

THE

**TOP 10**

**EASIEST WAYS**

TO RID YOUR BODY OF TOXINS & FREE RADICALS

**USING COCONUT OIL!**



**Reawaken Your Body...  
Reclaim Your Health and Rekindle Dead Cells FAST...**

# COCONUT OIL

COCONUT OIL HAS BEEN A HEALTH BOOSTING AGENT FOR EONS... WITH MANY ISLAND POPULATIONS USING IT AS A MAIN STAPLE IN THEIR DIET.

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In fact, cooking, baking, and moisturizing with coconut oil could lessen the free radicals and toxins you are exposed to in your daily life as well! And it tastes and smells fantastic!

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What's more, Alexandra Duron states:

“Coconut oil's main fat is **lauric acid**, a medium chain fatty acid that positively impacts cholesterol levels.”



**BOOM!**

Now, we cannot claim coconut oil has any medical, health or healing powers at all, since we aren't health experts or doctors, but science and medicine seem to be in agreement that coconut oil does offer some amazing advantages to using it regularly.

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So, now that we've got that out of the way, here's our list of amazing uses for coconut oil for your overall health and wellness .

**READY?**

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# 1

## THIS MIRACLE OIL CAN HELP ALZHEIMER'S AND PANCREATITIS

One of the main ways coconut oil works on your behalf is the fact it contains medium chain triglycerides ...

Huh? Well, this big \$10 word (medium chain triglycerides) are just medium-length fatty acids that are good for you.

So it can be good for people suffering from Alzheimer's or pancreatitis and even epilepsy.

Plus, some studies have shown that the medium chain triglycerides give you more energy, which can lead to weight loss.

Pretty cool, right? And that's just the beginning. Feel free to replace your vegetable and olive oil with a little organic coconut oil and even just eat it raw.



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## USED AS A HEART TONIC AND COULD HELP PREVENT OBESITY

# 2

Coconut Oil is a powerful weapon against heart disease. Don't just take our word for it. The Coconut Research Center agrees that eating coconut oil on a regular basis can reduce your chances of suffering a heart attack!

All good news from our corner.

Well, no this should be seen as GREAT news... especially when you consider a new study from McGill University looks into whether or not coconut oil can help limit or lesson obesity.

We believe that the health benefits of the coconut cannot be ignored.



# 3

## ANTIBACTERIAL FACE MASK



Mix the coconut oil with a little honey and you get an antibacterial fighting beauty treatment! Leave it on for around 10-20 minutes, then rinse completely.

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## SUPER CHARGE YOUR BATH TIME

# 4

Why not take charge in the bathroom, and use the relaxing properties of the oil for a gentle face massage... or even better...

...pour some into your bath to get all of its properties and literally swim in them.

Combine this ritual with some Epsom Salts for a healthy, healing and glowing bath time indeed!



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## HELPS CONTROL BREAKOUTS



This powerful combination of lauric acid and capric acid work as a 'tag-team' to fight off acne breakouts on your face and torso.

Your skin can become inflamed, irritated and red.

Clean your skin as you do at your bedtime routine, then let the oil soak into your skin.



## KICK HARMFUL TOOTHPASTE TO THE CURB

6

### LET ME ASK YOU A QUESTION ...

Why mess with toothpaste that 'might' or 'could' be safe?

To make your own toothpaste, combine equal parts coconut oil and baking soda.

Sweeten with a little Xylitol if you want and brush away!



# 7

## STOP CANDIDA OVERGROWTH & YEAST INFECTIONS



This incredibly healthy oil should be your first choice as an anti-fungal. If you're suffering from Candida overgrowth and yeast infections, the most effective component in coconut oil for you is caprylic acid. by interfering with their cell walls. The capric acid and lauric acid in coconut oil also have a similar effect, creating a powerful combination of anti-fungal treatments. This also means that the Candida yeast is unlikely to build up resistance to coconut oil, unlike other anti-fungals which can lose their effectiveness over time.

As an entirely natural anti-fungal coconut oil is a safe and effective way to rid your body of toxic candida build-up and stop it from returning. Make it a part of your long term diet plan today.

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## USE COCONUT OIL AS YOUR TOXIN-FREE SHOWER CLEANER

# 8

Instead of using harsh, toxic sprays and chemicals that can do WHO KNOWS WHAT to your body and insides, try cleaning your shower with this wonderful-smelling cleaner.

Just put it on a wash cloth and rub the grime away. And you can even use this to season cast iron pans and clean leather and wood furniture and wooden utensils.



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## USE AS A SAFE **FACE SCRUB**



### THIS IS SO EASY!

Just mix equal parts coconut oil and baking powder and rub in circles on your face at night.

Rinse off and see glowing skin and clearer complexion in a few days!

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## JUST WHAT YOUR TEETH NEED FOR A **NATURAL HEALTHY SMILE!**

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Have you heard of oil pulling? it's where you use coconut oil as a mouthwash or sorts, and swish with it for 3, 10 even 15 minutes if you want.

An expert study revealed that coconut oil banishes toxins and can even whitens teeth and prevents tooth decay.



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