oils if you would like a specific smell.
6. Bruises – applied directly to the bruise, coconut oil enhances the healing process by reducing swelling and redness.
7. Bug Bites – when applied directly to a bug bite, coconut oil can stop the itching and burning sensation as well as hasten the healing process.
8. Burns – apply to burn site immediately and continue applying until healed. Will reduce the chances of permanent scarring and promotes healing.
9. Chapstick – just rub a little into lips and it not only acts as a softening agent but it also has an SPF of about 4 so you get a little protection!
10. Cradle Cap – having issues with dry skin on your baby's scalp? Coconut oil will not only nourish your baby's skin, it also helps eliminate cradle cap. Just rub a teaspoon onto scalp daily.
11. Dandruff – coconut oil soaks into the scalp moisturizing dry skin and relieves symptoms of dandruff. It also helps to control oil secretion from the scalp, another leading cause of dandruff.
12. Deodorant – coconut oil alone can be used as a deodorant, but even more effective in combination with cornstarch/arrowroot powder and baking soda!
13. Diaper Salve – very comforting on a rashy bum with no harsh chemicals. Also safe for cloth diapers.
14. Exfoliator – coconut oil mixed with sugar or sea salt is a very nourishing and effective exfoliator and safe to use all over the body.
15. Eye cream – apply under the eyes to reduce puffiness, bags and wrinkles. Use on the lids in the evening.
16. Face Wash/ Soap – mix equal parts coconut oil with olive oil, almond oil, avocado oil and castor oil and use in place of soap when washing your face. Wet face, rub oil in and leave on for two minutes, rinse and pat dry. One teaspoon should be adequate.
17. Hair conditioner/ Deep Treatment – use as a leave-in hair conditioner by applying a teaspoon of coconut oil to your ends and then running your fingers through your hair to distribute the rest! For a deeper treatment, rub in a tablespoon of coconut oil onto your dry scalp and gently work through to the ends. Put a shower cap on to prevent transfer onto bed linens and leave on overnight.
18. Hair Gel/ Defrizzer – rub a little between your palms and either scrunch into hair (for curly hair) or finger comb in through from scalp to ends (for wavy/straight hair).

19. Healing - when applied on scrapes and cuts, coconut oil forms a thin, chemical layer which protects the wound from outside dust, bacteria and virus. Coconut oil speeds up the healing process of bruises by repairing damaged tissues. Plus, it smells a heck-of-a-lot better than anything from the pharmacy.
20. Lubricant – it is an all-natural, perfectly safe personal lubricant. Not compatible with latex!
21. Makeup Remover – use a cotton swab and a dab of coconut oil and you would be amazed at how well it works!
22. Massage Oil – pretty simple; grab some and rub!
23. Moisturizer – simply scoop some out of the jar and apply all over your body, including neck and face.
24. Mole Remover – when applied after an apple cider vinegar compress for several weeks, moles have been known to “slide off” or just disappear.
25. Nipple Cream – works great to nourish cracked, sore or dry nipples. Apply to a cotton ball and leave on your nipples between feedings.
26. Oily Skin Fix – prone to oily skin or an oily T-zone? Use a pea sized amount underneath makeup or alone to reduce the appearance of oil.
27. Pre Shampoo Treatment for Hair – rub a little into scalp and hair before shampooing. This is especially useful for those with course or frizzy hair.
28. Pre-Shave – coconut oil will prep skin for the pending damage caused by shaving.
29. Skin Problems – coconut oil relieves skin problems such as psoriasis, dermatitis, and eczema.
30. Stretch Mark Cream – coconut oil is great at nourishing damaged skin. It may not be the magic stretch mark cure but it will help.
31. Sun Burn Relief – rub liberal amounts of coconut oil into the affected area.
32. Sunscreen – see my post on natural sunscreen for more detailed information.
33. Swimmers Ear – mix garlic oil and coconut oil and put a few drops in affected ear for about 10 minutes. Do this 2-3 times a day and it usually works within one or two days.
34. Tattoo Healing and Moisturizer – continued use of coconut oil on tattoos will help keep the pigment from fading. Used on new tattoos, coconut will hasten the healing process and decrease the chance of infection.
35. Toothpaste – there are numerous recipes out there but I just mix coconut oil and baking soda and dab a little of the mix on my toothbrush.
36. Wrinkle Prevention and Wrinkle Reducer – rubbing coconut oil on wrinkles and sagging skin helps strengthen the connective tissues to bring back that youthful look!

Coconut Oil for General Health and Wellness

37. Breastfeeding – for breastfeeding moms, consuming 3 ½ tablespoons of coconut oil daily will enrich the milk supply.
38. Bones and Teeth – coconut oil aids in the absorption of calcium and magnesium leading to better development of bones and teeth.

