

The Coconut Oil Handbook

Real Food Recipes, Beauty DIY
and Natural Living Ideas
from WellnessMama.com



Why Coconut Oil?

If you've been around the real food community much, you've heard many references to the benefits of coconut, especially [coconut oil](#). Ostracized by the medical community for its saturated fat content, it seems that coconut oil might finally be making a comeback in the mainstream health community.

[Coconut oil](#) is the most nutrient dense part of the coconut. It is solid at room temperature like butter. It doesn't break down in heat or light or become rancid like many oils, and in my opinion has a wonderful tropical smell.

It is a wonderful way to increase the amount of healthy fats in your diet, and is helpful in assimilation of fat soluble vitamins.

For years, "health" advice has warned against consuming saturated fats, and coconut oil has gotten thrown out with the rest without good reason!

What's In a Coconut?

Coconuts are an excellent source of nutrition and have healthful meat, juice, and oil. The oil is arguably the most nutritious and has many health benefits. Coconut oil is over 90% saturated fat and has antimicrobial, antibacterial, and antifungal properties.

[Coconut oil](#) also has antioxidant properties and it helps in the absorption of other minerals.

Coconut oil is an incredible source of medium chain fatty acids (MCFAs), which have been shown to have many health benefits.

Medium Chain Fatty Acids (MCFAs)

Most of the fats we consume are long chain fatty acids that must be broken down before they can be absorbed. [Coconut oil](#) is high in short and medium chain fatty acids, which are easily digested and sent right to the liver for energy production. Because MCFAs are sent right to the liver for digestion, no bile or pancreatic enzymes are needed for digestion, making coconut oil a healthy food even for those with diabetes or those who have gallbladder problems.

MCFAs can help increase metabolism since they are sent directly to the liver and give the body an instant source of energy. Most of the MCFAs in coconut oil are the highly beneficial Lauric Acid.

Lauric Acid

Lauric acid is found in abundance in human breast milk and converts to a substance

called monolaurin in the body. Monolaurin has been shown to be useful in increasing immunity and fighting viruses and disease.

Lauric acid in coconut oil in combination with oregano oil, [has even been found more effective in fighting the staph bacteria than antibiotics](#). Lauric acid has also been shown to be preventative against some cancers.

[Coconut Oil](#) is over 40% lauric acid, the richest source naturally available.

What About The Saturated fat?

If you are still concerned about saturated fat, [consider taking a second look](#). Even if you still avoid/limit saturated fats, it is important to note that [not all saturated fats behave the same way in the body](#). [Coconut oil](#), due to its high lauric acid content, is actually beneficial to the body.

It is also fascinating to note that countries like [Thailand eat very high amounts of saturated fats like coconut oil and lard, and have very low levels of disease on average](#).

In fact, people consuming a traditional diet in Thailand have less instance of heart disease and the lowest rates of cancer for all 50 countries studied by the World Health Organization. Diabetes is TEN times more frequent in the United States than in Thailand, despite (or perhaps because of) their high fat consumption.

What do the Thai people eat? A large part of their diet consists of coconut, fermented foods, meat, a variety of vegetables, and rice. If you've ever tasted Thai food, you know that they also have bold taste in seasonings and make use of potent herbs and spices like curry, lemongrass, basil, and chilis.

Overall, the Thai people consume very little soy, except for fermented condiments. Their living conditions are considered to be less sanitary and more difficult, so these factors cannot account for the lower instance of disease.

Other countries, including some in the Mediterranean, show similar trends, even with high consumption of saturated fat. Even here, saturated fat is getting a second look from the medical community.

But saturated fat causes heart disease, right?

This has been the refrain for the last several decades, but history doesn't back it up.

[As I have discussed before](#), there really is no scientific backing to the idea, and in fact, the lipid hypothesis has been largely discredited.

Think about it: Currently, coronary heart disease and related problems are the number one cause of death in the United States. The field of cardiology didn't even exist prior to 1940, and there has been a 60 fold increase in cardiologists since that time.

Also, coconut oil and other [saturated fats were phased out since that time, and has been replaced with “healthy” vegetable and seed oils.](#)

You'd think with all those specialists and the move away from saturated fats , we'd be seeing less heart disease.... except, we aren't. In fact, rates of heart disease have risen despite doctors best attempts to get us to eat low-fat whole grain diets low in saturated fats (or perhaps because of this).

Saturated fats are necessary for cell function and growth, and have been [linked to increased health and even weight loss.](#) [Coconut oil](#) is an all-star among saturated fats with many benefits beyond its strict nutritional content.

Over 1/3 of the world's population depends on coconut for food, and if you haven't already, you should consider incorporating coconut oil into your diet!

The word is getting out about the health benefits of [coconut oil](#), but especially for those just starting to use/consume it, trying to actually eat it can be a difficult task. For some people, eating too much at once can even cause upset stomach until the body adjusts.

For those who are trying to incorporate [coconut oil](#) in to their diets but have trouble with the taste or texture, here are a few of the ways we consume it without the taste or texture being too overpowering:

Ways to Use Coconut Oil...

1. In Coffee or Hot Drinks:

One of my favorite ways to [consume coconut oil](#) daily is in a cup of hot coffee or tea each morning. The trick is to blend the mixture enough for the oil to emulsify, which creates a creamy and rich consistency and not an oily consistency (which I personally don't like).

I'd been experimenting with my original favorite coffee recipe and adding [Collagen Hydrolysate](#) (an easily digestible form of [Gelatin](#)) and finally found the perfect blend. If you can tolerate Stevia, adding a few drops of [English Toffee](#) or Vanilla stevia makes this taste better than a coffee shop. If not, a splash of vanilla creates almost the same flavor.

I love that this recipe combines some of my favorite nutrient rich foods and is a good combination of fats and protein. I often drink this in the morning and have tons of energy and mental focus all day.



But why is the recipe a Superfood Latte?

Super Ingredients

- Grass fed butter is a great source of Vitamin K2 which helps decalcify arteries and is important for proper blood clotting. There is also research that it can lower the risk of heart disease. ([source](#))
- Coconut Oil (or [MCT oil](#)) is a great source of Lauric Acid and Medium Chain Fatty Acids, which are an excellent easy fuel source for the body and brain
- Collagen Hydrolysate is an easily digestible form of gelatin that supports skin, hair, nails and digestion and is a good source of protein. ([This is the collagen hydrolysate I use](#))
- Chicory and Dandelion root (if using) are naturally supportive of the liver. I order both [dandelion root](#) and [chicory root in bulk](#) and make them like coffee in a [glass french press](#).

If you are a latte fan and usually spend \$3-5 on a sugar-laden one at a coffee shop, try this real food recipe instead!

SUPERFOOD VANILLA LATTE RECIPE

Ingredients

- 1 cup of brewed [coffee](#) or herbal coffee alternative (see above for options)
- 1 tablespoon of grass fed butter like Kalona or Kerrygold
- 1 tablespoon of [coconut oil](#) or [MCT oil](#)
- 1 tablespoon (or more) [Collagen Hydrolysate](#) (work up slowly!)
- 5 drops of [vanilla stevia extract](#) or ½ tsp pure vanilla extract

Instructions

- 1 Brew coffee in a french press for best results, but any coffee will work.
- 2 Place brewed coffee, butter, coconut oil/ MCT, collagen and vanilla in a blender.
Note: do not use a magic bullet or other closed in blender as it can crack or explode.
- 3 Blend on high for 10-15 seconds until froth forms.
- 4 Drink and enjoy.

