

Cuckoo For Coconut {Oil}

Health Benefits, Uses, and Recipes



by Jessica Espinoza

www.deliciousobsessions.com

Real Food. Real Life. Real Delicious.

Cuckoo For Coconut {Oil}

Health Benefits, Uses, and Recipes

Written by Jessica Espinoza
Delicious Obsessions

About the Author

Jessica Espinoza is the creator and editor of Delicious Obsessions, a real food blog, focused on easy, real food recipes, nutrition, food politics, and health and wellness. Jessica is passionate about showing people how eating a real food, nourishing diet can make a dramatic difference in their lives. Her goal is to present easy recipes as well as demonstrate that it is possible to eat well on a budget. Eating nourishing foods doesn't have to break the bank. Jessica has always been a fan of coconut and coconut products, but after researching over the years, she has fallen in love with coconut even more!

To learn more about Jessica, please visit her website: www.deliciousobsessions.com.

You can also find her on [Facebook](#), [Twitter](#), [YouTube](#), and [Pinterest](#).

To contact Jessica, please send her an email at: deliciousobsessions@gmail.com.

Please note: anytime you see blue text, that means there is a hyperlink there that will take you to a website for more information.

Disclaimer: The information presented in this eBook is intended for informational and educational purposes only. Statements made in this eBook have not been evaluated by the Food and Drug Administration (FDA). Any information or products discussed in the eBook are not intended to diagnose, cure, treat, or prevent any disease or illness. Please consult your own health care practitioner before making changes to your current diet or before beginning any herbal or vitamin supplement regimen or exercise program. The readers of this eBook are advised to do their own research and work with their primary health care provider. If you are pregnant, nursing, have a medical condition or are taking any medication, please consult your doctor before making any changes to your diet, supplement, or exercise routine. This eBook may contain "affiliate links" where appropriate. Delicious Obsessions earns a small commission or referral fee on your purchase. This has no effect on your price. It is purely a cost of doing business for the vendor companies. The monies earned help maintain and support the Delicious Obsessions website and free content.

Copyright © 2013 Jessica Espinoza and Delicious Obsessions, LLC.
All rights reserved worldwide.

No part of this eBook may be copied or sold or used for any other purpose without express written permission from the author. Even as a free eBook, this document is still protected by copyright laws.

Table of Contents

What is Coconut Oil?	Page 5
Saturated Fats and MCFAs and LCFAs	Page 5
Lauric Acid	Page 6
Health Benefits	Page 6
Coconut Oil for Happy, Healthy Pets	Page 8
The Proper Way to Feed Your Pets Coconut Oil	Page 9
Coconut Cream Truffles Recipe (Sugar, Gluten, Dairy, Grain Free)	Page 11
Healthy Homemade Nut Butter Cups With Coconut Oil	Page 12
Homemade Chocolate Magic Shell	Page 13
Maple Coconut Bars	Page 13
122 Uses For Coconut Oil!	Pages 15-16
Easy Reference Cards for Coconut Oil Uses	Pages 18-19
References and Resources	Page 20

About Coconut Oil

What is Coconut Oil?

Coconut oil is the most amazing thing on the planet. At least to me it is!

Coconut oil is a staple in my kitchen for many reasons, including its health benefits. I use it for just about everything! I consider it a super food because of all of the wonderful things it can do for your body. In addition to coconut oil, coconut milk and coconut meat are also very nutritious. I use coconut milk in place of dairy since I can't tolerate dairy right now. I use coconut flour for baking, since I don't eat gluten or grains. And I love snacking on dried coconut meat for a tasty snack (especially toasted)!

The first thing to remember about coconuts and coconut oil is that they have been a major source of nutrition in traditional cultures for thousands of years. One thing that I always like to do when assessing food is to think about the traditional cultures who eat that food item. If they have been eating that item for eons, then I consider it to be real food.



Saturated Fats and MCFAs and LCFAs

Since the middle of the 20th century, saturated fat has been portrayed as the bad guy. Coconut oil is a saturated fat, but saturated fat is not the villain it has been made out to be. Saturated fat is an essential nutrient that is needed for the body to maintain proper cellular function. According to mainstream medicine, saturated fats increase cholesterol, which is reputed to be the cause of heart disease. More and more new research is proving that cholesterol is not the cause of heart disease, but instead, it is vital for optimal health.