- 39. Digestion - the saturated fats in coconut oil help control parasites and fungi that cause indigestion and other digestion related problems such as irritable bowel syndrome. The fat in coconut oil also aids in the absorption of vitamins, minerals and amino acids, making you healthier all around.
- 40. Energy Boost – coconut oil boosts energy and endurance making it a great supplement for athletes as well as those needed a quick pick me up.
- 41. Fitness - coconut oil has been proven to stimulate your metabolism, improve thyroid function, and escalate energy levels, all of which help decrease your unwanted fat while increasing muscle.
- 42. Improves insulin secretion and utilization of blood glucose making it great for both diabetics and non-diabetic.
- 43. Lung Function – increases the fluidity of cell surfaces.
- 44. Nausea – rub some coconut oil on the inside of the wrist and forearm to calm an upset stomach.
- 45. Nose bleeds – coconut oil can prevent nose bleeding that is caused by sensitivity to weather such as extreme heat and extreme cold. This condition happens when the nasal passages become dry because of cold or dry air resulting to burns and cracks in the mucus membranes so bleeding happens. To prevent this just put coconut oil in your nostrils. Coat your finger with coconut oil and then lie down and coat your finger inside your nose. Doing this will strengthen and protect the capillaries in the nasal passages. A Vitamin C supplement will also help prevent nose bleeding.
- 46. Oil pulling with coconut oil offers a two for one health benefit!
- 47. Stress Relief – relieve mental fatigue by applying coconut oil to the head in a circular, massaging motion. The natural aroma of coconuts is extremely soothing thus helping to lower your stress level.
- 48. Vitamin and nutrient absorption
- 49. Weight loss - the saturated fats contribute to weight loss and controlling cravings. Also increases metabolic rate.

Coconut Oil for Health Problems (when taken internally it is known for aiding, preventing, relieving or even curing these health issues)

- 50. Acid reflux/indigestion aid if taken after a meal
- 51. Adrenal fatigue
- 52. Allergies (seasonal hay fever)
- 53. Alzheimer's/Dementia
- 54. Asthma, even in children
- 55. Autism
- 56. Bowel function
- 57. Bronchial Infections
- 58. Cancer (has been shown to prevent colon and breast cancer in laboratory tests)
- 59. Candida Albicans
- 60. Cholesterol – improves HDL ('good' cholesterol) to LDL ('bad' cholesterol) ratio in people with high cholesterol

61. Chronic Fatigue
62. Crohns Disease and resulting inflammation
63. Circulation/feeling cold all the time
64. Colds and Flus
65. Constipation
66. Cystic Fibrosis
67. Depression
68. Diabetes – helps keep blood sugar levels stable and/or helps with cravings
69. Dysentery
70. Eczema – in addition to taking it internally, many have success applying it externally, but some don't
71. Edema
72. Energy boost
73. Epilepsy (known to reduce epileptic seizures)
74. Fever Support
75. Flaky, Dry Skin
76. Gallbladder disease and pain
77. Gas
78. H. pylori
79. Head Lice
80. Heart Disease (protects arteries from injury that causes atherosclerosis)
81. Hemorrhoids (can applied externally or internally twice a day)
82. HIV
83. Hot Flashes
84. Hyperthyroidism
85. Immune System Builder
86. Irritable Bowel Syndrome
87. Jaundice
88. Kidney Disease

89. Kidney Stones (aids in dissolving them)
 90. Liver Disease
 91. Lung Disease
 92. Malnutrition
 93. Mental Clarity
 94. Menstruation Relief regarding pain/cramps and heavy blood flow
 95. Migraines (with regular use)
 96. Mononucleosis
 97. Osteoporosis
 98. Pancreatitis
 99. Parasites
 100. Periodontal Disease and tooth decay
 101. Prostate Enlargement (benign prostatic hyperplasia)
 102. Rickets
 103. Skin problems
 104. Scurvy
 105. Stomach Ulcers
 106. Toenail fungus
 107. Thrush
 108. Thyroid Function (regulates an overactive or underactive thyroid)
 109. Ulcerative Colitis
 110. Underactive thyroid gland – results have shown subsequent thyroid blood tests becoming normal after ingesting coconut oil daily
 111. Urinary Tract Infections (Bladder Infections)
- Coconut Oil and Health Problems (when applied topically it is known for aiding, relieving, or even curing these health issues)**
112. Acne
 113. Allergies/Hay Fever – rub a little inside the nostrils for quick relief. The pollen will cling to the oil.
 114. Athletes foot

115. Back pain/sore muscles

116. Boils and cysts

117. Canker sores

118. Cellulite

119. Circumcision healing – although I am personally against circumcision, I have read that coconut oil is a really great healer for this.

120. Decongestant – rub coconut oil on the chest and under the nose when congested from a cold or allergies

121. Ear infection – place a few drops inside the ear twice daily for relief from pain. Also fights the infection itself.

122. Genital Warts (through topical application over 6 weeks, and coconut oil enemas twice a day depending on the location of the warts)

123. Gum Disease and Gingivitis (use as a toothpaste or rub directly on gums)

124. Herpes (applied topically and taken internally)

125. Hives (reduces the itch and swelling)

126. Pink eye (applied around and in the eye)

127. Ringworm

128. Toothache

129. Warts

Coconut Oil and Cooking

130. Butter Substitute – use 1 cup to 1 cup ratio when replacing butter in recipes with coconut oil.

131. Nutritional Supplement – melt and add to smoothies.

132. Replacement for butter/lard/Crisco/PAM in its solid form for greasing pans, pie crusts, etc.

133. Replacement for various oils in liquid form – baking, cooking, sautéing, etc.

Coconut Oil and Pets/Animals

Check with your veterinarian but the recommended dosage for animals is 1/4 teaspoon for every 10 pounds of body weight twice daily.

