

101 Uses for Coconut Oil



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I've said before that I am with [coconut oil](#) like the dad in "My Big Fat Greek Wedding" is with windex... I use it for everything. Right now, I have a five gallon bucket of it sitting next to my desk because we use so much and I don't have anywhere else to keep it...

If you'd like to learn more about the benefits of coconut oil, the [Virgin Coconut Oil Book](#) is a great resource and you'll receive a free copy if you order anything from [this company](#) and it is

your first time ordering (no need to order the [book](#), it will add to cart automatically if you use this link and it is your first order).

Today, I'm sharing my top 101 (yes 101!!) uses for coconut oil:

Uses for Coconut Oil

1. In cooking as a great oil with a high smoke point. Great for baking, stir-frys or as a dairy free replacement to butter.
2. Taken supplementally for daily energy
3. As a [coffee creamer when emulsified into coffee](#) (The only way I'll drink coffee)
4. On the skin as a basic lotion
5. In [homemade lotion bars](#) for soft, smooth skin
6. In [homemade deodorant](#) or [deodorant bars](#)
7. As an eye-makeup remover
8. As a cloth diaper safe diaper cream (just rub on baby's bottom)
9. In making your own [Remineralizing Toothpaste](#)
10. To lighten age spots when rubbed directly on the skin
11. To prevent stretch marks during pregnancy
12. To support healthy thyroid function
13. In [homemade Mayo](#) without the high PUFA vegetable oils
14. To help [increase sun tolerance and avoid burning](#)
15. As a naturally SPF 4 sunscreen
16. In [homemade lotion recipes](#)
17. To get rid of cradle cap on baby- just massage in to head, leave on for a few minutes and gently rinse with a warm wash cloth
18. Topically to kill yeast or yeast infections
19. As a delicious tropical massage oil
20. It's high Lauric acid and MCFA content helps boost metabolism
21. A tiny dab rubbed on your hands and then through hair will help get rid of frizz
22. As an intensive nighttime facial moisturizer
23. Mixed with equal parts sugar for a [smoothing body scrub](#) (use in the shower)
24. Rubbed on lips as a natural chap stick
25. Topically, can help skin heal faster after injury or infection
26. Directly on the perineum to help heal after birth
27. As an incredibly intensive natural conditioner- Rub into dry hair, put a shower cap on and leave for several hours
28. On feet to fight athlete's foot or toenail fungus
29. In place of Lanolin cream on nursing nipples to soothe irritation (also great for baby!)
30. Can help soothe psoriasis or eczema
31. There is some evidence that [regular ingestion of coconut oil can help prevent or reverse Alzheimers](#)
32. With apple cider vinegar as a [natural treatment for lice that actually works](#)
33. In natural [Homemade Sunscreen](#)
34. In healthy brain boosting snack for kids like [Coconut Clusters](#)
35. In a filling and energy boosting [Brain Powder Smoothie](#)
36. Rub coconut oil on the inside of your nose to help alleviate allergy symptoms

37. Nursing moms can take 3-4 tablespoons a day (and Vitamin D) to increase milk supply and nutrients
38. There is some evidence that coconut oil helps digestion and may even kill intestinal parasites or yeast
39. Mix a tablespoon with a tablespoon of [chia seeds](#) for an all-day energy boost (do NOT take this at night!)
40. Can help improve insulin levels
41. Oil pulling with coconut oil and a drop of oregano oil helps improve gum health
42. Can help [improve cholesterol ratios](#)
43. Blend a tablespoon into hot tea to help speed recovery from cold or flu
44. In [Homemade Natural Bug-Off Lotion Bars](#)
45. As a replacement for vegetable oils in any recipe
46. Better for high-temperature cooking than olive or vegetable oils
47. Can help reduce appearance of varicose veins
48. After initial heat is gone, can help speed healing of sunburn
49. Is an immediate source of energy when eaten and isn't stored as fat
50. As a natural personal lubricant that won't disturb vaginal flora
51. As a naturally antibacterial skin cream
52. In [natural homemade diaper cream](#)
53. As a natural shave cream and after shave lotion
54. When used consistently on skin it can help get rid of cellulite
55. To season cast iron skillets
56. It's anti-inflammatory properties can help lessen arthritis
57. Can reduce the itch of mosquito bites
58. Can help resolve acne when used regularly
59. Can be rubbed into scalp daily to stimulate hair growth
60. I've used in kids ears to help speed ear infection healing
61. On split ends to de-frizz
62. A small amount can be rubbed into real leather to soften and condition (shiny leather only... test a small area first)
63. By itself as a great tanning oil
64. Mixed with salt to remove dry skin on feet
65. Can help speed weight loss when consumed daily
66. Can help improve sleep when taken daily
67. Can be used to speed healing of fungal infections when taken internally and used externally
68. A tablespoon melted into a cup of warm tea can help soothe a sore throat
69. To help soothe the itch of chicken pox or poison ivy
70. It has been shown to increase absorption of calcium and [magnesium](#)
71. Internally as part of the protocol to [help remineralize teeth](#)
72. Some evidence shows that the beneficial fats in coconut oil can help with depression and anxiety
73. By itself as a natural deodorant
74. By itself or with baking soda as a naturally whitening toothpaste
75. For pets struggling with skin issues when used externally

76. Some evidence suggests that the beneficial fats in coconut oil are helpful for those with Autism
77. In [homemade vapor rub](#)
78. As a safe cooking oil for deep frying
79. A tablespoon taken before each meal can help improve digestion
80. Can be taken in warm ginger tea to sooth heartburn or nausea
81. As a completely natural [baby lotion](#)
82. On hands after doing dishes to avoid dry skin
83. Mixed with catnip, rosemary, or mint [essential oils](#) as a natural bug repellent
84. Can be used on mom's nipple and baby's mouth to help treat thrush
85. Many use it as an anti-aging facial moisturizer
86. Use to make [coconut cream concentrate](#) for a brain boosting snack
87. Can be used internally and externally to speed recovery from UTIs
88. When taken regularly, it can help fight candida
89. When taken regularly, it can boost hormone production
90. Can relieve the pain of hemorrhoids when used topically
91. Can boost circulation and help those who often feel cold
92. On cuticles to help nails grow
93. Rub into elbows daily to help alleviate dry, flaky elbows
94. Add to smoothies to give them a nutritional boost
95. Internally during pregnancy to help provide baby necessary fats for development (especially when taken with Fermented Cod Liver Oil)
96. In any recipes where vegetable oils are used
97. Whipped with [shea butter](#) for a soothing body balm
98. One reader swears by using coconut oil to treat yeast infection. She suggests soaking a tampon in it and inserting the tampon for a few hours.
99. Naturally clears up cold sores
100. Ingesting [coconut oil](#) daily can help with allergy symptoms
101. Ingesting [coconut oil](#) daily can increase mental alertness

You can also check out my [recipe index](#) or [Start Here Page](#) for many more recipes that use coconut oil!

What Kind of Coconut Oil?

For external uses, expeller pressed or other types of refined coconut oil will work, but for internal use, an unrefined virgin coconut oil is best. [This book provides more information](#) about the benefits of coconut oil and the difference in the types of coconut oil.

I also love that [this company](#) supports small family farms in the Philippines. We order in five-gallon pails, which is more expensive up-front but which saves a lot of money in the long term.



My husband and I both take about 4 tablespoons a day and the kids get a couple tablespoons in food, smoothies, or hot herbal tea.