Saturated fats include animal fats like tallow, lard, and butter, as well as tropical oils like coconut oil and palm oil. Saturated fats are important for many aspects of our body's function, including energy, hormone production, and more. Saturated fatty acids are also an important element in signalling processes on the cellular level.¹

Coconut oil has the highest amount of saturated fats, at 92%, but well over half of those are made up of medium-chain fatty acids.² Medium-chain fatty acids (MCFAs) are metabolized much differently than long-chain fatty acids (LCFAs), which is what most vegetable and seed oils consist of. Contrary to most mainstream medical advice, MCFAs

do not raise cholesterol levels and they actually have been shown to help protect against heart disease. Studies have shown that they can help lower the risk of atherosclerosis and heart disease.³

Lauric Acid

The most important MCFA in coconut oil is lauric acid. Coconut oil is made up of about 50% lauric acid. The best place to find lauric acid in abundance is in a mother's breast milk. Lauric acid is critical for immune development and function, which is why infant formula has lauric acid added to it. Lauric acid is not only needed by babies, but it's an essential nutrient for all of us in order to keep our immune systems functioning optimally. Sally Fallon recommends that people with compromised immune systems should consume between 20 and 25 grams of lauric acid per day, which is the equivalent of 3-4 tablespoons of coconut oil.⁴ The next best place to get lauric acid, after coconut oil, is in grass-fed milk fat or butter. All other oils are deficient in MCFAs and Lauric Acid.

Studies have also shown that MCFAs actually help boost metabolism and can prevent weight gain and even stimulate weight loss. This is because they are easily digested and quickly turn into energy and they do not spike blood sugar levels because insulin is not needed to help digest the oil. This helps alleviate the strain that other oils can put on the pancreas and digestive system.⁵ In addition to helping the immune system and providing quick, healthy energy, it has also been shown to help regulate and maintain normal thyroid function.⁶

Health Benefits

While coconut oil is not quite back into the mainstream diet, it is gaining popularity and the scientific community is beginning to acknowledge the potential health benefits of this oil. There are many health benefits of coconut oil, including antimicrobial properties, helps boost energy, helps improve digestion and absorption of nutrients, helps improve insulin levels and regulate blood glucose, supports thyroid function, aids in weight loss, reduces or eliminates skin ailments like eczema and psoriasis, helps prevent wrinkles and sagging skin, and much more.



Coconut Oil for Pets

Coconut Oil for Happy, Healthy Pets

Not only is coconut oil good for humans, it's good for our pets as well. We have two pooches (see the picture below). Burton is a cattle dog / corgi mix, and Willow is a cattle dog / who-knows-what mix. They both get coconut oil daily with their dinner and they think coconut oil is the best thing since sliced bread!



In addition to adding coconut oil to their food, we also use it on my dogs in other ways. I massage coconut oil into the pads of their feet, since we live in the city and walk many miles a week on concrete and asphalt. Willow, who is a tomboy of a dog, loves to rough and tumble with my brother's dogs up in the mountains, so she gets all sorts of cuts and scraps on her stomach. I'll treat those areas with some coconut oil after gently cleaning them with mild soap and water.

Just like humans, dogs can also glean benefit from regular consumption of coconut oil. Note that these health benefits apply to other animals as well. Some of benefits include:

- Relief and healing from skin conditions like eczema, dandruff, and contact dermatitis
- Improves the health of their dog's coat
- Reduces doggie breath and odor
- Prevents and/or treats yeast infections
- Helps heal cuts and scrapes
- Helps with digestion and nutrient absorption
- For cats, it can help with hair balls and coughing
- Increases energy
- Aids in weight loss and weight maintenance

We can personally attest that since we started feeding our dogs coconut oil, we have noticed less of that stinky doggie breath and they both seem to have more energy. Also, one of our dogs has a bad back leg and he seems to be a lot less stiff since incorporating coconut oil into his diet. Is it the coconut oil that's helping? Who knows, but it's certainly not hurting!

