

101 Uses for Coconut Oil

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Today, I'm sharing my top 101 (yes 101!!) uses for coconut oil:

1. In cooking as a great oil with a high smoke point. Great for baking, stir-frys or as a dairy free replacement to butter.
2. Added to foods or drinks daily for energy
3. As a coffee creamer when emulsified into coffee (The only way I'll drink coffee)
4. On the skin as a basic lotion (or coconut oil lotion bar)
5. In homemade lotion bars for soft, smooth skin
6. In homemade deodorant or deodorant bars
7. As an eye-makeup remover
8. As a cloth diaper safe diaper cream (just rub on baby's bottom)
9. In making your own Remineralizing Toothpaste
10. To lighten age spots when rubbed directly on the skin
11. To prevent stretch marks during pregnancy
12. To support healthy thyroid function
13. In homemade Mayo without the high PUFA vegetable oils
14. To help increase sun tolerance and avoid burning
15. As a naturally SPF 4 sunscreen
16. In homemade lotion recipes
17. To get rid of cradle cap on baby- just massage in to head, leave on for a few minutes and gently rinse with a warm wash cloth
18. Topically to kill yeast or yeast infections
19. As a delicious tropical massage oil
20. It's high Lauric acid and MCFA content helps boost metabolism
21. A tiny dab rubbed on your hands and then through hair will help get rid of frizz
22. In homemade soap for laundry
23. Mixed with equal parts sugar for a smoothing body scrub (use in the shower)
24. Rubbed on lips as a natural chap stick

25. Topically, can help skin heal faster after injury or infection
26. Directly on the perineum to help heal after birth
27. As an incredibly intensive natural conditioner- Rub into dry hair, put a shower cap on and leave for several hours
28. In homemade slow cooker soap
29. In place of Lanolin cream on nursing nipples to soothe irritation (also great for baby!)
30. Can help soothe psoriasis or eczema
31. There is some evidence that regular ingestion of coconut oil can help prevent or reverse Alzheimers
32. With apple cider vinegar as a natural treatment for lice that actually works
33. In natural Homemade Sunscreen
34. In healthy brain boosting snack for kids like Coconut Clusters
35. In a filling and energy boosting Brain Power Smoothie
36. Rub coconut oil on the inside of your nose to help alleviate allergy symptoms
37. Nursing moms often take 3-4 tablespoons a day (and Vitamin D) to increase milk supply and nutrients
38. In homemade shampoo bars
39. Mix a tablespoon with a tablespoon of chia seeds for an all-day energy boost (do NOT take this at night!)
40. Can help improve insulin levels
41. Oil pulling with coconut oil and a drop of oregano oil helps improve gum health
42. Can help improve cholesterol ratios
43. Blend a tablespoon into hot tea to help speed recovery from cold or flu
44. In Homemade Natural Bug-Off Lotion Bars
45. As a replacement for vegetable oils in any recipe or in cooking
46. In coconut based grain free granola
47. Can help reduce appearance of varicose veins
48. After initial heat is gone, can help speed healing of sunburn
49. Is an immediate source of energy when eaten that isn't stored as fat
50. As a natural personal lubricant that won't disturb vaginal flora

- 51.To make a simple homemade soap
- 52.In natural homemade diaper cream
- 53.As a natural shave cream and after shave lotion
- 54.When used consistently on skin it can help get rid of cellulite
- 55.To season cast iron skillets
- 56.It's anti-inflammatory properties can help lessen arthritis
- 57.Can reduce the itch of mosquito bites
- 58.Can help resolve acne when used regularly
- 59.Can be rubbed into scalp daily to stimulate hair growth
- 60.I've used in kids ears to help speed ear infection healing
- 61.In clay and charcoal soothing soap
- 62.A small amount can be rubbed into real leather to soften and condition (shiny leather only... test a small area first)
- 63.By itself as a great tanning oil
- 64.Mixed with salt to remove dry skin on feet
- 65.Can help speed weight loss when consumed daily
- 66.Can help improve sleep when taken daily
- 67.To dilute essential oils for use on skin
- 68.A tablespoon melted into a cup of warm tea can help sooth a sore throat
- 69.To help sooth the itch of chicken pox or poison ivy
- 70.It has been shown to increase absorption of calcium and magnesium
- 71.Internally as part of the protocol to help remineralize teeth
72. Some evidence shows that the beneficial fats in coconut oil can help with depression and anxiety
- 73.By itself as a natural deodorant
- 74.By itself or with baking soda as a naturally whitening toothpaste
- 75.For pets struggling with skin issues when used externally
- 76.In coconut oil pulling chews
- 77.In homemade vapor rub

78. In homemade peppermint lip balm
79. In magnesium body butter
80. In coconut oil dog treats
81. As a completely natural baby lotion
82. On hands after doing dishes to avoid dry skin
83. Mixed with catnip, rosemary, or mint essential oils as a natural bug repellent
84. In homemade meltaways (like candy)
85. Many use it as an anti-aging facial moisturizer
86. Use to make coconut cream concentrate for a brain boosting snack
87. Can be used internally and externally to speed recovery from UTIs
88. In a salve for cracked heels
89. When taken regularly, it can boost hormone production
90. Can relieve the pain of hemorrhoids when used topically
91. Can boost circulation and help those who often feel cold
92. On cuticles to help nails grow
93. Rub into elbows daily to help alleviate dry, flaky elbows
94. To help avoid chlorine exposure when swimming
95. Internally during pregnancy to help provide baby necessary fats for development (especially when taken with Fermented Cod Liver Oil)
96. With other oils as part of an oil cleansing regimen for beautiful skin
97. Whipped with shea butter for a soothing body balm
98. One reader swears by using coconut oil to treat yeast infection. She suggests soaking a tampon in it and inserting the tampon for a few hours.
99. Naturally clears up cold sores
100. Ingesting coconut oil daily can help with allergy symptoms
101. Ingesting coconut oil daily can increase mental alertness