

99 WAYS TO USE

COCONUT OIL

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inside



99 Ways To Use Coconut Oil

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The Fitlife Movement

Hi, my friend.

The fact that you picked up this book tells me that you love coconut as much as I do! With so many amazing benefits, it's hard *not* to love it!

There is a ton of info out there as to the best oils to use for dressings, cooking, etc. but I am here to share with you why coconut oil tops my list for nearly everything under the sun. In fact, I'm going to give you 99 ways to use this magical oil from head to toe, both internally and externally! Even tips to use it with your pets and around your home. :)

By replacing the oils in your cabinet with this one amazing oil, you will see your health improve and the flavor in your foods improve too! Loaded with healthy fat, this oil helps to protect your brain, joints, skin, even your immune system! Seriously, this stuff is legit!

If you've read any of my other books, you know that it's important to me that you have the tools you need to live your best life in your best body. Coconut oil is just one of the tools I suggest in our coaching programs to assist clients on their journeys for a successful transformation. Learning about what to eat is great, but what good is having that piece of information if you have no idea what to do with it?

At Fitlife, we are on a mission to transform 1 million peoples lives and these practical little tips provide huge benefits when used consistently in the right way. It's just one tool you can implement into your life right now to get you closer to your goals. You've got to start somewhere, right? :) I want to help you reach your destination - optimal health and happiness!

So check out my list and let me know if you find something to add! I love hearing from you.

Remember, we're in this together.

Drew

Here's a fact I'm sure you can agree with... ***nothing created in a laboratory will ever come close to replacing what is already in nature!*** This is especially true in terms of food and the things we use on a daily basis to care for our bodies.

In Sanskrit, the word coconut tree or *kalpa vriksha*, translates roughly to “the tree that gives all that is necessary for living”. Certain islands consider coconuts to be “the cure for all illness” and use all parts of the coconut on a regular basis.

Fossil records in New Zealand show that coconut trees have been growing for thousands, if not millions of years. Spanish and Portuguese explorers first mentioned finding what looked like a coco (monkey face) in tall trees in tropical islands in 1555.

Cultures all around the world have fallen in love with coconuts and their oil and continue to benefit from the numerous abilities they provide to help the human body on so many levels!

I like to think of our Fitlife community as our own culture and I can tell you for sure that we LOVE coconut! In fact, we use it in all forms - coconut water, coconut milk, coconut oil, coconut flour, coconut meat... I guess we're kind of like Bubba and his shrimp!

There are so many reasons to fall in love with coconuts and in this book, I am going to show you 99 of my favorites!

Why Coconut Oil

Coconut oil is one of those great multi-taskers that we use all the time here at FitLife! Not only does it pack a great nutritional punch, but it is one of the best oils you could possibly cook with because it can be heated to very high temperatures without losing its nutritional integrity or becoming rancid. Even other great oils like olive oil go rancid once heated to certain temps and are better used for salad dressings and other things that don't need to be cooked. Coconut oil on the other hand is your best friend on the stove, in the oven, in and on your body and even for your pets or around your home.

Composition:

- **Saturated fatty acids:** In coconut oil, over 90% of these are medium chain triglycerides (MCT), which makes coconut oil unique from other oils. MCT's are easily digested and absorbed into the body. They put little strain on the digestive system and provide a quick source of energy.
- **Polyunsaturated fatty acids:** Linoleic acid.
- **Monounsaturated fatty acids:** Oleic acid.
- **Polyphenols**
- **Omega-6 fatty acids**
- **Vitamin E & Vitamin K**
- **Iron**

What Kind Should I Use

We recommend an unrefined virgin coconut oil. [Nature's Way](#) generally has great deals on virgin coconut oil, and you can also find it at [Whole Foods Market](#) or at your local Costco. We also like [Viva Labs](#).

99 Ways to Use Coconut Oil!

For You and the Family

1. Add to smoothies or other drinks for an energy boost.

My favorite is adding a spoonful of coconut oil and a handful of chia seeds into my protein shake in the morning. In my opinion, it works better than coffee at giving me quick but lasting energy, along with awesome nutrients and a cleanse at the same time. Coconut oil is easy for the body to absorb and process quickly for energy.

2. Kill candida

Coconut oil has proved to be a natural and effective way to tackle candida. This is mainly because of its ingredient caprylic acid which is a powerful antifungal that interferes with the cell walls of candida yeast. When you make coconut oil a consistent part of your diet the chances of candida overgrowth happening in your body are very slim. Unlike with other antifungals, candida yeast is very unlikely to build up resistance to coconut oil.

3. Detox bath

For an effective and relaxing detox bath: Fill tub with warm/hot water. Add two generous spoonfuls of coconut oil, ¼ cup baking soda, ¼ cup [Epsom salts](#), and 3-7 drops of essential oils of your choice. Soak for at least 20 minutes. The coconut oil will hydrate and cleanse your skin while also helping you absorb the benefits of the essential oils. The baking soda helps to pull toxins from as well as alkalize the body (our body is built to have a pH that is slightly alkaline, but the typical American diet is extremely acidic. Disease thrives in an acidic environment but cannot survive in an alkaline one). [Epsom salt](#) is high in [magnesium](#); the second most abundant element in humans cells. It helps to regulate over 325 enzymes and helps with numerous bodily functions.

4. Re-hydrate and soothe cracked heels

For the best results, use coconut oil on your heels before bed so that the oil has plenty of time to penetrate and rehydrate your skin. First wash and soak your feet in warm water and scrub off dry skin with a loofah or a pumice stone. Dry them thoroughly and apply generous amount of coconut oil on your soles and heels. Next put on some clean socks and leave them on overnight. Repeat each night until the cracks in your heels have disappeared.

5. [Oil Pulling](#)

Oil pulling is a simple yet effective way to cleanse your mouth and gums. You do it by swishing a teaspoon of coconut oil in your mouth for about 20 minutes. The reason it's called oil *pulling* is because the oil literally "pulls" out toxins, waste and debris from where it resides in your mouth. Your mouth is a very popular place for bacteria and toxins to gather, so not only will Oil Pulling help whiten your teeth, it will help cleanse your body and improve your lymphatic system.