Here's another great variation to try:

SALTED CARAMEL LATTE RECIPE

Ingredients

- 1 cup of [organic coffee](#), [herbal coffee](#) or [chai tea](#)
- 1 tablespoon coconut oil (or MCT Oil - I get it here)
- 1 teaspoon organic grassfed salted butter (I get it here)
- sprinkle of Himalayan Salt
- ½ tsp vanilla
- 1 teaspoon of raw honey
- Optional: A sprinkle of sea salt and a drizzle of honey to top.

Instructions

- 1 Brew coffee.
- 2 Add all ingredients to a blender and blend on high for 15 seconds or until emulsified.
- 3 Drink immediately. Enjoy!



Notes

To make a mocha, add up to 1 tablespoon of cocoa powder when blending.

2. In Smoothies:

It's easy to hide the taste and texture of [coconut oil](#) in a smoothie, though sometimes it can leave clumps. I actually like the little crunchy pieces of coconut oil, but for those trying to hide the texture, the trick is to melt the coconut oil until it is just barely melted and add slowly as the smoothie is already being blended so it emulsifies in and doesn't clump.

We often add 1-2 tablespoons to a smoothie this way and the taste and texture aren't noticeable. Here's one recipe we love:

Ever want a smoothie, but don't want one packed with sugar that will leave you hungry in half an hour? For a filling snack or meal without the insulin spike, consider this delicious coconut based smoothie that is similar in taste and texture to a milkshake, but much more satisfying. It is even a fast on-the-go breakfast, and kids love it!



BRAIN POWER PROTEIN SMOOTHIE

Ingredients

- 2 cups [coconut milk](#)
- 1/4 cup [coconut oil](#)
- 2 tablespoons [Gelatin Powder](#) (our favorite- we use this [collagen hydrolysate](#) form in smoothies since it doesn't gel and is water soluble) [Here are some other ways we use gelatin.](#)
- 1/2 tsp vanilla
- 1 banana (optional)
- 2 or more egg yolks
- 1 cup ice
- flavor of choice: 1 TBSP organic cocoa powder, 1/2 cup strawberries, 1 tsp [cinnamon](#), etc.)

Instructions

- ① Put all ingredients into blender or Vitamix and blend until smooth.
- ② Wasn't that easy?!

This recipe can be adapted to fit your preferences. You can use cold brewed coffee, tea, almond milk, or coconut water as the base and add other fruits or flavors. The

main thing is to get the gelatin and coconut oil for the proteins and fats.

Note on Egg Yolks: Many people feel uncomfortable using raw egg in any form. After much research, I feel comfortable giving my children raw egg yolks as long as I know and trust the source of the eggs, but as always, do your own research before consuming any food raw!

3. Homemade Energy Bars

These are another kid favorite at our house. The kids love the taste and I like that they are packed with healthy fats and are a great natural source of energy. Here's our favorite recipe:

CHOCOLATE COCONUT ENERGY BARS

Serves: 4-6

Ingredients

- ½ cup [Cocoa Butter](#) (28-30 wafers)
- ½ cup [Coconut Oil](#)
- ¼ cup (or more to taste) honey
- ½ cup Cocoa Powder
- 1-1/5 cups [Shredded Coconut](#)
- ½ cup Chia Seeds (optional, can use extra Shredded Coconut instead)
- vanilla to taste (optional)
- [Stevia tincture](#) for extra sweetness (optional, to taste)

Instructions

- 1 Melt the cocoa butter in a small pan over low heat.
- 2 Add coconut oil and melt.
- 3 Add honey and stir well.
- 4 Stir in cocoa powder.
- 5 Stir in chia seeds (optional) and/or Shredded Coconut.
- 6 Add vanilla, stevia tincture or other flavors to taste (optional).
- 7 Pour into a parchment paper lined 9x13 baking dish and refrigerate for 1 hour or until hardened (can also freeze).
- 8 Cut into squares/bars and enjoy!

Notes

I don't recommend eating these in the evening! They tend to give a little too much energy!



4. Coconut Butter Cups

Just like the energy bars, these coconut butter cups are a favorite in our house. They are a little chocolate cup filled with coconut and [coconut oil](#) “butter” and can be flavored however you’d like.

These coconut butter cups are similar to my [coconut clusters](#), but slightly easier to make and without the coconut “texture” that many kids don’t like. They provide a lot of healthy fats and are a way to sneak some extra coconut into your kids’ diets.

If you liked Reeses cups in your non-real-food-days (*ahem*) these are a good healthy substitute. They don’t taste exactly like Reeses (no peanut butter or high fructose corn syrup) but are a good alternative.

We also sometimes bring these to events where there will be treats for the kids so that they have a healthier choice.

Ingredients

- 1 pound quality dark chocolate without soy ([I like these and they are gluten, dairy and soy free](#))
- 1 cup of [shredded coconut](#)
- 1 tablespoon [vanilla extract](#)
- 3 tablespoons [coconut oil](#)
- 10+ drops of [stevia extract](#) or to taste

Instructions

- ❶ In a blender or food processor, combine the shredded coconut, vanilla, 2 tablespoons of the coconut oil and the stevia extract and blend/pulse until thick and paste like. It will eventually start to resemble the thickness of almond butter or [coconut cream concentrate](#).
- ❷ Set the coconut mixture aside. In a double boiler or bowl on top of a small pot of boiling water, melt the chocolate with the remaining 1 tablespoon of coconut oil. When melted, remove from heat. Pour about a tablespoon of the melted chocolate into the bottom of 12 muffin cups (silicon work best) and rotate the muffin cup to coat the sides (I haven’t tried paper liners, but they might stick!). Make sure you only use about half of the chocolate mixture.
- ❸ Put the cups in the freezer to harden quickly once you have coated the bottom and sides of the muffin cups. When hardened, take each out and scoop out about a tablespoon of the coconut mixture into each cup and press down gently with



the back of the spoon to flatten. Cover the tops of the coconut mixture with more chocolate and put back into the freezer or fridge to harden.

- 4 Once completely set, remove from the muffin cups (will probably need to dip the tray into hot water if using metal muffin cups) and store in an airtight container.

5. Cooking and Stir fries

[Coconut oil's](#) high smoke point and concentration of stable saturated fats makes it a good choice for stir fries and cooking. We often use coconut oil as the base oil to coat the pan when cooking eggs, stir fries and other pan-cooked dishes.

[Many of the recipes on this page](#) (especially the stir-frys) use [coconut oil](#) as a base.

6. In Baking Recipes

[Coconut oil](#) can substitute for butter in most baking recipes and can also replace [margarine and vegetable oils](#) in most cases. [My recipe list](#) has many recipes that use coconut oil to help you get started.

7. for frying

If you're going to fry something, stable oils like [coconut oil](#), tallow and lard are great choices. This [coconut shrimp recipe](#) is one of my favorites as the coconut oil adds to the coconut flavor of the recipe.

At our house, we use coconut oil for pretty much everything... [This article has even more ways to use coconut oil.](#)

[From a previous article](#)



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.

Beauty Recipes with Coconut Oil

Coconut oil is also wonderful for skin and hair. It makes an excellent addition to most natural skin care products and is one of the skin care ingredients I always keep on hand. If you are new to making beauty products, here are some ingredients that are often helpful to have on hand:

1. Coconut Oil (of course!)

I order [Gold Label Coconut Oil](#) in five gallon buckets from [Tropical Traditions](#). This is by far my favorite coconut oil and I can tell a difference in taste and quality. We save a lot by buying in bulk, and since we use it to cook, in recipes and as a skin lotion by itself, it never goes to waste! (It also comes in smaller quantities!)