The Proper Way to Feed Your Pets Coconut Oil

Now, you don't want just start dumping a big glob of coconut oil into your pets food, especially if they're new to it. There is a proper way to feed your pets. You want to start small and increase the dose slowly. Introducing too much, too fast, can lead to loose bowels and we all know that's no fun!

So, start small, by giving small pets, puppies, or kittens about a 1/4 of a teaspoon and then increasing over time. With larger pets, you can start them with a teaspoon and gradually work your way up.⁸ Some pets will love it right off the bat, others need a little coaxing. It is recommended 1 teaspoon for each 10-20 pounds of body weight of your pet. Burton is 26 pounds and gets around a tablespoon with each meal, while Willow is 53 pounds and gets around 1.5 - 2 tablespoons. Our dogs loved it from the start, but I have had people tell me that their pets didn't like it at first, so you might have to get them used to eating it. Melting it first and pouring it over their food is a great option for picky eaters.

Also, dogs and cats aren't the only pets who can eat coconut oil. I've had people tell me that they feed it to their horses, cows, goats, and other animals!



Coconut Oil Recipes

Coconut Cream Truffles Recipe (Sugar, Gluten, Dairy, Grain Free)



Ingredients

1 cup coconut cream concentrate, aka. coconut butter
3/4 cup virgin coconut oil
1/2 cup coconut milk
1/2 cup shredded coconut
1 tbsp. high-quality vanilla extract
1/8 tsp. salt
shredded coconut, cocoa powder, carob powder, chopped nuts, etc. for rolling

Instructions

1. In your mixer bowl or food processor bowl, combine the coconut butter and the coconut oil until smooth.
2. With the mixer running, add the coconut milk, followed by the shredded coconut and mix until smooth.
3. Add the vanilla and salt and mix until smooth.
4. The batter will be a little soft, probably too soft to work with. Stick the bowl in the fridge for 30-60 minutes. You want the batter to be firm, but not so hard that you can't scoop it out easily.
5. Using a small ice cream scoop, scoop out a truffle and then roll it in your hands until smooth. Place on a plate and do this until you have used up all your batter. I like to do all the initial truffles first, and then go back and do the second rolling in whatever coating I am using.
6. If your truffles are still firm enough, you can start rolling them in whatever coating you want. Shredded coconut, cocoa powder, carob powder, and chopped nuts all make lovely coatings.
7. Store these in an airtight container in the fridge or freezer. They taste great cold, but even better if you let them warm up to room temperature! Enjoy!

Healthy Homemade Nut Butter Cups With Coconut Oil

Healthy Homemade Peanut Butter Cups



©delicious obsessions.com

Ingredients

1 cup coconut oil
1/4 cup honey, maple syrup, coconut syrup, or brown rice syrup
1/4 cup organic cocoa powder
dash of sea salt
peanut butter or nut butter of your choice (chilled)

Instructions

1. In a double boiler or a saucepan over very low heat, melt the coconut oil and sweetener (if using honey, you will need to whisk until the honey is dissolved).
2. Add the cocoa powder and salt and whisk vigorously until well combined.
3. Either pour or use a spoon to fill the cups 1/4 full (I find a glass, Pyrex measuring cup works great).
4. Stick the cups in the freezer for about 10 minutes or until the chocolate is hard.
5. Remove from the freezer and using a 1/2 teaspoon measuring spoon, scoop the chilled peanut butter out and place in the cups. You can use the back of the spoon to press them down just a tad, but leave room for the chocolate to get all the way around the peanut butter.
6. Pour or spoon the chocolate over the peanut butter until the cup is almost full and the peanut butter is covered.
7. Place back in the freezer for 30-60 minutes. Now, they are ready to eat!
8. Don't forget to store in the fridge or the freezer to keep them from melting!

Note: You can use pretty much anything to make these - ice cube trays, muffin tins, mini muffin tins, etc. I use a silicone mini muffin tins, as well as some awesome little silicone baking cups that I found at Cost Plus World Market. The mini silicone baking cups work the best in my opinion and give you the most "realistic" Reese's Peanut Butter cup look.