First, floss your teeth, or swish first thing in the morning when you wake up, before you've eaten or had anything to drink. Next, put one tablespoon of oil in your mouth (if that's too much to begin with, start with 1 tsp. and work your way up to 1 Tbs.) Swish for 20 minutes - set a timer (if you need to start with 5 minutes, that okay but to reap the benefits completely, you'll want to work your way up to the full 20 minutes) *Insider tip: swish in the shower and your time will fly by!*

Next, spit the oil out in the garbage or toilet (spitting the oil in the sink can clog your drains). Rinse your mouth several times with warm water and be sure to spit it out (you don't want to re-ingest those toxins you just worked so hard to free) Brush your teeth within 10 minutes (some people prefer to do this right away and others wait, do what feels right to you).

6. Makeup Remover

Coconut oil is an awesome makeup remover! It takes off everything easily without you having to scrub and doesn't hurt your eyes. You can scoop some coconut oil out of your regular container and keep it in your bathroom or buy an easy to use dispenser like [this](#).

7. Makeup brush cleaner

Unlike soap, coconut oil should get ALL of the product out of your brushes. Coconut oil is a natural non-toxic antibacterial that smells good and will prevent your brushes from getting yucky. First get a spoonful of coconut oil and, if it isn't already liquid, heat for 20 seconds. Dip your brushes in the coconut oil and then swirl them around on a paper towel until all the product comes out. Lastly rise well with warm water and lay out to dry.

8. As a natural tanning oil

Coconut oil is great for tanning and is a chemical-free alternative to the traditional shelf versions. It hydrates and nourishes the skin, protects the skin from infection, and is rich in antimicrobial and antifungal properties. Coconut oil also cuts down some of the potential damage that could be made by the sun when tanning. Simply apply to the skin as you would regular tanning lotion and let it do its magic!

9. Coffee creamer

Coconut oil makes an awesome nutritionally-packed dairy-free coffee creamer. Try some of these great combinations to give you the morning energy-burst you are looking for:

In your blender mix for 20-60 seconds...

- Warm coffee (not hot or your blender won't do well!), 1 tbsp coconut oil, ½ tsp vanilla extract, dash of cinnamon
- Warm coffee, 1 tbsp coconut oil, 1 tsp unsalted organic butter
- Warm coffee, 1 tbsp coconut oil, 1 tsp unsalted organic butter, small scoop of vanilla protein powder
- Warm coffee, 1 tbsp coconut oil, ghee, cocoa powder, cinnamon, coconut milk

10. Natural lotion

If you wouldn't eat it, don't put it on your skin! Coconut oil is a great moisturizer that is non-greasy, chemical-free and absorbs quickly. Even though it is solid at room temperature it quickly melts once in contact with your warm hands and face. Coconut oil contains antioxidants and antibacterial properties that make it anti-aging and also provides a protective layer on your skin from free-radical damage. You can use it on its own or mix into a recipe like the following:

Homemade Coconut Oil Lotion Bars

Ingredients:

- 1 Cup Coconut Oil
- 1 Cup Beeswax
- ½ Cup Shea Butter
- ½ Cup Almond Oil
- Essential Oil of your choice

Directions:

1. Place all ingredients, except the essential oils in a quart mason jar.
2. Boil a pot full of water placing the uncapped jar sitting inside. Make sure to stir regularly until all the ingredients have melted completely.
3. Let it cool down, and add in the essential oils and stir.
4. Pour into silicone molds.
5. Once dried you can pull from the molds and use however you like.

11. Ingredient in [homemade deodorant](#).

Conventional deodorant can contain a lot of chemicals you don't necessarily want to use on your body. Eating well and drinking plenty of water on a daily basis can help with body odor, but sometimes we just need a little something extra to cut down on any stink. Coconut oil works as an excellent ingredient in any homemade deodorant by hydrating the skin, minimizing shaving irritation, and putting a protective layer over the area to prevent odor.

Homemade Coconut Oil Deodorant

Ingredients:

- 5 tablespoons unrefined coconut oil
- 5 tablespoons pure cocoa butter (no additives)
- 3 tablespoons of aloe vera juice
- 1/4 cup baking soda and/or arrowroot
- 1/4 cup witch hazel extract
- 4 drops essential peppermint oil or tea tree oil
- 5 drops of lavender essential oil

Directions:

1. Heat the coconut oil and the cocoa butter until they are liquid.
2. Combine all of the ingredients in a blender or a food processor until well blended.
3. Place into a container (preferably glass) and refrigerate overnight.

12. Ingredient in [homemade toothpaste](#)

Put coconut oil and baking soda together for a powerful combination of antioxidant, antibacterial, antiviral, antifungal and antiseptic properties. Perfect for keeping your mouth healthy and clean. Most dentists tell you to use fluoride to help prevent cavities but the truth is fluoride is simply not good for you- this has been shown through numerous [studies at Harvard and elsewhere](#). Here is one of our favorite homemade recipes for toothpaste:

Homemade Coconut Oil Toothpaste

Ingredients:

- 1 tbsp coconut oil
- 1 tbsp baking soda
- 1 tsp Essential oil

Directions:

1. Mash together baking soda and melted coconut oil.
2. Mix in the essential oils to form a paste.
3. Store in a glass jar and dip your brush in when you are ready to use.

13. Great massage oil, especially for sensitive skin

Massage Therapy can be an important healing tool for increasing circulation and helping the body relax and release stress. Coconut oil is perfect for massage as it is a very stable oil with mostly medium-chain fatty acids that don't go rancid quickly and invite infection. It also coats the skin with a protective layer that holds moisture in and helps to prevent dryness and cracking. The vitamin E content rejuvenates and keeps the skin looking youthful and healthy.

14. Natural lip balm.

You can find organic lip balm with coconut oil base or you can make it yourself! Lip balm is surprisingly easy to make at home and it will save you money in the long run. And when Christmas comes around it can make a simply yet appreciated gift! Because lip balm is something you use on your face close to your mouth and nose, it is important to know exactly what ingredients you are using.

Homemade Coconut Oil Lip Balm

Ingredients:

- 1 part beeswax
- 2 parts coconut oil
- 2 parts cocoa butter
- 20 drops [wild orange essential oil](#) (or [other](#) of your choice!)

Directions:

1. Mix all the ingredients except the essential oils in a glass jar.
2. Set the jar inside a pot full of water on the stove and wait for the ingredients to melt, being careful not to get any water into the jar.
3. When everything is melted turn off the stove and after a few minutes add the essential oils.
4. Leave the jar in the warm water to keep melted while you use a dropper to fill containers of your choice.
5. Let sit undisturbed for several hours until formula hardens.
6. Store somewhere cool and dry, and enjoy! Your homemade lip balm should last for a year or more.