We will only use [Unrefined, organic coconut oil](#) in cooking, but a cheaper expeller pressed oil could be used in skin recipes to save money (though by ordering in bulk, we still get the good stuff for cheaper than the expeller pressed in the long run!).

For those sensitive to coconut, grass fed organic beef tallow can also be used and it is great for the skin, though you will need to add essential oils to cover the mild scent. We get our tallow in [five gallon buckets here](#).

2. Shea Butter

Our most used natural beauty ingredient after coconut oil. [Organic unrefined shea butter](#) has a naturally nutty, earthy smell (very mild) and is incredibly nourishing for the skin! I've heard many cases of children seeing improvement from eczema from using shea butter or a mix of it and coconut oil.

It has natural antibacterial properties and is great for preventing stretch marks, for wound healing, and as an anti-aging treatment for skin. It naturally has an SPF of about 5 and can be used as a daily sunscreen. I use shea butter in my lotion, lotion bars, deodorant, face cream, baby lotion, diaper cream and many other recipes!

3. Cocoa Butter

[Cocoa butter](#) is another “butter” and a great addition to natural beauty recipes. It is also an ingredient in organic homemade chocolate (recipe soon!). It imparts a delicate chocolate scent, and I love it mixed with mint or citrus in lotion bars, lotion or face cream. It can be used interchangeably with Shea Butter, though I find that my favorite recipes include Shea butter, Cocoa Butter, and Coconut Oil.

4. Beeswax

[Beeswax](#) is a great natural thickening agent, and high quality versions have a gently honey sent. (Note: I've heard from several readers that brands ordered from other sources had a very strong and off-putting odor and I can only vouch for this brand.) I use beeswax in lotions, lotion bars, baby care recipes, lip balm, foot cream, etc. Only a little is usually needed to thicken recipes, and a pound lasts us for at least six months.

5. Liquid Carrier Oil

Recipes like smoother lotions, baby oil, salves, and after-shave balms often need to be thinner than coconut oil and the butters will allow. In these cases, I use a liquid carrier oil. Most often, I use olive oil, almond oil, or [apricot kernel oil](#) (my favorite). Apricot Kernel has the most gentle scent and almond oil is also relatively unscented. Olive oil is typically the least expensive if you don't mind the olive scent in your recipes or if you plan to cover it up with essential oils.

6. Arrowroot Powder

I keep [Arrowroot](#) on hand for thickening sauces when cooking and it also gets added to a lot of natural recipes like deodorant, baby powder, diaper cream, dry shampoo, etc. It works much like cornstarch but isn't GMO like many corn products. I also use it in my homemade makeup recipes. I've only used this brand, and others have reported that brands from elsewhere are often not as finely ground and don't work

as well in skin recipes.

7. Essential Oils

Not technically needed, but [essential oils](#) give great natural scents to DIY beauty recipes and can also be very mood lifting. I get mine here in 8 ounce or larger quantities and they last literally years. Our favorites are [mint](#), [lavender](#), [lemon](#), [orange](#), and [sandalwood](#).

Some other helpful ingredients that can be added to the above recipes are:

- Dried herbs: especially [chamomile](#) and [calendula](#) for skin recipes
- Zinc oxide: for diaper cream and sunscreens
- Sugar: Not to eat but great for sugar scrubs!
- Baking Soda: For deodorant
- [Salt](#): For DIY hair spray or skin exfoliating
- Other [essential oils](#)
- Coconut Milk: for homemade shampoo
- [Liquid Castille Soap](#): for cleaning/washing and for homemade baby wipes.

Natural Beauty Recipes:

How to Make Healthy Homemade Deodorant

DEODORANT RECIPE 1

Ingredients

- 3 T [Coconut Oil](#)
- 3 T Baking Soda
- 2 T [Shea Butter](#)
- 2 T [Arrowroot](#) (optional)
- [Essential Oils](#) (optional)

Note: You can get [all the ingredients here](#).

Instructions

- 1 Melt shea butter and coconut oil in a double boiler over medium heat until barely melted. UPDATE: Combine in a quart size glass mason jar with a lid instead and place this in a small saucepan of water until melted. This will save your bowl and you can just designate this jar for these type of projects and not even need to wash it out...



- ② Remove from heat and add baking soda and arrowroot (If you don't have arrowroot, use more baking soda)
- ③ Mix well
- ④ Add essential oils and pour into a glass container for storage. It does not need to be stored in the fridge.
- ⑤ If you prefer, you can let it cool completely and put into an old deodorant stick for easier use, though it may melt in the summer!



If you don't have all those ingredients around, or don't want to wash a double boiler, this recipe is faster and easier:

DEODORANT RECIPE 2

Ingredients

- 6 T [coconut oil](#)
- 1/4 cup (4 T) baking soda
- 1/4 cup (4 T) [arrowroot](#) or cornstarch
- [essential oils](#) (optional)



Deodorant Bar Recipe:

Ingredients:

- 1/2 cup [coconut oil](#)
- 1/2 cup [shea butter](#), [cocoa butter](#) or [mango butter](#) (or a mix of all three equal to 1 part)
- 1/2 cup + 1 tsp [beeswax](#)
- Optional: Vitamin E oil to preserve. I added 1 tsp vitamin E oil for this recipe)
- 3 tablespoons baking soda (Omit this if you have sensitive skin and just use extra arrowroot)
- 1/2 cup [organic arrowroot powder](#)
- 2-3 capsules of high quality probiotics that don't need to be refrigerated ([I love Bio Kult brand](#))
- Optional: [Essential oils](#) of choice – I used about 20 drops of lavender essential oil



This recipe can be adjusted to make any quantity that you'd like by increasing the

amount of ingredients used. This batch made enough deodorant for my husband and I for about 2-3 months. You could also cut the recipe in half if you want to make a smaller amount.

How to Make:

- ① Combine coconut oil, shea (or other) butter, and beeswax in a double boiler, or a glass bowl over a smaller saucepan with 1 inch of water in it. UPDATE: Combine in a quart size glass mason jar with a lid instead and place this in a small saucepan of water until melted. This will save your bowl and you can just designate this jar for these type of projects and not even need to wash it out...
- ⑤ Turn the burner on and bring water to a boil. Stir ingredients constantly until they are melted and smooth:
- ⑤ Remove from heat and add the vitamin E oil, baking soda, arrowroot powder, probiotics, and essential oils. Make sure the mixture is not hot to the touch (warm is ok) so that the heat doesn't kill the probiotics.
- ⑤ Gently stir by hand until all ingredients are incorporated.
- ⑤ If you will be making these into bars, pour into muffin tins or other molds while still liquid. If you will be putting into an old deodorant container to use like stick deodorant, let the mixture harden for about 15-20 minutes at room temperature to harden and when it is about the consistency of peanut butter, use a spoon to scoop into the deodorant tube and pack down to fill. Then, leave the cap off overnight to completely harden before using.

Homemade sugar scrubs:

FACT: Sugar is not good for your intestines!

FACT: Sugar can be very good for your skin...

Those expensive sugar scrubs you see in department stores and spas... they cost pennies to make! Sugar scrubs are a simple beauty recipe with countless variations, and they can be incredibly moisturizing and exfoliating to the skin.