134. Aids healing of digestive disorders like inflammatory bowel syndrome and colitis

135. Aids in arthritis or ligament problems

136. Aids in elimination of hairballs and coughing

137. Applied topically, promotes the healing of cuts, wounds, hot spots, dry skin and hair, bites and stings

- 138. Clears up skin conditions such as eczema, flea allergies, contact dermatitis, and itchy skin
- 139. Disinfects cuts and promotes wound healing
- 140. Great for dogs and cats for general wellness. Just add a teaspoon to their water bowl daily.
- 141. Helps prevent or control diabetes
- 142. Helps sedentary dogs feel energetic
- 143. Helps reduce weight, increases energy
- 144. Improves digestion and nutrient absorption
- 145. Makes coats become sleek and glossy, and deodorizes doggy odor
- 146. Medium-chain triglycerides (MCTs) have been shown to improve brain energy metabolism and decrease the amyloid protein buildup that results in brain lesions in older dogs.
- 147. Prevents and treats yeast and fungal infections, including candida
- 148. Reduces allergic reactions and improves skin health
- 149. Reduces or eliminates bad breath in dogs
- 150. Regulates and balance insulin and promotes normal thyroid function

Other Uses for Coconut Oil

- 151. Chewing Gum in Hair Remover – just rub some coconut oil over the stuck chewing gum, leave in for about 30 minutes, then roll the gum between your fingertip. Voila! It's out!
- 152. Goo Gone – just mix equal parts coconut oil and baking soda into a paste. Apply to the “sticky” area and let it set for a minute. Then scrub off with an old toothbrush or the scrubby side of a sponge.
- 153. Insect repellent – mix coconut oil with peppermint oil extract and rub it all over exposed skin. Keeps insects off better than anything with DEET! Tons safer too.
- 154. Moisturizing and cleaning leather products
- 155. Oiling wood cutting boards and wood bowls
- 156. Polishing Bronze – all you have to do is rub a little oil into a cotton towel and then wipe down the statue. It cleans and helps deepen the color of your bronze.
- 157. Polish Furniture – coconut oil with a little bit of lemon juice to polish wood furniture. However, I recommend you test it first on a very small, unobtrusive part of your furniture to make sure it works the way you'd like.
- 158. Seasoning animal hide drums
- 159. Seasoning cookware
- 160. Soap making – coconut oil can be used as one of the fats in soap.

Did I miss any? Do you use coconut oil for something not on my list? Please add it in the comments. I am always excited to find new ways to implement coconut oil!

I have also written several other posts about coconut oil that you may be interested in reading. A few are listed here but please check my Coconut Health page regularly as I update that with my twice monthly posts related to coconut oil:

Put This Food on Your Hair for a New Level of Luster

Posted By Dr. Mercola | April 18 2012 | 123,997 views

http://articles.mercola.com/sites/articles/archive/2012/04/18/coconut-oil-improve-hair-health.aspx?e_cid=20120418_DNL_art_1

Story at-a-glance

In a comparison study evaluating mineral oil, sunflower oil, and coconut oil as possible products for nurturing and conditioning hair, coconut oil was the only oil that reduced protein loss for both damaged and undamaged hair. More porous types of hair may find coconut oil particularly beneficial, such as African and chemically treated hair

Researchers have compared the effectiveness of a coconut oil and anise spray versus the commonly prescribed permethrin lotion for the treatment of head lice. The coconut oil/anise spray was significantly more effective at treating head lice, successfully curing 82 percent of cases, compared to the 42 percent cure rate of permethrin lotion

Coconut oil can also help improve the appearance of skin with its inherent anti-aging benefits. When absorbed into your skin and connective tissues, it helps reduce the appearance of fine lines and wrinkles by helping to keep your connective tissues strong and supple

By Dr. Mercola

Did you know one of the best personal care products you'll ever find may be sitting in your kitchen cupboard right now? I'm talking about coconut oil, which is equally beneficial externally as it is taken internally, and can be used for both skin and hair.

The featured coconutoil.com article written by Brian and Marianita Shilhavy discusses several of the lesser-known benefits of coconut oil for your hair.

According to one study, which compared mineral oil, sunflower oil, and coconut oil as possible products for nurturing and conditioning hair, coconut oil was the only oil that reduced protein loss for both damaged and undamaged hair.

These findings were true when used as either a pre-wash or post-wash grooming product, but coconut oil achieved the greatest results when used as a pre-wash treatment.

Part of the reason for this is because coconut oil is hydrophobic, meaning it repels water.

So when applied as a pre-wash conditioner, it inhibits the penetration of water into each strand, which would otherwise cause the cuticle, or surface of the hair shaft, to rise, making it prone to damage and breakage.

Furthermore, when applied as a pre-wash treatment, a small amount of the coconut oil is able to penetrate deeper into the hair shaft during the wash, when the hair fiber swells slightly.

This can also explain why so many rave about the oil's ability to prevent "the frizzies" in humid weather—this is another feature of its hydrophobic activity.

According to the study, which was published in the Journal of Cosmetic Scienceii :

"The findings clearly indicate the strong impact that coconut oil application has to hair as compared to application of both sunflower and mineral oils. ...

Both sunflower and mineral oils do not help at all in reducing the protein loss from hair. This difference in results could arise from the composition of each of these oils. Coconut oil, being a triglyceride of lauric acid (principal fatty acid), has a high affinity for hair proteins and, because of its low molecular weight and straight linear chain, is able to penetrate inside the hair shaft.

Mineral oil, being a hydrocarbon, has no affinity for proteins and therefore is not able to penetrate and yield better results. In the case of sunflower oil, although it is a triglyceride of linoleic acid, because of its bulky structure due to the presence of double bonds, it does not penetrate the fiber, consequently resulting in no favorable impact on protein loss."

More porous types of hair may find coconut oil particularly beneficial, such as African- and chemically treated hair. The featured article on coconutoil.com includes a couple of videos demonstrating how some people are using the oil for hair care.