15. Acne

Acne is an infection that occurs when the opening of the sebum glands in your skin become clogged. The sebum glands are responsible for keeping the skin moist and to prevent cracking. When they become clogged with bacteria inflammation occurs and eventually, acne. Coconut oil replaces the protective acid layer on skin which is lost through too much washing and scrubbing by those frustrated with stubborn pimples. It is also rich in vitamin E which helps the sebum glands function properly. When coconut oil is applied to the face it is absorbed quickly and will help to reduce and get rid of already existing acne.

Before going to bed and after showering in the morning, wash your face gently with warm water and then apply coconut oil in circular motions over infected areas.

16. Sore Throat

Coconut oil acts as a natural anti-inflammatory that soothes a sore throat and combats irritation and scratchiness. As mentioned before it also has antimicrobial, antiviral, and antibacterial properties that will work to combat whatever is giving you a sore throat in the first place. You can take a spoonful on its own, make a homemade cough syrup, or simply add it to your favorite tea. It can even help soothe a sore throat that comes from an overworked voice.

Homemade Cough Syrup

Ingredients:

- 1 tbsp Coconut Oil
- ¼ Cup Organic Raw Honey
- 3 tbsp fresh lemon juice

Directions:

1. In a small saucepan, mix all the ingredients together and warm them up. Do not cook the ingredients, simply heat them up slightly.
2. Once warm, take a spoonful of syrup on its own or mix it into a tea.

17. Improves digestion

Often when we suffer from poor digestion we are advised to up fiber and avoid fat. The truth is, too much fiber is hard to digest and it can cause additional gut problems, while healthy fat will help slide things right along and contribute to your overall gut health. Taking coconut oil on a regular basis improves digestion, including for those who have digestive disorders like irritable and leaky bowel syndrome. The antimicrobial properties in the fatty acids of coconut oil help to soothe digestive symptoms caused by bacteria and parasites.

18. Makes a great personal lubricant

Time to get your sexy on! Coconut oil makes a fantastic natural chemical-free lubricant. Because of its antifungal and antibacterial properties, not only will it make things feel good, but it will also take care of your genitalia and prevent infection. Oil-based lubes keep things lubricated for longer than water-based lubes, and can double as a great massage oil. Since coconut oil does absorb into the skin you won't have to worry about being sticky or slimy afterwards but should come out feeling clean and moisturized! I would not recommend using it with latex as it can weaken the latex material.

19. Shaving cream

To shave with coconut oil, rub a little on the area you want to shave after showering. The warm water will have opened up the hair follicles. Next, use a sharp razor to shave the skin. You can rinse the blades in between strokes or rub the oil off on a towel. If you have soft skin or a lot of dry skin use an exfoliant before shaving. The coconut oil will double as a moisturizer and also help with razor burn and soften the follicles to lessen the chance of ingrown hairs.

20. An Antifungal Cream

Coconut oil is a natural antifungal and can be used to help with yeast infections. Since it is natural it can be taken internally and applied topically which makes it very versatile and effective. Use coconut oil to treat candida, vaginal yeast infections, skin yeast infections, etc. Topically you can use it directly on the skin without fear of sensitivity. To take it internally simply stir it into your coffee or tea, or take a spoonful. Some people even spread it over their toast in place of butter.

21. Cold Sores

Cold sores are caused by a virus called Herpes Simplex Virus (HSV). Once you have the virus it is said you have it for life. For people with the virus, cold sores will pop up because of stress, colds, infection, too much sun exposure or hormone imbalance.

The medium chain triglycerides in coconut oil are able to break through lipid-coated viruses. Once they break through they weaken the organism until it falls apart and eventually disappears. Apply coconut oil to at the first sign of a cold sore and you may be able to stop it all together. For full blown cold sores, apply with a Q-tip several times daily. Using a Q-tip instead of your finger will reduce the chance of spreading infection.

22. Ingrown Hairs

To help prevent ingrown hairs after shaving, rub coconut oil on the area and let it be absorbed by the skin. This should soften the hair follicles and make it easier for hair to come through without getting stuck or twisted.

23. Pain Relief

Coconut oil has some important properties for naturally fighting pain. Along with helping headaches, migraines, and pain from colds and the flu, coconut oil may also benefit those suffering from arthritis. You can apply the oil directly to a sore area to help increase blood flow or take internally. Mix a spoonful with warm water and fresh lemon juice for quick pain relief.

24. Exfoliant

Mix coconut oil and ground coffee beans for a fantastic exfoliant. If you don't like the smell of coffee you can use sugar or salt. Simply mix ingredients up in a glass jar until you get the desired consistency.

25. Cellulite

A lot of people have found coconut oil, combined with some dry brushing, an effective way to get rid of cellulite. Find a natural vegetable-based brush (they work much better than synthetic brushes). Apply coconut oil to the skin then brush the skin in upward strokes for about 10 minutes. This method helps stimulate the lymphatic system, ridding the body of toxins, improving blood flow, and moisturizing the skin. Repeat daily for a month or until you see improvement.

26. Stimulate Hair Growth

Who doesn't want a full and luscious head of hair? Coconut oil can be rubbed into the scalp to help stimulate hair growth as well as create a shield to protect the hair roots from damage. Applying coconut oil to the hair daily will provide and hold in moisture that keeps the hair from

breaking or heat damage. Giving your scalp a little massage with coconut oil will also increase circulation boost nutrient delivery to your hair.

For a great hair treatment, warm up a few spoonfuls of coconut oil and dampen your hair. Put the coconut oil in your hands and massage into the scalp for about three minutes. Cover your hair with a shower cap and leave it for 30 minutes minimum or overnight for best results. Afterwards gently rinse out your hair with shampoo.

27. Cooking

Coconut oil can tolerate high levels of heat without losing nutritional integrity or going rancid. It is my favorite oil to use in cooking and can be used in any recipe in place of butter or other oils. Other oils, including olive oil, go rancid when exposed to high heat so although they may have good nutritional value most of it is lost once cooked. Go for organic, unrefined coconut oil which is the absolute best nutritionally and is GMO and trans-fat free.

Check out our [Give Your Body 30 Program](#) for awesome recipes with coconut oil!

28. Butter Replacement

Use coconut oil as a healthy dairy-free alternative to butter in any recipe!