If you are new to making your own [beauty products](#) (or even if you are a veteran natural beauty alchemist) I highly encourage you to try out these sugar scrub recipes. They can be used on face, body, and (especially) feet, for silky skin. You can add endless ingredients for your desired outcome, and they take under ten minutes to make.

Convinced yet?

Here's The Basic Recipe:

Use 2 parts sugar (regular white or brown sugar work great) to 1 part oil (almond, olive and [coconut](#) are great), add 1/2 tsp Vitamin E oil (or the gel from a few capsules), add other optional ingredients, and mix well.
Sound simple? It is!

Here are a few of my favorite combinations:

- **Pumpkin Pie Scrub:** 1 cup of brown sugar, 1/2 cup [coconut oil](#), 1/2 tsp [vitamin E oil](#) and 1/2 tsp pumpkin pie spices (or just 1/2 tsp [cinnamon](#))
- **Vanilla Brown Sugar Scrub:** 1 cup brown sugar, 1/2 cup almond oil, 1/2 tsp [Vitamin E oil](#) and 1 tsp [real vanilla extract](#)
- **Lemon Hand Scrub (for after washing dishes):** 1 cup white sugar, 1/2 cup olive oil, 1/2 tsp [vitamin E oil](#), 15-20 drops (or more) of [lemon or orange essential oil](#)
- **Vanilla Lavender Relaxing Facial Scrub:** 1 cup white sugar, 1/2 cup almond oil, 1/2 tsp [Vitamin E oil](#), 1/2 tsp real vanilla extract and 15 drops [lavender essential oil](#)

These last on the counter for up to 2 months (or more) and smell good enough to eat... Actually, they are good enough to eat, but don't... sugar is bad for your intestines!

All of the ingredients (except the sugar) are [available in high quality organics here](#).

Lotion Bars:

Lotion bars are one of my favorite natural beauty recipes. They combine skin nourishing ingredients like coconut oil, cocoa butter, shea butter and essential oils to make one of the best skin care products I've ever used.



Ingredients

- 1 part [coconut oil](#)
- 1 part [shea butter](#), [cocoa butter](#) or [mango butter](#) (or a mix of all three equal to 1 part) [**NOTE:** Shea and Mango Butters are currently out of stock, but [Cocoa, Illipe or Kokum butter can be used in equal parts and all are available here](#)]
- 1 part [beeswax](#) (can add an extra ounce or two if you want a thicker consistency, which leaves less lotion on the skin when used)
- Optional: Vitamin E oil to preserve. I added 1 tsp vitamin E oil for this recipe made with 1 cup of each ingredient)

This recipe can be adjusted to make any quantity that you'd like. I made with 1 part=1 cup so I used 1 cup of coconut oil, 1 cup beeswax and 1/3 cup each of shea butter,

cocoa butter and mango butter (though I could have used 1 cup of any of the individual ones). I also added about 50 drops of lavender essential oil. I set them in silicon baking cups though any mold or shape would work. The recipe I used made exactly 12 lotion bars.

Instructions

- 1 Combine all ingredients (except essential oils if using) in a double boiler, or a glass bowl over a smaller saucepan with 1 inch of water in it. UPDATE: Combine in a quart size glass mason jar with a lid instead and place this in a small saucepan of water until melted. This will save your bowl and you can just designate this jar for these type of projects and not even need to wash it out...
- 2 Turn the burner on and bring water to a boil. Stir ingredients constantly until they are melted and smooth:
- 3 Remove from heat and add the essential oils.
- 4 Gently stir by hand until essential oils are incorporated.
- 5 Carefully pour into molds or whatever you will be allowing the lotion bars to harden in. I used these silicon baking cups, though any mold would work.
- 6 Allow the lotion bars to cool completely before attempting to pop out of molds.



These could be made in different shaped molds for different holiday gifts (hearts for valentines, flowers for Mother's day, etc.) or made in a square baking pan and then cut into actual bars.

Don't Want To Make Them?

If you want to use lotion bars but don't have the time/ingredients to make them yourself, I found a great small business, [Made On](#), that makes all kinds of lotion bars, soaps, natural baby products and hair products that are up to my standards. Their website is [HardLotion.com](#) and they have agreed to give Wellness Mama readers a 10% discount on all orders with the code "wellnessmama" [at this link](#). (Note: Affiliate link... the price is discounted for you and I get a small commission to support my blog!)

Other Lotion Bar Variations:

SUNSCREEN BAR

Ingredients:

- 1 cup coconut oil (I get mine [here](#))
- 1 cup [shea butter](#), [cocoa butter](#) or [mango butter](#) (or a mix of all three equal to 1 cup)
- 1 cup [beeswax](#) (can add an extra ounce or two if you want a thicker consistency, which leaves less lotion on the skin when used)(I get mine [here](#))
- 2 tablespoons (or more) of [non-nano Zinc Oxide](#)
- Optional: Vitamin E oil to preserve. I added 1 tsp vitamin E oil for this recipe made with 1 cup of each ingredient)
- Optional: a few drops of vanilla or essential oil for scent (do not use citrus oils!)

Instructions:

- 1 Combine all ingredients (except zinc oxide and essential oils if using) in a double boiler, or a glass bowl over a smaller saucepan with 1 inch of water in it.
- 2 Turn the burner on and bring water to a boil. Stir ingredients constantly until they are melted and smooth.
- 3 Remove from heat and add the zinc oxide powder and essential oils.
- 4 Gently stir by hand until essential oils are incorporated.
- 5 Carefully pour into molds or whatever you will be allowing the lotion bars to harden in. I used these silicon baking cups, though any mold would work. This recipe exactly filled 12 silicon baking cups when I made it.
- 6 Allow the lotion bars to cool completely before attempting to pop out of molds. These could be made in different shaped molds for different holiday gifts (hearts for valentines, flowers for Mother's day, etc.) or made in a square baking pan and then cut into actual bars.

They can be stored at room temperature or in the fridge or freezer for longer term storage. Keep below 80 degrees or they will melt! Adjust coverage to your needs and be careful not to burn while determining how long you can spend in the sun with these.



Bug Off Lotion Bar

Ingredients

- 1 cup [coconut oil](#)
- 1/2 cup [shea butter](#), [cocoa butter](#) or [mango butter](#) (or a mix of all three equal to 1 part)
- 1/2 cup [beeswax](#) + 2 tablespoons
- 1/4 cup fresh or [dried rosemary leaves](#)
- 1 teaspoon dried whole cloves
- 2 tablespoons dried or fresh thyme
- 1/2 teaspoon [cinnamon powder](#)
- 1/4 cup [dried catnip leaf](#)
- 1 (or more) tablespoons of mint leaf (optional but adds great scent)
- Optional: 1 teaspoon [Vitamin E oil](#) to preserve.
- Essential Oils (optional but good): [Bug off blend](#) (contains all of the above), lavender and lemon (10+ drops of each)



All ingredients available at [Mountain Rose Herbs](#).

Instructions

This version has an extra step that the original Lotion Bars didn't have. To save money on essential oils, we actually infuse the herbs into the coconut oil.

Using a double boiler or glass bowl on top of a small saucepan, heat about 1 inch of water (in bottom pan) until starting to boil. Place the dried rosemary, cloves, thyme, cinnamon, catnip and mint in the top part of the double boiler and add the coconut oil (can also use almond, olive or other oil but you will need to add more beeswax later on to get the bars to firm).

Cover the bowl or top part of the double boiler and keep the water at medium/high temperature for at least 30 minutes or until oil has adopted a darker color and smells strongly of rosemary. Alternately, you can fill a crock pot about half full with water, put the coconut oil and herbs in a glass mason jar with a tight lid, cover and keep on lowest setting for several days to make an even stronger infused oil.