Can Coconut Oil Successfully Treat Head Lice?

Another interesting study relating to the use of coconut oil on hair was published in the European Journal of Pediatrics two years agoiii . Here, the researchers compared the effectiveness of a coconut oil and anise spray versus the commonly prescribed permethrin lotion for the treatment of head lice.

According to the authors:

"We designed a randomized, controlled, parallel group trial involving 100 participants with active head louse infestation to investigate the activity of a coconut and anise spray and to see whether permethrin lotion is still effective, using two applications of product 9 days apart. The spray was significantly more successful (41/50, 82.0%) cures compared with permethrin (21/50, 42.0%...). Per-protocol success was 83.3% and 44.7%, respectively. Thirty-three people reported irritant reactions following alcohol contact with excoriated skin. We concluded that, although permethrin lotion is still effective for some people, the coconut and anise spray can be a significantly more effective alternative treatment." [Emphasis mine]

Isn't it wonderful to see how nature provides us with the answers to so many of our ills? And does so in a way that is oftentimes more effective than our chemical drug concoctions!

Another anecdotal Hawaiian head lice treatment from a woman named Linda (quoted in the featured article by Brian and Marianita Shilhavyiv) is to first soak your hair in vinegar and leave it in to dry (don't rinse). Next coat your hair with coconut oil over night. I'd recommend sleeping with a shower cap to protect your bedding. The following day the nits reportedly comb out easily.

Yet another anecdotal head lice treatment was received from one of my own readers, several years ago, named Patty. She suggests just using a nit comb in lieu of toxic chemical treatments like Kwell and Nix. However, in order to be really effective it's best if you can pull the comb through your or your child's hair quickly and smoothly. To address tangles, she suggests using two tablespoons of baking soda in a quart of water. Rinse your hair with the solution after shampooing and leave in, which reportedly leaves your hair silky smooth and easy to comb through.

Coconut Oil as a Skin Moisturizer

One of the core principles to remember when it comes to skin care is that whatever you slather onto your skin will absorb into your body and enter your bloodstream. This is why it's so important to avoid personal care products containing questionable chemicals! Your skin is an excellent drug delivery system, so you should be just as careful with what you put on your skin as you are with what you eat, if not more so, as your gut actually helps protect you against some of the toxins you ingest by filtering them out...

I've long advocated using plain organic coconut oil for your skin care needs.

It's been used for decades by professional massage therapists to knead away tight stressed muscles, and coconut oil is well-known for its skin care benefits. It helps protect your skin from the aging effects of free radicals, and can help improve the appearance of skin with its anti-aging benefits.

In fact, physiologist and biochemist Ray Peat, Ph.D. considers coconut oil an antioxidantv , due to its stability and resistance to oxidation and free radical formation. Plus, he believes it reduces our need for the antioxidant protection of vitamin E. Like Dr. Peat, many believe coconut oil may help restore more youthful-looking skin. When absorbed into your skin and connective tissues, it helps reduce the appearance of fine lines and wrinkles by helping to keep your connective tissues strong and supple. It also aids in exfoliating the outer layer of dead skin cells, making your skin smoother.

A Most Beautiful Food...

Clearly, if you're looking for an alternative to toxic personal care products, it doesn't get much better than an otherwise health-promoting food. The naturally-occurring saturated fat in coconut oil has many amazing health benefits, including:

Promoting your heart health ^{vi}	Supporting your immune system health ^{vii}	Providing you with an immediate energy source ^{viii}
Aiding weight loss, when needed ^{ix}	Supporting a healthy metabolism ^x	Supporting the proper functioning of your thyroid gland ^{xi}

Part of the "secret" that makes coconut oil such a healthful oil is its high lauric acid content—about 50 percent of coconut oil is lauric acid. This fat is quite rare in nature, and has a unique set of health promoting properties. For example, your body converts lauric acid into monolaurin, which has anti-viral, anti-bacterial and anti-protozoa properties,^{xii} which may also help explain its potent healing powers when used topically for skin and scalp issues. Capric acid, another coconut fatty acid present in smaller amounts, has also been found to have antimicrobial activity.

Monolaurin (converted from the lauric acid in your body) is potent enough to destroy lipid-coated viruses such as:

- HIV, herpes
- Measles
- Influenza virus
- Various pathogenic bacteria
- Protozoa such as giardia lamblia

Feeding Your Skin from the Inside Out

Ideally, you'll want to avoid toxins and feed your body with proper nutrition both inside and out. If your diet and overall lifestyle is poor, it tends to be reflected in your skin and hair.

For example, if the skin on the top of your hand is not smooth as a baby's behind, it's a strong indication that your body is deficient in omega-3 fats. I believe most people need to be taking a high quality omega-3 supplement as omega-3 deficiency is as rampant as vitamin D deficiency. My favorite is krill oil, as its overall health benefits surpass that of regular fish oil, largely because it is far more bioavailable, better protected with antioxidants and therefore not rancid, and far more sustainable than fish oil.

Krill oil also naturally contains another excellent skin benefactor, namely astaxanthin—a potent antioxidant that has been identified as being beneficial for your complexion. Not only can astaxanthin give your skin an attractive glow, it may also help prevent wrinkles from the inside out, and can help protect your skin against a variety of radiation, both from medical scans and harmful UVA sun rays. Yes, it actually works like an internal sunscreen!

Get Your Glow On!