29. Popcorn Topping

Add a delicious and nutritious topping to your popcorn! Either cook the kernels traditionally in a few spoonfuls of coconut oil or melt the oil and spread over the popcorn after it has been popped. Add some [himalayan pink salt](#) or [nutritional yeast](#) for even more guilt-free flavor!

30. Homemade Mayonnaise

Let's face the unfortunate truth- store bought mayo is nasty- mostly because it is filled with GMO soybean or vegetable oil, high fructose corn syrup, preservatives and chemicals we can't even pronounce. The good news is homemade mayo can be not only super tasty but packed with good fats and protein that your body actually needs!

Homemade Mayonnaise

Ingredients (all must be room temperature or mayo may separate):

- 4 Egg Yolks
- 1 tbsp mustard (or ½ tbsp dried)
- 1 tbsp lemon juice
- ½ cup Olive Oil
- ½ Cup Coconut Oil (more if needed for consistency)

Directions:

1. Blend all the egg yolks together until smooth. This can be done by hand with a whisk or in a blender/food processor.
2. Mix in lemon juice and mustard. SLOWLY begin to add in the oil. If you do this too fast it won't emulsify well. Drop by drop at first then increase as the consistency begins to form.
3. When all the oil is in and you've reached the desired consistency, salt and pepper to taste, and then store in a glass jar. Lasts for about a week refrigerated.

31. Preserve Eggs

To preserve eggs and keep them fresher for longer, gently wipe over the shells with coconut oil and refrigerate. The coconut oil creates a protective layer over the shell keeping oxygen out. This can help keep them fresh for much longer than normal, even up to a few months.

32. Carrier for [Essential Oils](#)

Essential oils are a great addition to anyone's household and a natural way to help with countless ailments. They are however extremely concentrated and sometimes on their own can be too much for our body to handle. This is when a dab of coconut oil can come in handy! Coconut oil makes a great carrier oil. Simply add a drop or two of your essential oil to coconut oil before applying it to your skin. This will minimize the chance of sensitivity as well as preserve your essential oil for longer since you won't be using as much. Children especially need to have oils diluted before use as they tend to be more sensitive (and smaller!) than adults.

Some people have the false impression that you can use water to dilute essential oils. Water actually *increases* the potency of essential oils! When you apply water and an essential oil to your skin the oil will sink in much more quickly. If you ever get an essential oil in your eye (which can be very uncomfortable) rub coconut oil into and over your eye for relief.

33. Insect Repellent

Mix coconut oil with a few drops of [peppermint](#), [rosemary](#), or [tea tree essential oil](#) and rub over skin before going out where there are bugs. For a more intense recipe try this Insect Balm Recipe:

Homemade Insect Balm

Ingredients:

- ½ Cup Coconut Oil

- ¼ Shea Butter
- 8 tsp Beeswax Granules
- 24 drops of [peppermint oil](#)
- 10 drops [rosemary essential oil](#)
- 10 drops [lemongrass essential oil](#)
- 10 drops tea tree ([melaleuca](#)) essential oil

Directions:

1. Use a double boiler to bring water to a boil. Put in the coconut oil and shea butter, whisk together until melted.
2. Add the beeswax granules until melted into the mixture.
3. Once the texture is a good consistency, remove from pan and let cool for 3-5 minutes.
4. Whisk in the essential oils.
5. Pour the liquid into jars and let it cool at room temperature before putting the lid on.

34. Increases absorption of magnesium and calcium

Magnesium is the second most abundant element in human cells and helps regulate over 325 enzymes and several bodily functions. It is a tricky mineral to obtain on the standard American diet, which is why a lot of people are deficient. Calcium is important for maintaining strong bones and teeth, and helps regulate healthy communication between organs in the body.

In an article on the [Dr. Oz](#) website he states that coconut oil helps with magnesium and calcium absorption. This is highly beneficial to overall body function and can help combat a number of symptoms associated with deficiency in either of these minerals.

Coconut Oil Body Butter with Magnesium

Ingredients:

- ½ Cup Magnesium Flakes
- ¼ Cup Coconut Oil
- ½ Cup Shea Butter
- Several drops of an [Essential Oil](#) of your choice

Directions:

1. Pour 3 tbsp of boiling water into a bowl with the magnesium flakes and stir until dissolved. Set aside to cool.
2. Put the coconut oil and shea butter in a mason jar and set inside a pot of boiling/hot water until melted. Let cool until room temperature.
3. Pour into a bowl or blender. Using the blender or a hand-held blender and slowly, drop by drop, blend the magnesium mixture into the oil and shea butter.

4. Add essential oil. Place in refrigerator for 15 minutes, then reblend to get the butter-like consistency.
5. Store in fridge or at room temperature for up to two months. May be hard when you first applied but will melt nicely once introduced to your skin.

35. Natural SPF 4-10 Sunscreen

Use coconut oil as a moisturizer and it will double as a sunscreen. A lot of people are afraid of the sun but in reality we are made to live under the sun! Protect yourself naturally and avoid commercial chemical-laden sunscreens that may do more harm than good. Like we've said before...if you wouldn't eat it, don't put it on your skin! Whatever you put onto your skin will be absorbed into the bloodstream and eventually into your cells! Need proof? Think about birth-control or nicotine patches. You simply have to stick a patch that contains these drugs on your skin and it will end up in your body. See [this article](#) for more information on SPFs listed on sunscreens and why coconut oil is a good alternative.

36. Surgical Scars

The medium-chain fatty acids and vitamin E in coconut oil help to speed the healing process by stimulating collagen production and the creation of new blood vessels. Coconut oil also has anti-inflammatory, analgesic and fever reducing properties. To apply to scars simply heat the oil to room temperature, place some in the palm of your hand, and massage into the scar tissue. Don't wash off any excess oil; let the skin absorb it. Apply a few times daily for best results.

37. Add to homemade salad dressings

All of the nutritional benefits of coconut oil makes it a perfect ingredient in salad dressing. Making your own dressings at home is actually A LOT easier and more simple than you might think. Try one of these to get you started:

Coconut Oil Honey Dressing

Ingredients:

- $\frac{2}{3}$ cup of coconut oil
- $\frac{1}{3}$ cup olive oil
- $\frac{1}{3}$ cup apple cider vinegar
- $\frac{1}{2}$ tbsp organic honey, raw
- $\frac{1}{2}$ tsp dried oregano
- 1 clove smashed garlic
- himalayan pink salt and pepper to taste

Directions:

1. Whisk all ingredients together until well blended. Coconut oil hardens when cold so set out of the fridge for a while before use.