Then, strain the dried herbs out of the oil using a small mesh strainer or cheesecloth and pour the oil back into the double boiler. The oil will probably be reduced by almost half and you should have about 1/2 cup of the infused oil. If you have more, save it for next time!

Add the butter(s) and beeswax to the double boiler and stir until all have melted. Remove from heat, add the Vitamin E oil and any other essential oils and pour into molds. These are [the molds I used](#) but I also love [these Sunflower ones](#) and [these](#)

[heart ones](#), which would both be great for gifts. There are also [simple flower molds](#) and [actual bar shaped ones](#).

Leave in the molds until completely set (overnight is best) or you can speed up the process by placing in the fridge.

To use: Rub the bars on exposed areas of DRY skin to protect against mosquitos. If you are pregnant, check to make sure any herbs you use are safe for pregnancy and omit the ones that aren't.

This lotion bar was inspired by a reader from Hawaii who mentioned that she added coffee infused oil to get a bronzing effect. This inspired me to create a bronzing/bug-repelling/sunscreen bar that would be great for the beach. The sunscreen part is optional as we like to get Vitamin D when possible. If you aren't used to natural sunscreens, I would test this carefully at first as it still low SPF.

I found that these bars left a mild bronzing effect, a little sun protection and pest protection. These also smelled wonderful and summery! I'm packing a bunch for the beach (tip: keep in the cooler though so they don't melt!). If you'd prefer, the beeswax can be left out for a lotion instead.

How to Infuse Coconut Oil with Coffee:

To get the natural bronzing effect, I infused coconut oil with finely ground coffee. I made a big batch so I'd have some to store, but you could cut this in half.

To start: Place 2 cups of coconut oil in a small saucepan or double boiler. Add 1 cup of very finely ground coffee (the finer the better). Simmer on low heat, stirring often, for several hours until the oil takes on a dark color. Strain through cheesecloth or old t-shirt and let cool. Use this for the coconut oil in the recipe below.

BRONZING LOTION BARS

Ingredients

- ½ cup coffee-infused [coconut oil](#) (see above)
- ⅓ cup [beeswax](#)
- ¼ cup [Shea butter](#)
- 1 tablespoon [non nano zinc oxide powder](#) (optional)
- 10 drops of bug repellent essential oils (I used this one)
- [dark mineral makeup](#) for extra bronzing-optional- to color (start with about ½ tsp)



Instructions

- 1 Combine all ingredients except essential oil in a quart size glass mason jar and carefully place this jar in a small saucepan of water on the stove.
- 2 Turn the burner on and bring water to a low simmer. Stir ingredients constantly until they are melted and smooth.
- 3 Add essential oils and stir until mixed.
- 4 Carefully pour into molds or whatever you will be allowing the lotion bars to harden in. I used [these silicon flower molds](#), though any mold would work.
- 5 Allow the lotion bars to cool completely before attempting to pop out of molds. These could be made in different shaped molds or made in a square baking pan and then cut into actual bars.

How to Use:

Store in a cool or dry place for up to six months.

To apply to skin: hold bar in hand and carefully rub on dry skin. The heat of the skin will transfer some of the lotion bar to the skin. I store my lotion bars on a small plate on my dresser and bathroom counter. Add more or less menthol for a more or less potent bar.

Additional Notes

The dark color will not show in the bar, especially if you add zinc oxide but will darken the skin.

For extra bronzing, 1/2 tsp of [dark mineral makeup](#) can be added.

If you are new to using natural sunscreens, increase sun exposure gradually to make sure you do not burn. The zinc oxide is optional if you would prefer just a bronzing bar. Some color can transfer to light color clothing, so be careful wearing white or light colors until lotion has fully absorbed in to skin.

These natural pain relief lotion bars smell excellent and work wonders on sore or tired muscles! Here's where I got the ingredients:

- [coconut oil](#)
- [shea butter](#), [cocoa butter](#) or [mango butter](#)
- [beeswax](#)
- [Menthol Crystals](#)
- Peppermint Essential Oil
- [Arnica Oil](#) (optional)

PAIN RELIEF LOTION BARS

Ingredients

- 1/3 cup coconut oil
- 1/3 cup shea butter, cocoa butter or mango butter
- 1/3 cup beeswax (can add an extra ounce or two if you want a thicker consistency, which leaves less lotion on the skin when used)
- 1 tablespoon of Menthol Crystals

- 10 drops Peppermint Essential Oil
- ½ tsp Arnica Oil (optional)

This recipe can be adjusted to make any quantity that you'd like. I made with ½ cup of each main ingredients, but this can be adjusted up or down for bigger or smaller batches.

Instructions

- 1 Combine all ingredients in a quart size glass mason jar and carefully place this jar in a small saucepan of water on the stove.
- 2 Turn the burner on and bring water to a low simmer. Stir ingredients constantly until they are melted and smooth.
- 3 Remove from heat and stir in the menthol crystals and stir until dissolved.
- 4 Add essential oils and arnica oil (optional) and stir until mixed.
- 5 Carefully pour into molds or whatever you will be allowing the lotion bars to harden in. I used these silicon loaf molds, though any mold would work.
- 6 Allow the lotion bars to cool completely before attempting to pop out of molds. These could be made in different shaped molds or made in a square baking pan and then cut into actual bars.



Other Beauty Recipes with Coconut Oil:

Lip chap is a very simple item to make at home and it saves a lot of money over buying organic brands at the store. These also make a great gift item, stocking stuffer or a safe play make up for kids. I keep a lot on hand when doula-ing to give to laboring moms as hospital air can really dry out skin and lips.

Homemade lip chap uses all natural ingredients that [can also be used to make dozens of other natural skin and body care recipes](#).

Since lip products are applied right next to the mouth and nose, I find it especially important to make sure they contain all natural ingredients, especially if children use them also. Lip chap is an incredibly easy recipe that can be customized to your preferences. I pour them in to these inexpensive [lip chap containers](#) for easy application, but re-using little jars or tins works really well too. (I had a bunch of tiny sample size jam jars that were in our room at a hotel one time and they are perfect for this as well).



If you haven't made your own beauty products before, I'd encourage you to try it! With a lot of the same ingredients, you can make a [natural lip salve](#), [tinted lip balm](#) or even [homemade lipstick](#).

The basic Lip Chap recipe is below, but have fun experimenting with the oils and flavors to get the scent and flavor you like. Mint is my favorite, especially in the winter!

HOMEMADE LIP CHAP RECIPE

Ingredients

- 1 part [beeswax](#) (example- 1 tablespoon)
- 2 parts [shea](#), [cocoa](#) or [mango butter](#) (example-2 tablespoons)
- 2 parts [coconut oil](#) (example-2 tablespoons)
- 20 drops of [essential oil](#) of choice (or more or less to your preference) I use 20+ drops of peppermint essential oil for a cooling and refreshing lip chap.