One of the most profoundly effective ways to improve your complexion is by consuming vegetables and fruits that are high in carotenoids. Carotenoids give red, orange and yellow fruits their color, and also occur in green vegetables. Astaxanthin, which is also part of the carotenoids family, is produced only by the microalgae *Haematococcus pluvialis*. It is what gives shrimp and flamingos their pink color, courtesy of the astaxanthin in the algae that is part of their staple diet.

Studies have shown that eating foods with these deeply colored pigments can help make your face actually look healthier than being tanned. In one study, the more red and yellow tones found in the person's skin, the more attractive they were found to be^{xiii}. The redder tones are caused when people are flushed with blood, particularly if the blood has lots of oxygen in it. Dr. Stephan found that, given the choice between skin color caused by suntan and skin color caused by carotenoids, people preferred the carotenoid skin color, so if you want a healthier and more attractive skin color, you are better off eating a healthy diet.

I'm also convinced that astaxanthin can be a profoundly beneficial supplement for most people, much like omega-3 fat, because of its multi-varied health benefits.

Not only is it a potent antioxidant, but it is probably the most potent natural anti-inflammatory we know of, and it is likely to help prevent cataracts and macular degeneration, the most common cause of blindness in the US. While krill oil contains astaxanthin naturally, it does not contain what is now believed to be therapeutic amounts, so I recommend taking a separate astaxanthin supplement for most people. Studies suggest the ideal dose is around 10-12 mg per day for clinically relevant benefits.

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THE TOXICOLOGIST WON'T EAT: MICROWAVE POPCORN

Olga Naidenko, is a senior scientist for the Environmental Working Group.

The problem: Chemicals, including perfluorooctanoic acid (PFOA), in the lining of the bag, are part of a class of compounds that may be linked to infertility in humans, according to a recent study from UCLA. In animal testing, the chemicals cause liver, testicular, and pancreatic cancer. Studies show that microwaving causes the chemicals to vaporize--and migrate into your popcorn. "They stay in your body for years and accumulate there," says Naidenko, which is why researchers worry that levels in humans could approach the amounts causing cancers in laboratory animals. DuPont and other manufacturers have promised to phase out PFOA by 2015 under a voluntary EPA plan, but millions of bags of popcorn will be sold between now and then.

The solution: Pop natural kernels the old-fashioned way: in a skillet. For flavorings, you can add real butter or dried seasonings, such as dillweed, vegetable flakes, or soup mix.

Budget tip: Popping your own popcorn is dirt cheap

Perfluorooctanoic acid (PFOA) is used in the liner of microwave popcorn bags, which can leache into the popcorn when heated. PFOAs have been linked to infertility and other health problems. Popping popcorn "from scratch" on the stove is simple, and gives you the option to salt and season to taste. You can use tasty and nutritious Himalayan Pink salt instead of that processed stuff, and far healthier oil like coconut oil.

Read more: http://www.foxnews.com/health/2011/12/01/7-foods-should-never-eat/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+foxnews%2Fhealth+%28Internal+-+Health+-+Text%29&partner=skygrid#ixzz2EirHCvoL

Read more: http://www.foxnews.com/health/2011/12/01/7-foods-should-never-eat/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+foxnews%2Fhealth+%28Internal+-+Health+-+Text%29&partner=skygrid#ixzz2Eir0RXCn

Microwaveable popcorn. This processed food is a favorite among moviegoers and regular snackers alike, but it is one of the unhealthiest foods you can eat. Practically every component of microwaveable popcorn, from the genetically-modified (GM) corn kernels to the processed salt and preservative chemicals used to enhance its flavor, is unhealthy and disease-promoting. On top of this, microwaveable popcorn contains a chemical known as diacetyl that can actually destroy your lungs. If you love popcorn, stick with organic kernels that you can pop yourself in a kettle and douse with healthy ingredients like coconut oil, grass-fed butter, and Himalayan pink salt.

http://www.naturalnews.com/034386_microwave_popcorn_diacetyl_lungs.html

DID YOU KNOW? MICROWAVE POPCORN GIVES OFF A TOXIC, LUNG-DAMAGING GAS WHEN COOKED

Monday, December 12, 2011

by Mike Adams, the Health Ranger

(NaturalNews) You might be reassured to learn that the buttery flavor in microwave popcorn typically comes from a chemical actually found in butter, but you shouldn't be. This chemical, called diacetyl, is so toxic that it commonly destroys the lungs of workers in microwave popcorn factories, afflicting them with the crippling and irreversible disease known as bronchiolitis obliterans. Bronchiolitis obliterans is so rare outside of this context that it has become more commonly known as "popcorn lung," after the primary cause of the disease.

Regulators and health professionals have known of this risk for decades but always assumed that it would only affect people breathing in especially high concentrations in factory settings. Then in 2007, a man who regularly ate two bags of microwave popcorn every day was diagnosed with popcorn lung, indicating that diacetyl enters the air and lungs when microwave popcorn is cooked. Anxious to reassure consumers, most microwave popcorn companies phased out diacetyl -- only to replace it with chemicals that have the same effects.

Today, you can still find diacetyl in many flavored snack foods and even in some so-called "natural" foods. Make sure you read the ingredients of any food you intend to consume, and make sure it contains no diacetyl (and no "yeast extract" for that matter, either).