Homemade Chocolate Magic Shell

Ingredients

1 cup coconut oil
1/4 cup high-quality organic cocoa powder
1/4 teaspoon salt
1 teaspoon vanilla
1/8 - 1/4 cup honey

Instructions

1. In a double boiler (or sauce pan over low heat), melt all of the ingredients together and whisk until combined.
2. Serve over your favorite ice cream.
3. Can be stored in the fridge or at room temperature for easier access!



(Find delicious ice cream recipes on my site: www.deliciousobsessions.com)

Maple Coconut Bars

Ingredients

2 cups organic shredded coconut
1 cup coconut oil
2 tablespoons maple syrup
1/2 teaspoon vanilla
dash of salt

Instructions

3. In a small saucepan, combine the shredded coconut and the coconut oil and warm over very low heat while stirring.
2. Once the oil is completely melted, add the maple syrup, vanilla and salt and continue stirring until the shredded coconut has absorbed a little of the oil.
3. Pour the mixture into a small, glass dish (I used my little 3-cup rectangle Pyrex storage dish).
4. Push the mixture down until it is packed firmly.
5. Refrigerate for at least an hour.
6. Cut into bars or cubes and enjoy.

Tip: If you have a hard time getting the bars out, try placing the dish in a shallow pan of hot water for a minute and then they will pop right out.



122 Uses For Coconut Oil!

There are countless ways to use coconut oil. I would venture to say that it has become one of the most versatile foods on the planet!

The following pages include the printable charts for 122 Uses for Coconut Oil, as well as some quick reference cards that can also be printed out.

Enjoy your coconut oil!



122 Uses For Coconut Oil - www.DeliciousObsessions.com

1. Eat a spoonful when you need an energy boost.
2. Use it as the base for a homemade body scrub.
3. Use to condition your wooden cutting boards.
4. Use as a super conditioner on your hair (apply to dry hair, leave in as long as possible and then shampoo as normal).
5. Use as a styling agent if you have really dry hair. Just rub a tiny bit on your palms and apply to your hair and style as normal.
6. Keep a little container in your purse for lip moisturizer.
7. Add a spoonful to your dog or cat's food. Coconut oil is great for our furry friends!
8. Replace nasty, unhealthy vegetable oils in your kitchen with coconut oil.
9. Make healthy Magic Shell ice cream topping.
10. Use it for oil pulling.
11. Use a tiny dab on your underarms for a natural deodorant.
12. Use coconut oil instead of shaving cream.
13. Add to your bath tub for a moisturizing soak (a couple drops of peppermint oil is wonderful!).
14. Use as a makeup remover.
15. Use it to help soothe chicken pox, shingles, or other rashes or skin irritations.
16. Use it to treat athlete's foot, ringworm, or other fungal or yeast infections.
17. Take a spoonful with your vitamins to help improve absorption.
18. Spread a thin layer on cuts or burns to speed up healing.
19. Take up to 5 spoonfuls per day for improved thyroid function.
20. Add a spoonful to your smoothies for extra nutrition and flavor.
21. Use on the delicate tissue around your eyes to help prevent wrinkles and sagging.
22. Use as the base for homemade toothpaste or lotion.
23. Use in place of massage oil.
24. Use on your baby's diaper rash or cradle cap.
25. Use to help reduce visibility of stretch marks or to prevent stretch marks.
26. For nursing mothers, use coconut oil on your nipples to prevent cracking and irritation.
27. For nursing mothers, consuming coconut oil will help increase your milk flow.
28. Apply to bee stings or bug bites to soothe and heal the wound.
29. Women can use in the nether regions to relieve yeast infections, dryness, and/or discomfort.
30. Eat a spoonful with each meal to improve digestion.
31. If you're prone to nosebleeds, coat the inside of your nostrils with coconut oil regularly.
32. Helps soothe and heal hemorrhoids.
33. Take to help reduce or eliminate migraines.
34. Use as the base for homemade vapor rub.
35. Mixed with peppermint, lemon balm, rosemary, or tea tree oil makes an excellent insect repellent.
36. Mix with baking soda for a non-toxic "Goo Gone".
37. Use to help detox the body during a cleanse or fast.
38. Use as a metal polish, but always test a small area first.
39. Use as a leather moisturizer.
40. Season your cast iron pans.
41. Use to oil your pans and baking dishes instead of pan spray.
42. Got gum stuck in your hair? Try using coconut oil to remove without cutting your hair.
43. Use instead of WD-40.
44. Use as a personal lubricant (not safe with latex).
45. Take a spoonful to help with heartburn, acid reflux, or indigestion.
46. Use as a natural sunscreen.
47. Mix with a tiny bit of fresh lemon juice and use as a furniture polish (always test a small area first!).
48. Mix with butter and toss your popcorn in it.
49. Use on cracked or rough heals to help smooth them out.
50. Massage into your nails and cuticles to help strengthen them.
51. Use as the base for homemade chocolate candy (like peanut butter cups).
52. Take a couple spoonfuls every day to help overall immune function.
53. Rub the inside of your nose with coconut oil to help with runny noses, allergies, sore nostrils, etc.
54. Use on a newborn's bottom to help keep the meconium from sticking to the skin.
55. Use as a guitar string lubricant.
56. Massage into tired, achy, or sore muscles (adding a couple drops of essential oil is nice).
57. Mix with oregano oil or tea tree oil and use on athletes foot or other fungal infections.
58. One person started using coconut oil and noticed that it helped their colitis symptoms.
59. Use as a mascara brush cleaner.
60. Brush on your eyelashes for an eyelash strengthener.
61. Use on pimples and acne.
62. Use on toast instead of butter (best cinnamon toast ever!).



