

Coconut Oil

Quick Reference Guide

COCONUT OIL

QUICK REFERENCE GUIDE

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Coconut oil is a healthy fat great for cooking and baking, as well as for its ability to help with thyroid, hormonal, and weight issues. Coconut oil is also known for its lauric acid content and its immune enhancing properties. Lauric acid has been shown in various scientific studies to contain bacterial and anti-viral properties.

Health Qualities of Coconut Oil:

- ✓ Anti-candida
- ✓ Burns quickly for energy – medium-chain fats
- ✓ Healthy form of saturated fat
- ✓ Immune booster – contains lauric and capric acid
- ✓ Increases metabolism
- ✓ No refrigeration necessary
- ✓ Thyroid support
- ✓ Very stable oil - withstands heat, good for cooking

Seven Reasons to Use Coconut Oil:

1. Boost your daily energy
2. Help you lose weight or maintain your weight
3. Improve conditions in those with diabetes and chronic fatigue
4. Improve Crohn's, IBS and other digestive disorders
5. Support your immune system and help prevent illnesses due to powerful antibacterial, antiviral, and antifungal agents
6. Reduce the risk of heart disease
7. Rejuvenate hair, skin, and for preventing wrinkles

Tips to Implement Coconut Oil in Your Diet:

- ✓ Use as replacement for shortening, margarine, and all processed oils (soy, corn, canola, etc.)
- ✓ Use for baking brownies, cakes, cookies, muffins, etc.
- ✓ Use to fry foods or sauté vegetables, meats, eggs, etc.
- ✓ Use on popcorn along with some Celtic sea salt for a great snack!
- ✓ Spread on bread (try ½ butter and ½ coconut oil mixed together)
- ✓ Take as a supplement – stir 1-2 Tbsp into warm water or tea and drink before meals; this is especially great for weight loss and combating candida
- ✓ Mix into soups or stews
- ✓ Spread on face and body as a great skin moisturizer
- ✓ Rub it into your hair and scalp for healthy, shiny hair and to reduce dry scalp

Forms of Coconut to Explore in Your Diet:

- ✓ Coconut cream
- ✓ Coconut milk
- ✓ Coconut vinegar
- ✓ Coconut palm sugar
- ✓ Coconut water
- ✓ Dried unsweetened coconut flakes
- ✓ Freeze-dried coconut

Use for Coconut Items in Your Diet:

- ✓ Add coconut milk or cream to soups, smoothies, shakes, ice cream or other desserts (10 ounces of coconut milk yields about 3.5 ounces of coconut oil)
- ✓ Add coconut milk, cream, or flakes to oatmeal
- ✓ Add coconut flakes to trail mix or sprinkle into yogurt
- ✓ Use coconut palm sugar instead of white sugar in your recipes
- ✓ Drink coconut water as a sports drink to replace electrolytes after a workout
- ✓ Use coconut vinegar in salad dressings or spreads