



Coconut Oil for Health and Beauty

Cynthia Holzappel and Laura Holzappel

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Discover the amazing health benefits of coconut oil. Found to be one of the most healthful fats to cook, this stable vegetable oil is good for cooking and baking at high temperatures and can easily replace hydrogenated oils that contain harmful trans fats. Coconut oil also contains powerful antibacterial and antiviral properties. Coconut oil helps to reduce inflammation and immune responses caused by allergies; can boost metabolism and help with weight loss; is easily digested by anyone with ulcers and other intestinal problems; helps to heal wounds and reduce acne; kills certain bacteria, viruses, fungi, yeast and other disease-causing germs; and promotes beautiful skin by protecting against the free radical damage that causes aging. Included are recipes for using coconut oil, grated coconut, and coconut milk in more than 30 flavorful dishes along with recipes for health care products.

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