Avocado Raw Salad Dressing

Ingredients:

- 2 peeled garlic cloves
- 2 regular avocados
- ½ cup coconut oil
- 3 green onions (unaltered)
- ½ cup parsley
- small handful of fresh dill
- small handful of fresh basil
- Juice from 1 lime
- 2 tsp coconut aminos
- 3-5 tbsp water
- Himalayan salt and pepper to taste

Directions:

1. Blend with an immersion blender or regular blender. Enjoy for 2-3 days!

38. Hot Chocolate

Add a spoonful of coconut oil to hot chocolate to make it creamy and add a nutritional boost. Oil mixes up best with hot chocolate when blended.

39. Shampoo

Try finding shampoo that has coconut oil as one of the main ingredients. Coconut oil moisturizes the hair, protects it from lice, helps to get rid of dandruff, helps to minimize split ends, and may even help prevent grey hairs. Coconut oil helps to replenish the natural oils on hair that are removed through constant washing or exposure to heat.

40. Conditioner

Coconut oil is full of fatty acids that nourish the hair and protect it from heat, split ends, breakage and drying. In Polynesia they've used coconut oil to beautify their hair for decades. To give it a try, melt a good amount of coconut oil in a glass bowl and begin to rub into your hair, starting at the roots and continuing to the ends. Comb through the hair to spread it evenly and cover with a shower cap for 20-30 minutes. Wash out of the hair with shampoo then style as usual.

41. Alcohol-Free Hair Gel/Styler

Use coconut oil in place of chemical-packed stylers and hair gels. Coconut oil will give your hair a healthy sheen as well as a tropical island smell. It works great as an anti-frizz and to tame wayward strains. Simply rub a small amount of coconut oil into your hair when styling, from the ends up. Avoid the scalp.

42. Base for Hair Coloring

Coconut oil penetrates the hair more quickly than other oils. It can help the color appear more vibrant and last longer. To use, simply mix melted coconut oil with your hair color and apply as normal.

43. Dandruff Control

No one appreciates dandruff- a common scalp disorder caused by dryness, skin irritation, bacteria, fungus growth, or inflammatory conditions. Because of its antifungal properties coconut oil can be an effective way to battle dandruff. Simply mix 50% coconut oil and 50% lemon juice together and massage into the scalp. Leave for 20-30 minutes then wash out with shampoo. Repeat 2-3 times a week for maintenance.

44. Natural Vapor Rub

Can't seem to get those lungs clear? Try rubbing coconut oil and a few drops of [eucalyptus](#) and/or [peppermint](#) on your chest. If you have a little more time you can make an advanced rub like this:

Homemade Vapor Rub

Ingredients:

- ½ cup coconut oil
- 2 tbsp beeswax particles
- 15 drops [peppermint oil](#)
- 15 drops [eucalyptus oil](#)
- 15 drops [rosemary oil](#)
- 15 drops [clove oil](#)

Directions:

1. Melt coconut oil and beeswax together in a double boiler or a mason jar in a pot of water.
2. Once melted, stir in the essential oils. If you want a stronger rub add a few more drops of eucalyptus.
3. Store in a jar somewhere room temperature and use as needed.

Note: Always use caution when using essential oils on children. Dilute and use as little as possible and if there is ANY question as to whether or not a particular oil is safe, consult with your physician prior to use.

45. Restful Sleep

Put a few drops of [lavender](#) in the palm of your hand with some coconut oil and rub over your body before bedtime. Lavender promotes restful and relaxed sleep while coconut oil provides a hydrating/cooling effect on the skin to help your body unwind before knocking out for the night.

46. Diabetes

There is [some evidence](#) showing that [coconut oil](#) can help lower blood sugar in those suffering with type 2 diabetes. It is certainly a better choice than vegetable or safflower oils which usually cause more harm than good. Some people take 1 tablespoon if they feel a spike and within 30 minutes report their blood sugar returning back to normal.

47. Constipation and Bloating

Coconut oil works as a natural laxative and provides slippery fat your body can use to help stool slide smoothly through your system! It can also relieve bloating in the digestive tract that might be caused by constipation or toxins. The MCFA's in coconut oil provide quick energy to the cells in your intestine which in turn increases metabolism and also softens stool. For severe cases take ½ a tablespoon morning and night, increasing the dose to 1 tablespoon if needed.

48. Make Amazing Coconut-Based Granola

Store bought granola can contain refined sugar and high fructose corn syrup, as well as GMO oils and other undesirable ingredients. Although good granola does exist it can be pricey. With homemade granola you can control the cost, add only the ingredients you want, and try lots of different recipes until you find the perfect fit for your family. Here is a recipe we've found to be particularly delicious:

Salted Caramel Coconut Granola

Ingredients:

- 2 cups oats
- 8 pitted soaked dates
- 2 tbsp of the date water
- ½ tsp cinnamon
- ¼ tsp allspice

- 1/3 cup chopped almonds
- 1/4 cup shredded coconut
- 1/2 tsp himalayan pink salt
- 1 tsp vanilla extract
- 1/4 cup coconut oil
- 2 tbsp raw honey

Directions:

1. Preheat oven to 300 degrees.
2. Soak the dates for about 15 minutes and save 2 tbsp of the water.
3. Combine all the dry ingredients.
4. Combine all the wet ingredients.
5. Mix everything together.
6. Spread granola out on a baking sheet and bake for 45 minutes, stirring every 15 minutes.
7. Let it cool and ENJOY!

49. Pedicure

Mix some sea salt with coconut oil to scrub dry skin off your feet. This will not only hydrate your feet and help prevent cracking but it feels great!

For Pregnant Mothers and Babies

50. Pregnancy Stretch Marks

Making a baby isn't easy! Not on you or your body. To lessen or even prevent stretch marks from pregnancy, rub coconut oil on the abdomen 1-3 times each day. Coconut oil is completely safe for you and for your baby, and it will help care for the skin as it stretches and changes through the pregnancy. The saturated fats in coconut oil strengthen cell walls and the antioxidant properties will fight oxydation. You can use on any type of stretch mark, even olds one from previous pregnancies. Simply rub warm coconut oil on affected area each night before bed. Although it may not fade the mark entirely, it will help to strengthen the skin and prevent further damage.

