

The Healing Benefits of Coconut Oil

SKIN CARE

The medium chain triglycerides in coconut oil naturally moisturize the deeper layers of your skin and leave it with a healthy, youthful glow!

HAIR CARE

Coconut oil has shown to have a protective effect on the hair by reducing breakage and increasing length retention. It also works great as a natural conditioner!

WEIGHT LOSS

The fatty acids in coconut oil are easily digested and converted into energy, which helps to speed up metabolism and burn stored fat!

HEART HEALTH

Coconut oil helps to raise good cholesterol (HDL) and reduce the bad cholesterol (LDL). This can help to reduce your risk of heart disease.

INFECTIONS

Coconut oil is naturally anti-microbial and anti-fungal which helps to fight off infections in the body!

BRAIN HEALTH

The medium chain triglycerides offer neuroprotective benefits for a wide range of diseases including dementia, Alzheimer's, and brain injury.



GARMTM

FEEL BETTER. LIVE BETTER.