Learn more: http://www.naturalnews.com/034386_microwave_popcorn_diacetyl_lungs.html#ixzz2GThLCNnH

HOW TO COOK POPCORN IN COCONUT OIL

http://www.ehow.com/how_7694088_cook-popcorn-coconut-oil.html By Angela LaFollette, eHow Contributor

Cook popcorn on the stove top in coconut oil for a quick snack. Instead of making microwave popcorn, you can cook popcorn kernels on the stove top with coconut oil. Coconut oil comes from the meat of a mature coconut. The oil is heat stable and is often used as a cooking and frying oil. Popcorn made on the stove top does not contain any preservatives, and the snack itself is low in calories, high in fiber and low in fat. Does this Spark an idea?

2 T coconut oil

Heavy-bottom pot with lid

½ cup popcorn kernels

~~½ tsp. salt~~

Serving bowl

~~Butter~~

1. Heat 3 tbsp. of coconut oil in a heavy-bottom pot. Place a lid over the pot and place it over medium-high heat for 2 minutes.
2. Pour in ½ cup of popcorn kernels. Add ½ tsp. of salt over the kernels. Replace the lid on the pot.
3. Wait for the kernels to begin popping. Shake the pot back and forth over the burner.
4. Listen for the popping to slow down. When there are two seconds between pops, remove the pot from the stove top.

5. Pour the popcorn into a serving bowl. Add your desired seasonings such as salt and butter.

Tips & Warnings: Remove the lid from the popcorn carefully, because the steam can burn you.

STOVE-POPPED COCONUT POPCORN 1T oil, ½C kernels

<http://www.simplyscratch.com/2010/03/stove-popped-coconut-popcorn.html>

1. Heat 1 tablespoon of coconut oil to a large pot (don't use a shallow pan!!) over medium-high heat. Add a single popcorn kernel.
2. Place the lid on and wait for the POP! Never heard the pop and oil kind of burnt!!
3. When you hear it, pour the remaining kernels in forming a single layer on the bottom of your pan.
4. Put a lid on it and shake it often, being careful not burn it!!
5. When the popping comes to a slow stop, remove from the heat and slowly take off the lid.
6. Season with kosher salt (you don't need butter because of the oil) and enjoy this healthy and delicious snack!

http://www.simplyrecipes.com/recipes/perfect_popcorn/

- 1 Heat the oil in a 3-quart saucepan on medium high heat.
 - 2 Put 3 or 4 popcorn kernels into the oil and cover the pan.
 - 3 When the kernels pop, add the rest of the 1/3 cup of popcorn kernels in an even layer. Cover, remove from heat and count 30 seconds. (Count out loud; it's fun to do with kids.) This method first heats the oil to the right temperature, then waiting 30 seconds brings all of the other kernels to a near-popping temperature so that when they are put back on the heat, they all pop at about the same time.
 - 4 Return the pan to the heat. The popcorn should begin popping soon, and all at once. Once the popping starts in earnest, gently shake the pan by moving it back and forth over the burner. Try to keep the lid slightly ajar to let the steam from the popcorn release (the popcorn will be drier and crisper). Once the popping slows to several seconds between pops, remove the pan from the heat, remove the lid, and dump the popcorn immediately into a wide bowl.
- With this technique, nearly all of the kernels pop (I counted 4 unpopped kernels in my last batch), and nothing burns.
- 5 If you are adding butter, you can easily melt it by placing the butter in the now empty, but hot pan.
 - 6 Salt to taste.

Additional tips: From the comments section

- a If you add salt to the oil in the pan before popping, when the popcorn pops, the salt will be well distributed throughout the popcorn.
- b Fun toppings for the popcorn - Spanish smoked paprika, nutritional yeast, cayenne powder, chili pepper, curry powder, cumin, grated Parmesan cheese.

Yield: Makes 2 quarts, a nice amount for two people, or for one hungry one.

DR OZ

2T coconut oil to pot and stir in the ½ popcorn kernels and cover pot. After a few minutes, the popcorn will begin to pop vigorously. When the popping begins to slow and several seconds pass between pops, pour the popcorn into a large bowl.

Tips to ensure that it won't burn:

Use a pot large enough so that all the popcorn kernels fit in a single layer. This helps them cook evenly without scorching.

Use a heavy pot; this might be harder to shake but also helps keep the kernels from burning.

Listen to the popping: If it's been 4 seconds since you heard a pop, immediately transfer the popcorn into a bowl. Don't let it sit in the pot, where the residual heat could burn it.



2 tsp. coconut oil
1/4 cup un-popped popcorn
2 tbsp. coconut sugar
1/2 tsp. pumpkin pie spice (optional)

Directions

~ Prep: In a small mixing bowl, blend together your coconut sugar and pumpkin pie spice (if you are using it) so you have it pre-measured and ready to pour. Set aside.

Step 1 – Using a sturdy pot with a lid, melt the coconut oil and then add the popcorn kernels. Cover with lid.

Step 2 – Make sure you have some pot holders handy if you need them. Occasionally shake the pot over the flame to avoid burning.

Step 3 – When the popcorn is popped, keep the lid on, but remove the pot from the heat.

Step 4 – Remove lid and quickly stir in the coconut sugar, stirring with a wooden spoon is best. Stir until the popcorn is well coated. There will still be some white spots on the corn. It should look roughly like the photo above.

Step 5 – Once mixed, immediately transfer to a cool serving bowl so the sugar doesn't burn.

Eat and Enjoy!

GARAM MASALA POPCORN



http://www.yumsugar.com/Garam-Masala-Popcorn-26274298?utm_source=vegetariantimes.com&utm_medium=facebook&utm_campaign=vegetarian

From Anna Monette Roberts, YumSugar

The garam masala is prone to burning on the bottom of the pot; shake the pot constantly to minimize this. Remove the popcorn from the pot immediately when you hear the pause in the popping, because even a few seconds too long is enough to burn the spices and popcorn!