51. Heartburn and Indigestion

Some women experience heartburn and indigestion during pregnancy. If you're one of them, try taking a small bit of coconut oil before meals. Coconut oil coats the esophagus and throat lining which can alleviate a lot of discomfort that comes during acid reflux. It is an antibacterial and when taken daily may help to rid the body of bacteria that is causing acid reflux and digestive issues.

52. Increase Milk Flow

Breast feeding is no walk in the park! Coconut oil has been shown to be beneficial for mothers with nursing babies. Why? There was a study published in the American Journal of Clinical Nutrition that showed that lactating mothers who regularly ate coconut oil had higher levels of capric acid and lauric acid in their milk.

53. Baby Development

Healthy fats are one thing you shouldn't skip on during pregnancy. You can take coconut oil internally while you're pregnant to help provide important fats for the baby's development. Good fats are vital for the baby's growing brain and internal organs, and also help mom have good milk production.

54. Diaper Cream

Coconut oil is nourishing and soothing to a baby's skin. It contains antimicrobial, antifungal, antibacterial and antiviral properties that can help prevent infection and calm irritated skin. You can use coconut oil on its own or make it into a diaper cream like this one:

Homemade Diaper Cream

Ingredients:

- ¼ cup coconut oil
- 1 tbsp beeswax
- ½ cup shea butter
- 2 tbsp vegetable glycerin

Directions:

1. Place the coconut oil, beeswax and shea butter into a small pot or mason jar.
2. Fill a bigger pot with water on the stove and bring to a boil.
3. Place the small pot inside the big one until the mixture is melted. Remove from heat.
4. Add the vegetable glycerin and blend with an immersion or hand blender until creamy.
5. Store in airtight container.

55. Irritated/Sore Nipples

Nursing takes its toll on the nipples and breasts. Immediate attention should be given when skin appears damaged or feels tender and painful. The properties in coconut oil can help to heal any wounds, prevent infection and soothe the skin. Keep any wounds moist at all times.

by gently rubbing oil on the breasts every hour. Coconut oil won't harm the baby if present on nipples during nursing.

56. Diaper Rash

Coconut oil is an antifungal and is soothing to the skin. For diaper rash, apply coconut oil to the affected area with your fingertips and allow to dry before putting on a new diaper. Repeat with each diaper change until diaper rash disappears.

57. Baby Lotion

Homemade baby lotion with coconut oil is very healthy for your child's skin and even has an SPF of around 4-10. It provides a protective layer over the skin while also allowing it to breathe. You can use coconut oil on its own or make it into a lotion bar like the recipe previously listed for number 10.

58. Cradle Cap

Coconut oil is a great way to get rid of cradle cap. Simple rub coconut oil over the baby's scalp daily until condition improves.

59. Baby Acne

Baby acne occurs as a result of the mama's hormones that may have passed through the placenta in the last moments of pregnancy. They tend to surface around 3-4 weeks of age when the baby is getting more fussy, but can occur at any time. Coconut oil will help moisturize and protect the baby's skin, as well as soothe any irritation. There are a lot of mother's that swear by coconut oil for helping with baby acne. Rub a small amount coconut oil over affected areas once once or twice daily.

For The Kids

60. Brain-Boosting Lunchbox Snack

Coconut oil is great for making homemade delicious brain-boosting snacks for your kids! They are packed with healthy fats and energy-rich nutrients to help them make it through a long day of school or to eat as a pick-me-up when they come home. Here's a recipe the whole family will love:

Ingredients:

- 1/3 cup coconut oil
- 3/4 cup organic raw honey

- ½ cup almond butter
- ½ cup coconut flakes
- 1 tbsp vanilla extract
- ⅔ cups raw cacao or cocoa powder

Directions:

1. Melt coconut oil, honey and almond butter together on the stove. Keep the heat as low as possible so you don't burn out nutrients. :)
2. Add cacao powder and vanilla extract and stir.
3. Drop by spoonful onto a cookie sheet and set in the freezer for about 20 minutes.
4. Store in an air-tight container or bag and keep in the fridge.

61. Detangler

Fighting with a tangled mess of a child's hair is never fun; especially when they are screaming and unable to hold still. Coconut oil can make an effective detangler and is chemical free. It will also leave the hair shiny instead of oily and heavy. Try spritzing this detangler spray on the hair during combing:

Detangler Spray

Ingredients:

- Spray bottle
- 2 tbsp water soluble almond oil
- 1 tbsp coconut oil
- Filtered water
- 10 drops [wild orange essential oil](#) (optional)

Directions:

1. Mix together in your spray bottle (using enough filtered water to fill it almost to the top) and enjoy!

62. Allergies

When irritating allergies begin to surface, dab a little coconut oil on the inside of the nose. You can also give a teaspoon of coconut oil daily to help boost the immune system.

63. Bruises

When coconut oil is applied to the skin it creates a protective layer that keeps out dust, bacteria and fungi. This helps bruised skin to begin the healing process without having to

battle off external threats. Coconut oil also provides and holds in moisture and car speed of the process of healing damaged skin tissue.

64. Burns

Coconut oil has a cooling effect on the skin. When applied generously it will hold in moisture and help to soothe blisters and prevent peeling and scarring. Rub coconut oil over the damaged skin and wrap with medical wrap or a sock. If area is tender, gently dab the oil on with our fingertips without rubbing.

65. Chicken Pox

The medium-chain fatty acids in coconut oil can help to hydrate the skin and stimulate collagen production, and speed the process of wound recovery. It may also help to lessen itching and irritation that comes from chicken pox scars. During sickness, rub over affected areas of the skin gently 3-4 times daily. Continuing applying at least once a day when recovered to help prevent permanent scarring.

66. Ear Infection

Coconut oil can be used as a natural pain reliever for ear infection. Simple place a few drops of coconut oil into each ear and allow to soak. If coconut oil has hardened you can soften it by putting it into a shot glass and then setting the shot glass into a cup of warm water.

67. Hangnails

To help prevent infection from hangnails and to soften the nail, apply coconut oil daily. You can simply rub a scoop onto the area or soak your finger/feet in a bowl of it melted. If hangnails are a really big issue try mashing up some avocado, mixing in a few drops of coconut oil, and applying it to your nails before going to bed at night. Both avocado and coconut oil will nourish and hydrate the skin and nails, provide needed vitamin E for moisturization, and help to eliminate the hangnails. Use nightly for one month or until hangnails disappear.

