

Here are some other 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 MCFAs content helps boost metabolism
- A tiny dab rubbed on your hands and then through hair will help get rid of frizz
- In place of Lanolin cream on nursing nipples to soothe 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