

Natural Healing Express Weekly

Column 193 Coconut Oil, Part 2

Last week we began a mini-series on Coconut Oil. Here's a quick review of the many uses of the Coconut Palm also known as the "tree of life" in the South Pacific.

Here are some of the fantastic and varied uses of Coconut oil:

- *Mix in with coffee, tea, smoothies and pressed juices for a natural energy boost
- *Eat straight off the spoon for long-lasting brain clarity
- *Use as a heart health replacement for butter and PLEASE eliminate margarine
- *Include in smoothies and pressed juices to boost metabolism and rehydrate cells
- *Work into skin as a great lotion, locks in moisture and keeps skin hydrated and energized
- *Use as a calming balm; soothing itchiness, dryness and small cuts or scratches
- *Help to eliminate dead skin cells, reduces flaky skin and lessens the appearance of wrinkles, leading to a younger look
- *Use on hair to create more body, shine and volume as a leave in conditioner
- *Help speed growth and strengthens hair from the root, leading to a healthy head of hair

And, here's an even more interesting idea which we will further discuss next week:

*Oil Pulling – Every morning place 1 tbsp. of oil in your mouth and swish for 5-20 minutes. This will lead to fresher breath, whiter teeth and a brighter smile

We previously discussed the healthier lifestyle of the natives of these islands. And as I noted before, I could go on and on about the differences in nutrition. However, one of the biggest is that most of their foods are consumed RAW. Yes, raw.

So, when research the "best" coconut oil available on the market, it is no surprise I was looking for a company that would be keeping the coconut available in its "raw" form. It took a while, but I finally found a tremendous manufacturer called ironically enough, Skinny & Co. They are based in Vietnam but American owned. Funny thing is, the owners are from Indianapolis.

But all that aside, the reason I love this oil, and yes, I said love this oil, is because it is 100% raw. It is Cold Pressed. It is Pesticide Free. It is unrefined. It is wild harvested and it has certainly earned its name as a Pure, Virgin Coconut Oil.

In layman's terms, this is the biggest bang for the buck. You will not receive as high of a nutrient value in most of the other oils on the market today. It is certainly the best I have found so far. We are currently working with them regarding a wholesale agreement and will be carrying the product soon.

If you have any questions at all regarding the benefits of coconut oil, please do not hesitate to contact us.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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