Instructions

- 1 Put about an inch of water in the bottom of a small pan and turn on medium heat.
- 2 Place a small (pint size or smaller) jar in the water, being careful not to get in water inside the jar.
- 3 Place all ingredients except the essential oils inside the glass jar and slowly melt, making sure not to get any water in jar. I use 2 tablespoons each of the butter(s) and coconut oil and 1 tablespoons of beeswax. This fills about 18 tubes.
- 4 When all ingredients are melted, stir well and turn off heat, but leave jar in the water to keep warm.
- 5 Stir in the essential oils.
- 6 Use a glass dropper to quickly fill the [containers](#). I leave the jar in the water but turn off the heat to keep the ingredients liquid while I do this.
- 7 The mixture will settle slightly as it cools, so I also re-top the containers after about 2 minutes as they start to harden.
- 8 Let sit without touching for several hours or until completely hardened.
- 9 Store in a cool dry place (they will last for at least a year if stored correctly).
- 10 Enjoy!

Notes

This will make a medium firm lip chap. If you prefer a firmer and longer lasting lip chap, you can add more beeswax, up to double the recommended amount. If you prefer a smoother and more oily lip chap, you can reduce the amount of beeswax.

Natural Tinted (or un-tinted) Lip Balm is a great alternative for those (like me) who don't regularly wear lipstick. If you are a lipstick girl, check out this recipe for



[homemade lipstick](#).

Tinted Lip Balm is a smoother and glossier recipe than lipstick, and more like a traditional lip gloss. It is made with completely natural ingredients and a little goes a really long way. I colored the one above with a tiny drop of natural red food coloring and added lemon and vanilla for scent, though you could leave it unscented or add an essential oil you like.

I re-used an old tin for this recipe, but [Mountain Rose Herbs](#) sells cute 1/2 ounce and 1 ounce tins that I use when I make these for gifts. By adding slightly more beeswax, this also makes a great lip balm in a chap stick container as well. My daughter also loves this lip balm because it is a natural recipe so I'll let her use a tiny amount and she feels special because she is wearing "make-up."

NATURAL TINTED LIP BALM RECIPE

Ingredients

- 2 tablespoons [coconut oil](#)
- 1 tablespoon [beeswax pastilles](#) (or 2 Tablespoons if making in lip chap containers)
- 1 tablespoon [Shea Butter](#) or [Cocoa Butter](#)
- This base recipe will fill about 6 small tins or about 10 plastic lip chap containers. I get mine [here](#).

Instructions

- 1 Melt the coconut oil, beeswax and shea/cocoa butter in a glass jar sitting in a small pot of simmering water (not boiling) and stir gently until melted (be careful not to get any water into the mixture).
- 2 When melted, carefully stir in any colors or essential oils, if using. My favorite is lemon and vanilla for scent and a little red coloring or cocoa powder for color. A couple drops of peppermint will make it similar to Burt's Bees Lip Chap.
- 3 Once colors/scents are mixed in, use a dropper to transfer to tins or lip chap containers. Let cool.
- 4 Apply the versions in the tins with your finger or use the version in plastic container as you would regular lip chap.

Optional Add-Ins For Red Hues:

- 1/2 teaspoon of beet root powder or 1 drop of natural red food coloring with no chemical additives. **NOTE:** Add these very slowly as a little goes a long way! I added one drop of natural red food coloring to the recipe above!
- For Brown/Tan Hues: 1/4 teaspoon (or more for color) of organic cocoa powder, a



tiny pinch of cinnamon or turmeric to get the shade you want For Scent: A drop of essential oil of choice (optional)

- You can customize your lotion to your skin type and desired scent, and you can even make it for baby (calendula and chamomile...)

There are endless variations, but some of my favorites are:

- Calendula and Chamomile for baby
- Rosewater and Almond Oil
- Peppermint, Wintergreen, and Ginger for sore muscles
- Coconut and Calendula for face
- Mint and green tea
- Lavender and vanilla

I've included my basic recipe below. You can customize by adding different essential oils, infusing your oils with herbs first using shea or cocoa butter in place of the coconut oil for more of a body-butter consistency.

NOTE: This is an improved recipe since many people were having trouble getting the temperatures exactly right to get the lotion to emulsify (as per the comments below). This recipe will not have any of those issues!

ORGANIC HOMEMADE LOTION

Ingredients:

- 1/2 cup almond or olive oil (can infuse with herbs first if desired)
- 1/4 cup [coconut oil](#)
- 1/4 cup beeswax
- Optional: 1 teaspoon Vitamin E oil
- Optional: 2 tablespoons [Shea Butter](#) or [Cocoa Butter](#)
- Optional: Essential Oils, Vanilla Extract or other natural extracts to suit your preference



Note: All ingredients and many essential oils are [available here](#).

Instructions:

- ① Combine ingredients in a pint sized or larger glass jar. I have a mason jar that I keep just for making lotions and lotion bars, or you can even reuse a glass jar from pickles, olives or other foods.
- ② Fill a medium saucepan with a couple inches of water and place over medium heat.
- ③ Put a lid on the jar loosely and place in the pan with the water.

- ④ As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely melted, pour into whatever jar or tin you will use for storage. Small mason jars (8 ounce) are great for this. It will not pump well in a lotion pump!
- ⑤ Use as you would regular lotion. This has a longer shelf life than some homemade lotion recipes since all ingredients are already shelf stable and not water is added. Use within 6 months for best moisturizing benefits.

Note: A little goes a long way! This lotion is incredibly nourishing and is also great for diaper rash on baby, for eczema and for preventing stretch marks!

I've posted before about [how to make your own magnesium oil](#), and I've seen posts on other blogs on [how to make magnesium lotion](#). For summer, I wanted to figure out a recipe for a magnesium infused body butter that would also double as a mild sunscreen/tanning cream and I'm finally happy with the result. (Not sure why you'd add magnesium to lotion? [This article talks about the benefits of magnesium](#))

This recipe uses all natural moisturizing ingredients and makes skin soft and silky. It is great for kids too and doesn't have the tingling that regular magnesium oil has when you first start using it.

Magnesium Body Butter doesn't have any preservatives, so I make in smaller batches and keep for up to two months without a problem. It can also be stored in the fridge for a thicker and cooling lotion that is great to use after sun exposure to help the body absorb Vitamin D.

[Coconut oil](#) and [shea butter](#) are both naturally SPF of 4-5 and magnesium is needed for absorption of Vitamin D, so this lotion is great for mild sun exposure. I use this or regular magnesium oil on my kids feet each night to help them sleep and boost magnesium levels. It is also great on sore muscles. You can add [essential oils](#) for scent, but be careful about essential oil use during pregnancy, and don't use citrus oils if you'll be using this in the sun as they increase sun sensitivity.



MAGNESIUM BODY BUTTER

Ingredients

- ½ cup [Magnesium Flakes](#) + 3 Tablespoons boiling water (Or ½ cup of [pre-made magnesium oil](#), though this won't yield as much magnesium in the final product)
- ¼ cup [unrefined coconut oil](#)
- 2 Tablespoons [Beeswax Pastilles](#)

- 3 Tablespoons [Shea Butter](#)

Instructions

- ① Pour 3 tablespoons of boiling water in to the magnesium flakes in a small container and stir until it dissolves. This will create a thick liquid. Set aside to cool.
- ② In a quart size mason jar inside a small pan with 1 inch of water, combine the coconut oil, beeswax and shea butter and turn on medium heat.
- ③ When melted, remove the jar from the pan and let the mixture cool until room temp and slightly opaque. At this point, put in to a medium bowl or into a blender.
- ④ If in a bowl, use a hand blender or immersion blender on medium speed and start blending the oil mixture.
- ⑤ Slowly (starting with a drop at a time) add the dissolved magnesium mixture to the oil mixture while continuing blending until all of the magnesium mix is added and it is well-mixed.
- ⑥ Put in the fridge for 15 minutes and re-blend to get body butter consistency.
- ⑦ Store in fridge for a cooling lotion (best consistency) or at room temp for up to two months.

