

# More Than 101 Reasons to Use Coconut as a Home Remedy to Improve your Health Naturally

By JB Bardot, *NaturalNews*

Coconuts are a versatile superfood providing nutrition, health benefits, and amazing medicinal properties all wrapped in one delicious package. Coconuts are totally natural, easily available and affordable; and every part of the fruit is useful.

## **Green coconut water uses:**

- Natural, healthy source for hydration, energy and endurance, making it the perfect sports drink.
- Restores electrolytes after exercise, vomiting, diarrhea.
- Antiseptic properties provide antibacterial, anti-viral and anti-fungal agents to purify blood -- killing measles, herpes, influenza, AIDS, SARS, hepatitis C...
- Useful for emergency transfusions due to being close in composition to human plasma.
- Used to prevent vomiting, nausea and replace lost fluids in cases of malaria, typhoid, influenza...
- Dissolves kidney stones alkalizing urine pH.
- Used as a natural cleanse, coconut water mixed with olive oil eliminates intestinal parasites.

## **Coconut oil medicinal uses:**

Virgin coconut oil tastes and smells like coconut. Expeller pressed oil has no scent or taste and both types can be used medicinally.

- Kills bacteria causing urinary tract infections, gonorrhea, gum disease, staphylococcus, MRSA...
- Destroys fungus causing candida.
- Kills viruses causing flu, infectious disease, typhoid, HIV...
- Inhibits parasite growth such as tapeworm, liver flukes, giardia...
- Eases acid reflux, relieves gallbladder disease.
- Enhances proper bowel function and lowers incidence of hemorrhoids when oil is consumed.
- Relieves and heals intestinal disorders, ulcers, colitis, IBS, and Crohn's disease.
- Stabilizes blood sugar and insulin production.
- Eases neuropathies and itching from diabetes.
- Protects against osteoporosis and reduces problems from cystic fibrosis.
- Enhances pancreatic function, enzyme production and reduces pancreatitis.
- Improves magnesium and calcium absorption, promoting stronger bones.
- Reduces joint and muscle inflammation, supporting repair of tissues.
- Regulates thyroid function.
- Protects against cancers of colon, breast, and digestive tract.
- Medium chain fatty acids (MCFA) protect against development of Alzheimer's disease.
- MCFA strengthens heart and circulatory system protecting against arteriosclerosis and heart disease.

- Prevents oxidation of fatty acids.
- Provides antioxidants to fight free radicals slowing aging and degenerative diseases such as arthritis.
- Relieves symptoms of chronic fatigue syndrome.
- Reduces incidence and intensity of epileptic seizures.
- Stabilizes female hormones reducing hot flashes and vaginal dryness during menopause.
- Lessens symptoms associated with prostate enlargement.
- Strengthens the liver and protects against degeneration.
- Soothes earaches when mixed with garlic and olive oil.

#### **Topical uses for coconut oil:**

- Forms a chemical barrier on skin to protect and heal infections.
- Topical applications relieve pain and swelling from hemorrhoids.
- Moisturizes and softens dry skin.
- Reduces bags, puffiness and wrinkles under eyes.
- Lessens occurrence and appearance of varicose veins.
- Preps skin before shaving.
- Mixed with baking soda, coconut oil makes an effective toothpaste.
- Soothes sunburned skin and promotes healing of burns and blisters.
- Heals psoriasis and eczema lesions.
- Stops pain, burning, and itching of bug and snake bites.
- Prevents itching from poison ivy, oak, and sumac.
- Promotes firm skin tone, preventing age spots, sagging and wrinkles.
- Eliminates head lice.
- Removes makeup easily.
- Heals nail fungus under finger and toenails.
- Prevent nosebleeds by applying light film inside nostrils.
- In combination with cornstarch and baking soda, coconut oil makes an effective deodorant.
- Makes excellent massage oil, a natural personal lubricant, and great sunscreen.
- Conditions hair, prevents split ends, reduces frizz, and controls flaky scalp and dandruff.
- Removes scars and stretch marks.
- Repairs cracked, sore, dry nipples from nursing.
- Heals diaper rash and removes cradle cap on babies.

#### **Nutritional uses for coconut oil:**

- Enhances absorption of nutrients and improves digestion.
- Provides a quick energy source and stimulates metabolism.
- Produces immediate, usable energy source rather than being stored as fat.
- Increases metabolic rate, stabilizes body weight, and controls food cravings.
- Enriches milk supply for breast-feeding women.
- Doesn't form harmful by-products during cooking when used at high heat.

**Sources for this article include:**

<http://www.accessmylibrary.com>