122 Uses For Coconut Oil, cnt'd. - www.DeliciousObsessions.com

- 63. Research is showing that it may help with dementia, Alzheimer's, and Parkinson's.
- 64. Use a little bit on a damp cloth to clean a scummy shower. Wipe with coconut oil, then spray with white vinegar and wipe dry.
- 65. Use to treat lice.
- 66. Use to help prevents stretch marks for pregnant mothers.
- 67. Mix with garlic and keep on hand for extra flavorful cooking and baking.
- 68. Use as the carrier oil for homemade baby wipes.
- 69. Use on warts and/ or moles.
- 70. Whip in your mixer for a fluffy body moisturizer that stays soft year round.
- 71. Use on color-treated hair for extra conditioning hair treatment.
- 72. Mix with nutmeg and use on blemishes (leave on for 10-15 minutes and then wash off).
- 73. Use to soothe burns (only apply after the initial heat from the burn is gone).
- 74. Mix in your hot coffee or tea.
- 75. Use on new tattoos to help with healing.
- 76. Mix with baking soda for a facial scrub.
- 77. Use to help control and reduce eczema and/or psoriasis symptoms.
- 78. Massage into your dog's skin to help with dandruff.
- 79. Add a spoonful to your dog's food to help with arthritis, or other joint/ligament problems, digestion issues, and weight control.
- 80. Use as a non-toxic flea treatment.
- 81. Use to soothe hot spots on your dog's skin.
- 82. Take a spoonful about 20 minutes before a meal to help curb your appetite.
- 83. Helps treat thrush.
- 84. Helps with bladder infections and symptoms.
- 85. Helps smooth wrinkles and shrink pores.
- 86. Helps with yeast infections (both internal and external).
- 87. Use instead of mineral spirits to clean hands and brushes after using oil-based paints.
- 88. Use to sooth sore throats (let a little dissolve in your mouth and slowly run down your throat).
- 89. If you wax your skin at home, use to prep your skin and remove excess wax from your skin.
- 90. Some recommend coconut oil for patients with ADHD and Autism.
- 91. Use to treat ringworm.
- 92. Use to make homemade soap.
- 93. Use to make homemade lip balm.
- 94. Use coconut oil to detail the inside of your car (add a little to a soft cloth and polish).
- 95. Use to help with ear infections. Put a few drops into your ear at the first sign of an infection.
- 96. One person said that it seems to have helped soften kidney stones to help them pass easier.
- 97. Use instead of shortening for pie crusts, biscuits, etc.
- 98. Use to lubricate kitchen scissors when cutting sticky foods (like dates, marshmallows, etc.).
- 99. Mix with oil of oregano and use at the first sign of a cold sore.
- 100. Mix with a drop of lavender oil and use to help soothe piles and hemorrhoids.
- 101. For expecting mothers, use to massage on the perineum daily starting at 7 or 8 months (tip from a midwife).
- 102. Mix with cinnamon and oatmeal for a face scrub.
- 103. Use to clean the inside of your dog's ears.
- 104. If you use a mouth guard, use coconut oil as a cleaner. Just wipe some on your mouth guard and let it sit during the day. Rinse well before using. Use a thin layer on the guard each morning to help keep it clean.
- 105. Use as the base for this homemade deodorant or this homemade deodorant or this homemade deodorant.
- 106. One person used it to treat a sty on their eyelid.
- 107. One person used coconut oil to get purple lipstick out of a green rug.
- 108. Use to help with menopausal dryness (Dr. Oz recommends this).
- 109. Use on your plant's leaves instead of chemical-filled leaf shine.
- 110. Use a dab on a canker sore to help soothe the pain and speed healing.
- 111. Use to remove chewing gum from your shoe, carpet, or other unsavory areas where gum has gotten stuck.
- 112. When given to cats, it seems to help with the hair ball issue.
- 113. Feed to your dog to help improve doggie breath.
- 114. Use to soothe pink eye infections.
- 115. Some say coconut oil can help with ulcers by fighting against the H-Pylori bacteria.
- 116. Use instead of soybean or canola oil for frying.
- 117. Add coconut oil to your soups for added nutrition.
- 118. Add flavor to baked goods with coconut oil.
- 119. Make your own peanut butter with coconut oil.
- 120. Use coconut oil in homemade infant formula.
- 121. Massage into fingertips to soothe and prevent hangnails and ingrown nails.
- 122. Use as an udder balm if you own dairy goats and cows.