I've shared my [homemade baby care recipes](#) before but I get a lot of questions about variations of the natural diaper cream specifically. I've played around with some recipes and settled on one that is by far more effective than any other options I've found.

I chose all of the ingredients for this natural diaper cream recipe for a very specific reason and together they are really effective at battling diaper rash. For this recipe, I use:

Shea Butter – I use this as one of the core ingredients in homemade diaper cream because contains the fat soluble vitamins A and E. It is soothing to the skin and has a natural SPF of about 6. Additionally, it helps protect skin from drying out since it contains five essential fatty acids. The two brands I've tried are [this one from Mountain Rose Herbs](#) (my favorite) and [this one from Amazon](#).

Coconut Oil – [I use coconut oil for everything](#), but it is especially helpful in diaper cream since it is naturally antibacterial and anti-fungal. It is actually pretty effective on many types of diaper rash if used alone but is more effective when combined with these other ingredients. I use [this coconut oil](#) but any unrefined coconut oil will work.

Beeswax- Provides a protective barrier for the skin and helps hold the other ingredients to the skin so they can be effective. I've used [this beeswax from Mountain Rose Herbs](#) and [this one](#).

Fermented Cod Liver Oil Liquid- A secret ingredient for helping heal baby's bottom. Fish oil is often used in conventional diaper creams but the Weston A. Price foundation recommends fermented cod liver oil as a first food and used on a baby's bottom since it is a good source of fat soluble vitamins and baby will only absorb what is needed from the skin. This ingredient is optional but helpful. I prefer [Green](#)

[Pastures Fermented Cod Liver Oil](#) but for this recipe, a [high quality regular cod liver oil](#) works as well. Note that this can go rancid so you won't want to use this ingredient if you don't plan to use the cream within about 3 months.

DHA/EPA (Optional)- [I recently started taking this brand of Omega-3s](#) in addition to cod liver oil and I opened a few capsules and added them to the diaper cream for some additional DHA and EPA.

Zinc Oxide- An ingredient in main brands like Desitin and Balmex, zinc oxide is insoluble in water and coats the skin. When mixed with the other ingredients, it makes skin water proof and keeps it from drying out. If you rub a small amount of this cream on your arm, you'll notice that water beads on top of your skin and won't absorb. I use [this non-nano zinc oxide](#).

Bentonite Clay- Helps control moisture and fights bacteria on the skin that can be making the rash worse. [I like this brand](#).

NATURAL DIAPER CREAM

Ingredients

- 1/4 cup shea butter
- 1/4 cup coconut oil
- 1 Tablespoon beeswax pastilles
- 2 Tablespoons Fermented Cod Liver Oil
- 2 Capsules of Real Dose (optional)
- 2 tablespoons zinc oxide powder
- 1 tablespoon bentonite clay
- Optional: A few drops of chamomile essential oil



Instructions

- 1 Mix shea butter, coconut oil and beeswax in a double boiler or glass bowl over a small saucepan with an inch of water. Bring water to a boil and melt the ingredients. I keep a double boiler just for making beauty products since it is difficult to clean dishes after making anything with beeswax or zinc oxide.
- 2 Remove from heat and add the Fermented Cod Liver Oil, Real Dose, Zinc Oxide, Bentonite Clay and Essential Oil (if using).
- 3 Stir carefully as it starts to cool. I recommend using a popsicle stick or disposable straw to stir so it can be discarded since it is difficult to get the mixture off of dishes.
- 4 Pour in to container you are going to use to store it and stir a few more times as it cools.
- 5 Store in an airtight container in a cool, dry place for up to 3 months.
- 6 Use as needed for diaper rash.

Coconut Oil for Teeth?

I've noticed definite changes in my teeth over the last few months. My teeth are whiter than they've ever been and everyone who I've asked to try this toothpaste has remarked that it makes their teeth feel very clean.

The most surprising change in my teeth, however, was that they are no longer sensitive to cold! For as long as I can remember, biting in to anything cold (or even thinking of it!) made me shutter and hurt my front teeth. A few weeks ago when we made homemade ice cream, I noticed that I could eat it without my teeth hurting at all! I have never been able to do this at any point I can remember!

I even emailed the recipe to a friend of mine who is a holistic dentist to get his opinion on it. He tried it and told me that not only should it get teeth clean, but it could very well also speed up the remineralizing process.

This recipe is kid-approved, and since it has no fluoride, its safe on babies, toddlers, and those with thyroid problems.

If you want to whiten teeth, improve an oral health problem or just try a natural alternative to commercial toothpastes that contain harmful ingredients, definitely try making this toothpaste!

HOMEMADE REMINERALIZING TOOTHPASTE

Ingredients:

- 5 parts [Calcium powder](#)
- 1 part Diatomaceous Earth (optional- contains trace minerals and silica. UPDATE: A reader noted that DE can be abrasive and is not needed with the baking soda, so if you don't have DE... no worries!)
- 2 parts Baking Soda
- 3 parts [Xylitol Powder](#)- This ingredient is not completely necessary, but just keeps it from tasting bitter.



- 3-5 parts [coconut oil](#) to get desired texture
- Optional ingredients: Essential oils for flavor (mint, cinnamon, and orange are all good), Grapefruit Seed Extract, Myrrh and Trace Minerals

[**Note:** To keep things simple, I just use a teaspoon or tablespoon, depending on the size batch I'm making, so the above recipe would read 5 TBSP calcium powder, 2 TBSP Baking Soda, etc.]

How To Make Natural Remineralizing Toothpaste

- 1 Mix all powdered ingredients (calcium, Baking Soda, Xylitol) well in a bowl. If you are starting with calcium tablets, powder them in a food processor. If you are starting with capsules, dump them out into the bowl.
- 2 Add Coconut Oil one part at a time until you get desired consistency.
- 3 Add any optional ingredients, including Essential Oils for flavor (my favorite is Peppermint Orange)
- 4 Store in small container like 1/2 pint glass jar. To use, either dip clean toothbrush into it, or use Popsicle stick or spoon to put on toothbrush. I've also thought of storing in a plastic bag with a corner cut off to be able to squeeze like toothpaste, but haven't tried it yet.

I wrote [about oil pulling](#) a couple of years ago, before it gained mainstream attention in the news and on fashion blogs.

It is something I've been doing off and on for years and that I see noticeable effects from. I figured that [whitening my teeth with charcoal](#) would be my most controversial oral health habit, but some recent controversy in the comments on an oil pulling post has convinced me otherwise.



What is Oil Pulling?

As I explained in a [past post](#):

“Oil pulling is an age-old remedy that uses natural substances to clean and detoxify teeth and gums. It has the added effect of whitening teeth naturally and evidence even shows that it is beneficial in improving gums and removing harmful bacteria!

The basic idea is that oil is swished in the mouth for a short time each day and that this action helps improve oral health. Just as with [Oil Cleansing](#) for the skin, the principle of “like dissolves like” applies, as oil is able to cut through plaque and remove toxins without disturbing the teeth or gums.”



Essentially, oil pulling is just using a high quality organic oil as a mouthwash to help cleanse the mouth. Really, it could be called “oil-swishing” as the word “pulling” can be confusing but it refers to the idea that the oil is pulling bacteria out of the gums.

The oils that should be used for oil pulling are food grade and can also be eaten. Despite the fact that the oils can be consumed, some people get really upset about the idea of oil pulling and it has been a source of controversy in the media (isn't everything a source of controversy in the media?)

