



**THE GOOD FAT:
COCONUT
OIL**

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Introduction – The Coconut myth

The coconut tree is one of the most versatile plants in existence. Whilst we are all familiar with the coconut as a food source not many of us know the myriad of other benefits the coconut holds. In many countries coconut husks are woven into fabrics for mats, insulation and much more.

The shells themselves are used as bowls, to make utensils and as floatation devices for rafts. Yet it is the coconut itself that draws the most interest. Coconut flesh has a beautiful taste and is used all over the world in a variety of cooking styles. Coconut milk is gorgeous to drink on its own and also is the chief ingredient in curries all over the world.

Over the years there have been many, many claims made about the natural health benefits of coconut oil mostly surrounding the dietary and medicinal properties that it holds. This is why in the west coconut oil has quickly become a hot consumer product with thousands of companies including it in their beauty products and thousands of recipes including it as an alternative to other oils.

Yet a lot of controversy still surrounds the actual health benefits of coconut and debates still exist as to whether claims of its benefits have been exaggerated. This is where this book comes into play.

CHAPTER 1 – COCONUT OIL AND YOUR HAIR

Coconut oil has long been regarded as one of the best hair conditioning natural health products in the natural world. Many people worldwide use coconut oil as their sole hair conditioning product as it is relatively cheap and gives remarkable results.

The benefits of coconut oil for your hair are numerous. Coconut oil helps keep your hair fully moisturised, it promotes full growth and creates strong hair whilst keeping the scalp free from flakes. Its main benefit comes from increasing the protein retention in your hair – allowing for fuller and stronger growth.

Whilst many companies use tiny amounts of virgin coconut oil in their high end products a lot of people are now turning to pure virgin coconut oil for the benefits it brings. The key benefits of using coconut oil or even coconut oil cream in your hair can be exposed by looking at the chemical properties of coconut oil. Often people proscribe coconut oil as a remedy for hair loss - or at least to slow the onset of hairless and we can soon see why.