

THE COCONUT CRAZE UNKNOWN WAYS TO USE COCONUT OIL!

Audrey McKenzie
FEATURES INTERN
@Aud_MCKEN

Media, advertisements and today’s culture appear to be putting a greater emphasis on the use of coconut oil. It has typically been put to use for cooking and hair products, but that is just the beginning when it comes to the uses of this multipurpose oil.

When learning about this product, it is important to note the two types: refined and unrefined. Refined is the type that comes from dried coconut meat and has been through a chemical process to bleach and purify it. Because of the process that this goes through, refined coconut oil does not have an odor or taste. The process results in the fact that it contains trans fats. On the other hand, there is unrefined coconut oil, which is typically known as “virgin” oil. Unrefined comes from fresh coconut meat. Because the process to get from the meat to the oil is quick, this allows the unrefined oil to keep its odor and flavor.

While one of these types is not necessarily better than the other, there are situations where refined may be the better option, and vice versa. Take a look at the list below for various uses of each.

USE UNREFINED OIL WHEN:

- Cooking and looking for a strong coconut flavor
- Looking for a more natural substitute to other products
- Ingesting coconut oil for an immune system boost



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USE REFINED OIL WHEN:

- Cooking at high temperatures (up to 400 degrees Fahrenheit)
- Wanting to cook with the ease of coconut oil but without the flavor

1. **HAIR OIL:** Coconut oil is a great way to moisturize and add volume and shine to your hair. Other benefits include improvement of scalp health, aid in hair growth and infection resistance.
2. **OIL PULLING:** This process purifies the mouth and oral cavity by extracting the toxins from your mouth. This can be done by swishing a tablespoon of coconut oil in your mouth for 20 minutes. Additional benefits that have been seen are whiter teeth, fresh breath and cavity prevention.
3. **COFFEE CREAMER:** Adding this oil to your coffee rather than traditional dairy creamer supplies an increase of energy to start your day.
4. **MAKEUP REMOVER:** A natural way to remove makeup without stinging the eyes, coconut oil quickly takes off a day’s worth of makeup while also moisturizing the area around the eyes.
5. **ALOE ALTERNATIVE:** Although the summer season is gone, another option besides aloe vera gel is the natural healing powers of coconut oil.
6. **STICKY GUM REMOVAL:** Instead of using strong smelling peanut butter in an attempt to remove chewing gum, coconut oil lifts the gum out of hair, carpet, etc. with a wipe after setting for several minutes.
7. **COMBAT COLD SEASON:** Swallowing up to one teaspoon of coconut oil three times a day can soothe the uncomfortable nature of a sore throat. Swallowing a teaspoon of oil can also relieve a dry cough and the irritation that comes with it.
8. **HOMEMADE TOOTHPASTE:** Making your own toothpaste may sound a little funny, but coconut oil both brightens teeth and freshens breath! Mix coconut oil with baking soda and your flavor choice of an essential oil, and you have your own brand new toothpaste.
9. **STRONGER IMMUNE SYSTEM:** Because coconut oil has many anti-viral attributes (lauric acid and caprylic acid), it helps the body fight off unwanted viruses. Taking a teaspoon of unrefined coconut oil a day can help improve your immune system.
10. **BUG CONTROL:** If you have flies invading your home, try coating your trash can in coconut oil. They will not want to lay eggs on a surface that is coated in this oil.