Quick Coconut Oil Reference Cards

25 Things Coconut Oil Has Been Known to Help

- 1. Athletes foot & fungal infections**
- 2. Pimples and acne**
- 3. Dementia and Alzheimer's**
- 4. Lice**
- 5. Stretch marks**
- 6. Warts**
- 7. Burns, cuts, and scrapes**
- 8. New tattoos**
- 9. Eczema and psoriasis**
- 10. Thrush**
- 11. Bladder infections**
- 12. Yeast infections**
- 13. Heartburn, acid reflux, or indigestion**
- 14. Allergies**
- 15. Ear infections**
- 16. Cold and canker sores**
- 17. Piles and hemorrhoids**
- 18. Menopausal dryness**
- 19. Pink eye**
- 20. Ulcers**
- 21. Dry and damaged hair**
- 22. Chicken pox and shingles**
- 23. Diaper rash and cradle cap**
- 24. Bee stings or bug bites**
- 25. Sore throats**



www.deliciousobsessions.com

15 Dietary Uses For Coconut Oil

- 1. Eat a spoonful when you need an energy boost.**
- 2. Replace unhealthy vegetable oils in your cooking and baking.**
- 3. Take a spoonful with your vitamins to help improve absorption.**
- 4. Take daily for improved thyroid function.**
- 5. Add a spoonful to your smoothies for extra nutrition and flavor.**
- 6. For nursing mothers, consuming coconut oil will help increase milk flow.**
- 7. Eat a spoonful with each meal to improve digestion.**
- 8. Use to help detox the body during a cleanse or fast.**
- 9. Take a spoonful to help with heartburn, acid reflux, or indigestion.**
- 10. Mix with butter (or use in place of) and toss your popcorn in it.**
- 11. Eat coconut oil daily to help overall immune function.**
- 12. Add coconut oil to your coffee or tea for flavor and nutrition.**
- 13. Use on toast instead of butter.**
- 14. Use as the base for homemade chocolate candy.**
- 15. Take a spoonful before a meal to help curb appetite.**

www.deliciousobsessions.com

21 Non-Dietary Uses for Coconut Oil

1. Body care (lotion, lip balm, deodorant, makeup remover, massage oil, toothpaste, etc.)
2. Hair care (conditioning, styling, etc.)
3. Personal lubricant (not safe with latex)
4. Mascara brush cleaner
5. Shower cleaner
6. Carrier oil for homemade baby wipes
7. Cleaning paint brushes (instead of mineral spirits)
8. Detailing the inside of your car (add a little to a soft cloth and polish)
9. Lubricate kitchen scissors when cutting sticky foods (like dates, marshmallows, etc.)
10. Use to clean and store mouthguard
11. Shine your houseplant's leaves
12. Non-toxic Goo Gone
13. Wooden cutting board conditioner
14. Base for homemade insect repellent
15. Metal polish
16. Leather moisturizer
17. Season cast iron pans
18. WD-40 substitute
19. Guitar string lubricant
20. Natural sunscreen
21. Furniture polish