When oil pulling, the oils (especially oils with naturally antibacterial properties) bind to the biofilm, or plaque, on the teeth and reduce the number of bacteria in the mouth. *Streptococcus Mutans* is one of the bacteria that is prominent in the mouth and it has been studied for its role in tooth decay and gum disease. Oil pulling [has been shown to reduce the number of Streptococcus Mutans bacteria in the mouth](#), especially when done with coconut oil.

The only warning I'd give about oil pulling is not to use it as a replacement for normal oral hygiene and teeth brushing.

What Type of Oil?

Traditional cultures use sesame or sunflower oil for oil pulling but I personally prefer to use coconut oil for several reasons.

Coconut oil is [effective in attacking Streptococcus Mutans bacteria](#) which causes cavities. It is rich in medium chain triglycerides and high in lauric acid.

Coconut oil has [dozens of uses](#), and we already have it in every room of the house since we use it in [toothpaste](#), [deodorant](#), in cooking and [even as a coffee creamer](#). In my personal experience, coconut oil is also more effective at removing plaque and whitening teeth than sesame oil, though I don't have any scientific studies that prove the difference.

How to Use Coconut Oil for Oil Pulling

- 1 Put 1-2 teaspoons of coconut oil into the mouth. I also pour a few drops of [Brushing Blend](#) or [Oregano Essential Oil](#) (naturally antibacterial) into the mix.
- 1 Swish for 20 minutes. Apparently the timing is key, according to Dr. Bruce Fife, author of [Oil Pulling Therapy](#), as this is long enough to break through plaque and bacteria but not long enough that the body starts re-absorbing the toxins and bacteria. The oil will get thicker and milky as it mixed with saliva during this time and it should be creamy-white when spit out.
- 1 Spit oil into the trash can. Especially if you have a septic system like I do... don't spit into the sink! Do not swallow the oil as it is hopefully full of bacteria and plaque that are now not in the mouth!
- 1 Rinse well with warm water. Warm water seems to clean the mouth better (my opinion). Occasionally, I swish with salt water which seems more effective but is also more work.
- 1 Brush well. I prefer to brush with [Brushing Blend](#) or [homemade toothpaste](#) to make sure any remaining bacteria is removed.

Note: At the suggestion of a friend, I've also experimented with using [MCT oil](#) in place of coconut oil. MCT oil is a great option for those who don't like the taste of coconut oil but still want the benefits. It is more expensive but I really like the combination of MCT oil and essential oils for oil pulling.

For more information on how I use oil pulling and on my other natural oral health resources, [check out my oral health page](#).

Coconut oil for pets...

Our cat "Peneolope" and our dog "Daisy" (and currently her seven puppies) are also big fans of coconut oil.

Many of the health benefits of coconut oil for humans also apply to animals. From [a past post](#):

- "Coconuts are an excellent source of nutrition and have healthful meat, juice, and oil. The oil is arguably the most nutritious and has many health benefits. Coconut oil is over 90% saturated fat and has antimicrobial, antibacterial, and antifungal properties.
- [Coconut oil](#) also has antioxidant properties and it helps in the absorption of other minerals.
- Coconut oil is an incredible source of medium chain fatty acids (MCFAs), which

have been shown to have many health benefits.

- Lauric acid in coconut oil in combination with oregano oil, [has even been found more effective in fighting the staph bacteria than antibiotics](#). Lauric acid has also been shown to be preventative against some cancers. Coconut Oil is over 40% lauric acid, the richest source naturally available.”

We’ve used coconut oil with our pets for years. I started researching ways to use coconut oil for pets when our cat went crazy trying to eat food from our plates every time I cooked with coconut oil.



Turns out that coconut oil can help aid pets’ digestion, improve their coats, help prevent infection and more. Carnivorous animals like cats and dogs would have consumed a high amount of saturated fat in the wild and the beneficial fats in coconut oil are a great way to make sure they are getting enough in their diets. Our pets also receive a partially raw meat diet to help keep them healthy.

[Doginton Post](#) offers some ways to use coconut oil with pets:

“It can be given internally or applied externally, and can provide remedies for many skin infections. It can disinfect cuts and improve your dog’s general skin and coat condition, making it healthier. Wounds also heal faster with coconut oil, and it helps to deodorize your dog’s skin and clear up some rashes as well.

And unlike most herbal products that are good for your dog’s health, coconut is something that your dog will most probably love to eat. They will most likely gobble up the coconut oil and not be too picky with it. Just as humans can get a bit nutty for coconut, so can our beloved buddies. Mix it with their food – it has cured many picky eaters.

Many vets and researchers today are recommending the regular use of coconut oil for dogs and many other pets as an excellent source of nutrients, which keeps your dog in good health.

The recommended dose is pretty easy; just give a teaspoon of coconut oil per 10 pounds of dog, or you can give a table spoon per 30 pounds. Start with about 1/4 the recommended dosage and build up to the recommended level over 3-4 weeks, as sometimes flu-like symptoms can appear if you hurried it right away.”

How to Use Coconut Oil for Cats and Dogs

We give our pets coconut oil in their food every day and use it externally on their coats. Here's what we do:

- Our cat gets a teaspoon a day in food (we started with 1/4 of a teaspoon and worked up over a month)
- Our dog (about 55 lbs) gets 2 tablespoons a day in food (we started with 1 teaspoon and worked up over a month)
- To help ward off fleas, both get brushed with coconut oil every few weeks, especially in summer
- For any dry skin or skin issues, we use coconut oil (or honey) on the skin as needed
- Nursing puppies get coconut oil added to first foods when they start eating

Other uses for coconut oil:

If that didn't give you enough ideas, here are some reader suggested ways to use coconut oil:

- Taken supplementally for daily energy
- As an eye-makeup remover
- To lighten age spots when rubbed directly on the skin
- To prevent stretch marks during pregnancy
- To support [healthy thyroid function](#)
- In [homemade Mayo](#) without the high PUFA vegetable oils
- To help [increase sun tolerance and avoid burning](#)
- 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
- Topically to kill yeast or yeast infections
- As a delicious tropical massage oil
- It's high Lauric acid and MCFA content helps boost metabolism
- A tiny dab rubbed on your hands and then through hair will help get rid of friz
- In place of Lanolin cream on nursing nipples to sooth irritation (also great for baby!)
- There is some evidence that [regular ingestion of coconut oil can help prevent or reverse Alzheimers](#)
- With apple cider vinegar as a [natural treatment for lice that actually works](#)
- Mix a tablespoon with a tablespoon of [chia seeds](#) for an all-day energy boost (do NOT take this at night!)
- As a replacement for vegetable oils in any recipe
- After initial heat is gone, can help speed recovery from sunburn
- As a natural personal lubricant that won't disturb vaginal flora
- As a naturally antibacterial skin cream

- As a natural shave cream and after shave lotion
- To season cast iron skillets
- It's anti-inflammatory properties can help lessen arthritis
- Can reduce the itch of mosquito bites
- Can be rubbed into scalp daily to stimulate hair growth
- A small amount can be rubbed into real leather to soften and condition (shiny leather only... test a small area first)
- By itself as a great tanning oil
- Mixed with salt to remove dry skin on feet
- Some evidence shows that the beneficial fats in coconut oil can help with depression and anxiety
- On hands after doing dishes to avoid dry skin
- Mixed with catnip, rosemary, or mint [essential oils](#) as a natural bug repellent
- On cuticles to help nails grow
- 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.