

## Health Benefits of Coconut Oil

Research and clinical observation have shown that medium-chain fatty acids, like those found in coconut oil, may provide a wide range of health benefits. Some of these are summarized below:

- Kills viruses that cause mononucleosis, influenza, hepatitis C, measles, herpes, AIDS and other illnesses
- Kills bacteria that cause pneumonia, earache, throat infections, dental cavities, food poisoning, urinary tract infections, meningitis, gonorrhea, and dozens of other diseases.
- Kills fungi and yeast that cause Candida, jock itch, ringworm, athlete's foot, thrush, diaper rash and other infections
- Expels or kills tapeworms, lice giardia, and other parasites
- Provides a nutritional source of quick energy
- Boosts energy and endurance enhancing physical and athletic performance
- Improves digestion and absorption of fat-soluble vitamins and amino acids
- Improves insulin secretion and utilization of blood glucose
- Relieves stress on pancreas and enzyme systems of the body
- Reduces symptoms associated with pancreatitis
- Helps relieve symptoms and reduce health risks associated with diabetes
- Reduces problems associated with malabsorption syndrome and cystic fibrosis
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth.
- Helps protect against osteoporosis
- Helps relieve symptoms of gall bladder disease
- Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers
- Reduces pain and irritation caused by hemorrhoids
- Reduces chronic inflammation
- Supports tissue healing and repair
- Supports and aids immune system function
- Helps protect the body from breast, colon, and other cancers
- Is heart healthy; does not increase blood cholesterol or platelet stickiness
- Helps prevent heart disease, atherosclerosis, and stroke
- Helps prevent high blood pressure
- Helps prevent periodontal disease and tooth decay
- Functions as a protective antioxidant
- Helps to protect the body from harmful free-radicals that promote premature aging and degenerative disease

- Does not deplete the body's antioxidant reserves like other oils do
- Improves utilization of essential fatty acids and protects them from oxidation
- Helps relieve symptoms associated with chronic fatigue syndrome
- Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement)
- Reduces epileptic seizures
- Helps protect against kidney disease and bladder infections
- Helps prevent liver disease
- Is lower in calories than all other fats
- Supports thyroid function
- Promotes loss of excess weight by increasing metabolic rate
- Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats
- Helps prevent obesity and overweight problems
- Applied topically helps to form a chemical barrier on the skin to ward off infection
- Reduces symptoms associated with psoriasis, eczema, and dermatitis
- Supports the natural chemical balance of the skin
- Softens skin and helps relieve dryness and flaking
- Prevents wrinkles, sagging skin, and age spots
- Promotes healthy-looking hair and complexion
- Provides protection from the damaging effects of ultraviolet radiation from the sun
- Controls dandruff
- Helps you look and feel younger
- Is resistant to oxidation, so has a long shelf life
- Does not form harmful by-products when heated to normal cooking temperatures like other vegetable oils do
- Has no harmful or discomforting side effects
- Is completely non-toxic to humans

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By Bruce Fife, N.D.*

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