

Coconut & It's Benefits

Coconut oil has been used traditionally for many delicious and therapeutic purposes. The following are some of the reported benefits.

- * Increased Energy
- * Hormonal Support
- * Great for cooking - highly stable, better than vegetable oils
- * Prevents Migraines
- * Supports Skin
- * Supports healthy intestinal flora
- * Immune Support
- * Weight Loss - supports thermogenesis
- * Cardio Vascular support
- * Medium chain triglycerides used in metabolism
- * Easily digested
- * Thyroid support
- * Anti-microbial

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