68. Scrapes and Cuts

Like we've mentioned before coconut oil is packed with healing properties! Not only is it soothing and cooling to the skin but it acts as an antibacterial, antiviral, antifungal, and natural pain reliever. Simply rub gently over a scrape or cut and cover with a bandaid. Repeat if needed.

69. Acidic Poop

When poop is coming out acidic and burning the baby's bum, protect their skin by rubbing coconut oil generously over their bum during diaper change. This will put a protective layer over their skin that will keep the next batch of poop from burning their skin. It will also make clean up less messy.

70. Teething Relief

Oh the weeks of teething and never-ending fussiness. Coconut oil has some natural pain-relieving properties and may help your baby tolerate the teeth coming in more easily. Simple rub a little coconut oil directly on the gums or on their teething toys.

71. Sty Infection

Sty is a bacterial infection that occurs on the eyelid. It can be very irritating and unsightly. Coconut oil is one of the best home remedies for sty and acts as a gentle antibacterial and antiseptic. After you've washed your or the child's face, gently rub coconut oil over the infected area. Repeat several times daily. Another great thing about using coconut oil is it won't sting if it gets in your actual eye.

72. Child Toothpaste

Especially with young children you don't want to use toothpaste where the ingredients are questionable. Making your own toothpaste is the best way to know exactly what you are giving your kids. The toothpaste recipe listed under number 12 is safe for kids. For baby's under 3 leave out the essential oil and use only coconut oil and baking soda.

73. Helps with Hand, Foot and Mouth Disease

Hands Foot and Mouth Disease is highly contagious and can be frustrating, but is not dangerous. Symptoms include loss of appetite, slight fever, and a rash and/or sores on the hands feet and mouth. The rash and sores are what make this disease most uncomfortable. Coconut oil is an antiviral and can be used to help sooth the skin. You can apply it topically or put 1-2 spoonfuls into a bath and let the child soak. They can also take a little internally to help with a sore throat; try stirring a small spoonful in some tea.

74. Constipation

When your baby is suffering from constipation, put some coconut oil on the end of a Q-tip and gently insert it barely into the opening of the baby's bum. Also rub coconut oil around the opening. This may help to relieve irritation and tight skin and make passing poop less painful.

75. Staticky Baby Hair

Trying to smooth out your baby's hair before the grandparents come over, but it refuses to do anything but stick out in all directions? Rub a small bit of coconut oil into the palms of your hands and gently rub over the baby's head. This should tame the static and leave the hair silky and smooth.

For the Pets

76. Dry Skin

Coconut oil is just as effective on your pet's skin as it is on yours. It is also very safe and chemical/mystery ingredient free. You can apply topically to dry areas or even cover a brush with coconut oil and brush it over their whole body. If they have a lot of fur it may be more effective to use your fingertips to get it down to the skin.

77. Wounds

Coconut oil is a safe and natural antibacterial, antiseptic, antifungal and antiviral. Apply it daily to wounds or infections on the skin. If the pet licks it off it won't hurt them but you can cover or wrap the area if needed. The oil will put a protective layer over the skin from outside germs and threats.

78. Bug Bites and Stings

Apply coconut oil directly to bug bites and stings to provide cooling relief to the skin as well as lessen itchiness. Coconut oil is full of healing properties and may help your pet recover faster.

79. Papillomavirus

Papillomavirus is a very contagious condition that can cause warts on the inside and outside of your pets mouth. The warts look like cauliflower and, if large enough can make it difficult for your pet to eat and drink. Coconut oil has natural antiviral and pain-relieving properties that may help the body get rid of the warts and soothe any pain. Apply coconut oil topically to the warts or simply mix a spoonful in with your pet's food. Most animals will eat it right up.

80. Shiny Coat

Add a spoonful (depending on the size of your pet) of coconut oil to your pet's daily diet to help their coat look shiny, soft and bright. Coconut oil is a healthy fat and will nourish your pet's skin and fur.

81. Joint Pain

Feeding your pet coconut oil may help with joint pain. Coconut oil has anti-inflammatory properties and also provides the body with healthy fats. Eating coconut oil has been shown to help speed the metabolism and may help your dog maintain a healthy weight, which is also important when dealing with arthritic pain.

82. Brain Boost

We've already talked about how coconut oil has brain boosting properties. These apply to your pet too! Healthy fats are vital to brain development and to maintaining brain health and function. [Dr. Karen Becker](#), a well known veterinarian, says that the medium-chain fatty acids in coconut oil help brain metabolism and are important for decreasing amyloid protein buildup that can result in brain lesions in senior dogs.

83. Heart Health

Heart health is a concern for many owners of older pets. Adding coconut oil to their diet can help promote healthy thyroid function and may help prevent heart disease. The fats in coconut oil raise GOOD cholesterol levels and also help to prevent insulin spikes.

84. Mouth Health

Rub coconut oil on the teeth and gums to help your animal have a healthy mouth. Doing this regularly can help prevent bacteria and fungus as well as protect

85. Upset Stomach

If your pet throws up or seems to have lost their appetite, try feeding them a spoonful of coconut oil. Most pets will readily eat it up and it may help to sooth their stomach while also providing them with needed nutrients and fats after being sick. The antibacterial and antimicrobial properties will help rid the body of whatever may be upsetting their digestive system.

86. Lice/ Fleas

Mix coconut oil and apple cider vinegar to effectively treat lice and fleas. Melt some coconut oil and mix 50/50 with vinegar in a spray bottle and apply to your pets fur daily, as well as their bed and anywhere that they spend a lot of time.

87. Thyroid

Because coconut oil is beneficial to the [thyroid](#) it can help your pet maintain healthy weight. The structure of coconut oil makes it a quick energy source and also very nourishing to the

thyroid and other glands in the adrenal system. Feed a spoonful with their food daily for boosted thyroid health.

88. Immune System Boost

The lauric acid in coconut oil combined with [oregano essential oil](#) has [been shown to be even more effective](#) in helping rid the body of staph bacteria than antibiotics. Coconut oil is 40% lauric- making it the richest source available. There is also some evidence pointing to lauric acid as an aid in fighting cancer. Feed your pet a little coconut oil daily to help keep their immune system healthy and strong.

89. Energy Boost

The medium-chain fatty acids in coconut oil are absorbed quickly by the body and converted to energy. When you are about to go out with your dog for a run or a long hike give them a spoonful of coconut oil to help them feel ready for adventure. This may also help dogs who are feeling lethargic or sluggish.