3 tablespoons safflower oil (or other high-heat oil)

1 to 1½ teaspoons garam masala

½ cup popcorn kernels

Salt, to taste

Cayenne pepper, to taste

Directions

Heat oil over medium-high heat in a very large stock pot with a lid, until hot but not smoking. Add garam masala and popcorn kernels and stir until well-combined. Lower heat to medium, close lid, and while securely holding the lid in place, shake the pot (toward and away from you) continually as the popcorn pops. As soon as you hear a 2- to 3-second pause between pops, immediately turn off heat and transfer popcorn to a separate bowl. Season with salt and cayenne pepper to taste. Store in an airtight container. Makes four quarts (16 cups) of popped popcorn.

http://www.nytimes.com/2012/12/17/health/healthy-holiday-snacks.html?nl=health&emc=edit_hh_20121218

FLU SHOT

I've never gotten the flu shot and don't anticipate changing course.

Here's what I'm doing to try to avoid the flu. I've been doing it for a month now and am afraid to stop! You won't believe all the benefits that this supposedly has. If I get even one benefit, it's worth the 15 minutes a day.

http://articles.mercola.com/sites/articles/archive/2012/12/08/coconut-oil-combats-tooth-decay.aspx?e_cid=20121208_DNL_art_1

<http://simplehomemade.net/my-attempt-at-this-crazy-thing-called-oil-pulling-does-it-really-make-a-difference>

<http://lifewithoutsweets.blogspot.com/p/oil-pulling-101.html> instructions

(drink some water first & spit out in trash because it can clog pipes) 12-13-12 first time

**<http://www.oilpulling.org/oil-pulling/>
Oil Pulling 101**

In summary, the steps are as follows:

- 1. Start on an empty stomach, a drink of water beforehand is okay and actually encouraged. (I drink a lot, 2 cups because I'm always dry in the morning, and swish a little with water and spit out).**
- 2. Take 1-2 teaspoons of liquid coconut oil into your mouth. (I use 2 teaspoons.)**

3. Suck, push, and pull the oil through the teeth and gums. The solution will turn a milky white.
4. Swish the oil continually in the mouth for 15-20 minutes (I do 16 right now.)
5. Discard the oil in the trash.
6. Rinse out the mouth and follow with a drink of water (I rinse/swish for a minute to get all the supposedly bacteria-laden oil out of my mouth)
7. Follow this procedure at least once a day. (I do it first thing in the morning). If you have an active infection in your mouth or another serious health problem, you can pull two, three, or more times a day to speed the healing process. (I assume “other serious health problem” means cold or flu.

I use this organic coconut oil:

<http://www.iherb.com/Nutiva-Organic-Extra-Virgin-Coconut-Oil-54-fl-oz-1-6-L/7311>



I agree it sounds nuts but read the links. Can it possibly be half as good as they're saying? If so, I want in!!

OIL PULLING 101

At first it may seem difficult to work the oil for a full 20 minutes.

When I first started oil pulling there were a few times I lost it. Mucous draining in the back of my throat, coughing, or sneezing, caused me to expel the contents of my mouth abruptly before finding a wastebasket.

It can be messy. I learned to keep a cup or trashcan nearby just in case I needed to empty my mouth in a hurry. Now I've become more accustomed to having a mouthful of oil and I can clear my throat, cough, and sneeze without releasing any oil from my mouth. Children as young as five years of age can do oil pulling. Depending on their age, give them 1-2 teaspoons, or whatever they feel comfortable using. Because a child's attention span is short, limit young children to 3-5 minutes. Flavored oil may make it easier for them. Make sure they spit the oil out and don't swallow it. The flavored oils can be tempting to swallow.

People report positive results from minor conditions in a matter of days. More serious problems may take several months or even a year or more. Dr. Bruce Fife

What to Expect. Many people who start Oil Pulling or Swishing report that after doing it for a few days, weeks or months they become ill. They're surprised that they feel bad because they thought the swishing would make them healthier and feel better. When they get sick they become confused and discouraged. Some may even question whether the swishing is helping them. A few may even think it caused them to be sick.

If you experience what feels like an illness after oil pulling, chances are it is not a sickness, but a healing crisis. There is a big difference between an illness and a healing crisis. A healing crisis is a sign of improving health. When you encounter a healing crisis after oil pulling it proves that it is working! The healing crisis is a process in which the body undergoes an intense period of cleansing and rebuilding. It is called a "healing" crisis because the body is healing itself and becoming stronger. It is referred to as a "crisis" because the symptoms can be dramatic and rather unpleasant during this time. Because the healing crisis is accompanied by unpleasant symptoms it is often mistaken as a sickness. In reality, it is just the opposite. It is a process in which the body is overcoming ill health and becoming healthier and stronger.

When you oil pull to improve your health, the body starts to become stronger and stronger. At some point, it reaches a level of health that enables it to shift into a period of intense cleansing. Toxins, bacteria, and diseased cells are flushed out of the tissues and dumped into the bloodstream to be removed through the body's channels of eliminations.

The intense period of housecleaning is accompanied by some unpleasant symptoms. Common symptoms include nausea, diarrhea, sinus congestion, muscle aches and pains, headache and fatigue. The crisis generally lasts only a day or two.