www.deliciousobsessions.com

20 Ways Coconut Oil Can Help Your Pets

1. Improves or eliminates bad breath
2. Helps control dry skin and dandruff
3. Improve arthritis or other joint and ligament problems
4. Helps with weight loss and control
5. Helps treat fleas
6. Soothes hot spots
7. Helps control body odor
8. Conditions skin and coat
9. Helps balance thyroid issues
10. Helps control yeast overgrowth
11. Help heal cuts and wounds
12. Use as a pad conditioner on dogs
13. Helps boost energy
14. Helps eliminate parasites
15. Improves immune system
16. Helps with furballs and coughing
17. Improves nutrient absorption
18. Helps with cognitive health
19. Reduces or eliminates warts and fungal infections
20. Heals udders on dairy goats and cows



www.deliciousobsessions.com

REFERENCES

- ¹"The Importance of Saturated Fats for Biological Functions", Mary G. Enig, PhD, The Weston A. Price Foundation, <http://www.westonaprice.org/know-your-fats/importance-of-saturated-fats-for-biological-functions>. Accessed January 3, 2013.
- ²"Fats", Nourishing Traditions, Sally Fallon and Mary Enig, Ph.D. page 20.
- ³"Coconut Oil", Dr. Joseph Mercola, <http://products.mercola.com/coconut-oil>. Accessed January 3, 2013.
- ⁴"About Coconut Products", Nourishing Traditions, Sally Fallon and Mary Enig, Ph.D. page 160.
- ⁵"Coconut Oil for Weight Loss", CoconutOil.com, <http://coconutoil.com/coconut-oil-weight-loss>. Accessed January 3, 2013.
- ⁶"Coconut Oil Benefits for Thyroid Health", CoconutOil.com, <http://coconutoil.com/coconut-oil-benefits-for-thyroid-health>. Accessed January 3, 2013.
- ⁷"The Health Benefits Of Coconut Oil", Dogs Naturally Magazine Online, <http://www.dogsnatrallymagazine.com/the-health-benefits-of-coconut-oil>. Accessed January 3, 2013.
- ⁸"How to Feed your Dog or Cat Coconut Oil", CoconutOil.com, <http://coconutoil.com/how-to-feed-your-dog-or-cat-coconut-oil/>. Accessed January 3, 2013.

RESOURCES

For more information on coconut oil or recommendations on where to purchase coconut oil and other coconut products, please visit my website, [DeliciousObsessions.com](http://www.deliciousobsessions.com).

Where to Buy Coconut Oil and other Real Food Resources | DeliciousObsessions.com
<http://www.deliciousobsessions.com/resources>

Coconut Oil and How it's Been Helping Me | DeliciousObsessions.com
<http://www.deliciousobsessions.com/Coconut-Oil-Help>

Coconut Oil Hair Treatment with Egg Yolks and Honey | DeliciousObsessions.com
<http://www.deliciousobsessions.com/Coconut-Oil-Hair>

Coconut oil and Alzheimer's - New and Exciting Research | DeliciousObsessions.com
<http://www.deliciousobsessions.com/Coconut-Oil-Alzheimers>

Coconut Oil for Your Skin eBook by Jennifer Saleem
<http://www.deliciousobsessions.com/Coconut-Oil-For-Your-Skin>

Cooking With Coconut Oil eBook by Jennifer Saleem
<http://www.deliciousobsessions.com/Cooking-With-Coconut-Oil-Book>

Cuckoo for Coconut
Health Benefits, Uses, and Recipes
by Jessica Espinoza of Delicious Obsessions

Copyright © 2013 Jessica Espinoza and Delicious Obsessions, LLC.
All rights reserved worldwide.

No part of this eBook may be copied or sold or used for any other purpose without express written permission from the author. Even as a free eBook, this document is still protected by copyright laws.