90. Hairballs and Coughing

There are few things less revolting and gag-inducing as a hairball in the middle of the floor. Although many people believe that hairballs are a normal part of a cats life, they actually are not. Indoor cats tend to hack up hairballs due to over grooming themselves or because of a weak or moisture-deficient digestive system. Coconut oil will help condition their coat, strengthen their digestive system and provide needed moisture. For cats 1-2 teaspoons of coconut oil a day should be sufficient.

91. Bad Breath

Many pet owners claim that a daily dose of coconut oil in their dog's food helps eliminate bad breath.

92. Digestive Disorders

Many vets are beginning to recommend giving coconut oil to pets daily for digestive system health. Coconut oil provides health fats, may speed metabolism, and has antibacterial and antiviral properties to help rid the system of unwanted bugs. It can also help to soothe an upset stomach and provides moisture to help the digestive process run smoothly.

93. Fungus and Yeast Infections

Coconut oil has a lot of beneficial properties to help with yeast and fungal infections. The most potent being lauric acid and caprylic acid. These are both powerful in killing fungus and yeast

infections inside the digestive tract or outside of the body. Feed your pet coconut oil daily and if applicable apply topically to affected areas.

For The House

94. Ingredient in homemade hand soap

Coconut oil is a great hand moisturizer. Making your own hand soap is easy and can save money in the long run. Not to mention you will know exactly what ingredients you are putting on your hands every day.

Homemade Coconut Hand Soap

Ingredients:

- 2 tsp fractionated coconut oil
- 2 tbsp liquid castile soap
- 15 drops [wild orange essential oil](#)
- 10 drops of [peppermint essential oil](#)
- 10 drops of [cassia essential oil](#)

Directions:

1. Fill up a foaming soap dispenser $\frac{3}{4}$ of the way with water.
2. Add all of the other ingredients.
3. Replace pump and shake well to mix ingredients.

95. Conditioning for Wooden Utensils/Cutting Boards

Once you have cleaned the wood, put some coconut oil on a soft towel and rub into the wood. Allow to sit for 15 minutes and then buffer it off as usual.

96. Gum and Sticky Residue

Put coconut oil and warm water on stubborn sticky residue. Let it soak for a few minutes then scrub it off.

97. Homemade Candles

Coconut oil candles made with essential oils smell wonderful and make great gifts! For a fun family activity try this candle-making recipe:

Homemade Candles

What you'll need:

- Cardboard or newspaper
- Double boiler or large mason jar and pot
- Cooking thermometer
- Candle Molds
- Coconut Oil
- Cooking oil spray
- Soy wax shavings or bees wax
- Essential oil of choice
- Butter knife
- Wicks

Instructions:

1. Spread cardboard or newspaper over the table where you'll be making the candles- things can get messy!
2. Spray cooking oil in the candle molds to prevent wax from sticking.
3. Pour one cup of coconut oil and 2 cups of wax shavings into the upper portion of a double boiler, or into the mason jar.
4. Fill the bottom of the double boiler (or a pot) about $\frac{3}{4}$ of the way with water. Melt the wax/coconut oil mixture until it reaches 175 degrees fahrenheit.
5. Remove from heat and cool until 140 degrees, then stir in essential oils with a butter knife.
6. Let the wax cool a little longer until wax is around 110 degrees, then pour into the molds. Wait a few more minutes and then insert the wicks, keeping an eye on them incase they become off center.
7. Wait until they've dried completely and then enjoy a lovely candlelight evening!

98. Stuck Bike Chains and Zippers

Coat your pant's, jacket's, or backpack's stuck zipper with coconut oil. It can even work to help loosen up stubborn bike chains.

99. Season Cast Iron Skillets

You can use coconut oil to season cast iron skillets/pans just as you would any other oil. Simply place some foil on the oven rack and heat the oven to 325 degrees fahrenheit. Coat the inside of the pan with coconut oil using a sponge, a cloth, or your fingers. Make sure you put a good layer over the entire surface (of the inside of the pan, if you put it on the outside it causes smoke when you cook with it on the stove again. Not a huge deal but annoying). Put face down in the oven and bake for 90 minutes. Smoke may occur so run a fan. Turn off the oven and allow to cool. Repeat as needed.

Conclusion

Remember, transformation is a process and a journey. Some people start learning about health and panic about everything they are doing wrong, then try to do a massive overhaul overnight. Usually this is too much for anyone to handle and they will soon crumble back to old habits.

I want you to experience lasting change. I wrote this book not only with the intention of giving you a ton of uses for coconut oil but to show you that through small and simple changes in your lifestyle you can make big changes in your health.

Coconut oil is ONE thing you can begin using that will impact your health for good and push you a step closer to a life of vibrant health.

Have you tried any of these uses for coconut oil before, or come up with some new ones of your own? I'd love to hear about them! Visit me and my team at Fitlife.TV and share your experiences anytime.

If you've found this information useful, please leave a review on amazon.com so that others will benefit from it too.

FitLife Movement

We are in the business of changing lives. We are here to discover the way to vibrant health, strength, power, energy, and the very core of who we are as human beings. With new awareness and understanding often comes a desire to make a difference in the life of someone else. This is the foundation of the Fitlife movement and something all of us are adamant about. We don't put out a book or an article, or anything, if we don't believe 100% that it can impact someone's world for good.

If you're anything like us you've got crazy goals, dreams, aspirations, and at very least a hope that one day you will be truly happy and living the life of your dreams. Some of you are already there. Our goal is to help you all get there so we can continue moving forward together. This isn't just about me, or your neighbor, or your significant other or even you. It is about all of us. We're in this together, remember?

We know you have a desire to improve your life or you wouldn't be reading this book. We want you to know that we have absolute faith that you can reach your goals. We have already watched thousands of people transform their lives. The kind of transformation we are talking about is not only physical; but a mental, spiritual, truly life-changing transformation that connects people to their higher selves and to the universe. This transformation is contagious, and also very personal. Now it is your turn.

We believe in creating powerful methods to rise above mediocrity and average.

If your life has improved because of the material in this book, we would ask you to please help us share it with others who may also benefit from its content.

Sources:

[Wellness Mama 101 Uses for Coconut Oil](#)

[Organic Facts Health Benefits of Coconut Oil](#)

[Dr. Axe 77 Coconut Oil Uses & Cures](#)

[Choice of cooking oils- myths and realities](#)



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