As you do things to improve your health, such as taking coconut oil or oil pulling/swishing, you gradually feel better and better. Then suddenly, you may experience a healing crisis for a few days. Your body unloads a great deal of toxic debris that it has probably carried around for years. When the crisis is over, you feel better than you did before. You continued to improve day-by-day getting healthier and feeling better. At some point you may experience another healing crisis, but once it's over you feel better than you have for years. As you grow healthier you may experience several healing crises, but each time you will feel better than before.

Although the symptoms of a healing crisis may be uncomfortable, it is an event to look forward to because it is a sign of improving health. When you experience a healing crisis you rejoice because you know you are getting healthier and will feel better once the crisis is over.

HOW OIL PULLING WORKS

Oil pulling is one of the simplest, yet one of the most powerful, healing tools in natural medicine. To many people it is inconceivable that simply swishing oil in the mouth can have such a dramatic effect and can cure infections and debilitating degenerative disease. How does it work? How can oil placed in the mouth bring about such remarkable improvements in health?

The oil itself doesn't do the healing; it's the body that does that. All the oil does is provide a way for the body to heal itself. Our bodies are amazing organisms. We have, programmed within us, the ability to heal from just about any infectious or degenerative disease, if given the opportunity. By removing conditions that cause disease and providing your body with the things that it needs to rebuild and maintain good health, you can overcome just about any illness.

Oil pulling works by removing disease-causing microorganisms and toxins in the mouth that cause ill health. How does the oil work its magic? There is nothing magic about it; it is simple biology. Most of the microorganisms that inhabit the mouth consist of a single cell. These cells are covered with a lipid or fatty membrane, which is basically the cell's skin. Even the membranes surrounding our own cells are composed predominately of fat.

When you mix oil (fat) and water together, what happens? They separate. Oil and water do not mix. But when you add two oils together, what happens? They combine. They are attracted to each other. This is the secret to oil pulling. When you put oil into your mouth, the fatty membranes of the microorganisms are attracted to it. As you swish the oil around your teeth and gums, microbes are picked up as though they are being drawn to a powerful magnet. Bacteria hiding under crevices in the gums and in pores and tubules within the teeth are sucked out of their hiding places and held firmly in the solution. The longer you push and pull the oil through your mouth, the more microbes are pulled free. After 20 minutes the solution is filled with bacteria, viruses, and other organisms. This is why you want to spit it out rather than swallow it. Food particles that get trapped between the teeth are also worked free. Much of it is also attracted to the oil, and if not, it is attracted to the saliva (water based) and still pulled out. So oil pulling literally "pulls" microbes and food particles (their food source) out of your mouth. The addition of saliva also helps to fight certain microbes and balances pH. Thus, you remove disease-causing substances and increase healing substances every time you pull. Without the burden of constantly fighting off oral infections and infiltrating bacteria and their toxins, the body is freed up to focus on self-healing. Inflammation is quieted, blood chemistry is normalized, damaged tissues are repaired, and healing occurs.

WHAT OIL IS BEST FOR PULLING?

Dr. F. Karach mentions refined sunflower oil. Ayurvedic writings describing oil gargling, from which oil pulling was patterned, prescribe

sesame oil. These oils are the most frequently mentioned in regard to oil pulling and were undoubtedly chosen because they are common household oils in India, where Ayurvedic medicine originated. Both oils work well, but any oil will work and just about any oil has been used. Some people will claim, with no justification, that you must use either sunflower or sesame oil, or that the oils must be refined or organic and cold pressed, etc. The truth of the matter is that any oil will work and people have had good results using a variety of oils including olive oil, peanut oil, coconut oil, mustard oil, and even whole milk. Any of these will work, whether they are refined or unrefined, organic or not. I personally prefer to use coconut oil, either virgin coconut oil or refined. The refined coconut oil is cheaper and, therefore, more economical. The reason for my choice is that I want to use a healthy oil, and coconut oil is by far healthier than sunflower, sesame oil, or any of these other vegetable oils. I also prefer an oil that has a mild taste, that is why Dr. Karach mentions refined sunflower oil. Many unrefined oils such as virgin olive oil and sesame oil have a strong flavor. Some brands of virgin coconut oil are strong, too, but that is because of the processing. A good brand of virgin coconut oil has a mild, pleasant taste and the processed (also known as expeller pressed) coconut oil is essentially tasteless.

Oil Pulling DOES NOT LOOSEN amalgams.

<http://www.piccadillybooks.com/oil-pulling-therapy.htm>

Here is what really happens. Bacteria that cause decay and infection settle between the tooth and the amalgam filling so when you oil pull or swish coconut oil in your mouth on a regular daily basis you actually pull the bad bacteria up into your mouth to expectorate it at the end of each swishing session. If you do have decaying bacteria, it will allow the amalgam filling to loosen and sometimes fall out. However... this is a good thing as you certainly don't want this nasty rotting tooth in your mouth going into your brain and causing full body (systemic) infection. Should you have a dentist remove the filling you would lose some of your good tooth as well as the infected tooth area and end up swallowing and inhaling some of the mercury and decay no matter what precautions the dentist enables. Should you lose an amalgam due to oil pulling, count it as a blessing and have it replaced w/composite or other safer dental material. Swishing vigorously in the morning does much better than just letting it sit in your mouth. When you first wake up is the best time as your mouth is the dirtiest then and you can get more bacteria out. The longer you swish the better the outcome. This should be a lifetime habit. Many have gotten rid of arthritis, skin problems and other system diseases from this simple, no pain daily habit. I hope this helps you. ~Leslie