

## Benefits of Coconut Cooking Oil

1. Coconut oil lowers cholesterol. Recent studies have shown that coconut oil helps our body metabolize cholesterol faster. This results in lower overall cholesterol levels. People who use coconut oil as their primary cooking oil and then stop, have been shown to have higher cholesterol levels after switching to different oil.
2. Coconut Oil is a fountain of youth. Coconut oil lowers cholesterol because it stimulates the thyroid gland. When the thyroid works properly, it uses cholesterol to make chemicals that are vital for preventing disease and also slow down the aging process.
3. Coconut Oil may help you lose weight. As noted above, coconut oil helps improve thyroid function. A thyroid that isn't working properly is one of the main causes of obesity. Cultures that use coconut oil for cooking have a lower rate of obesity.
4. Coconut Oil can prevent cancer. Healthy thyroid function has also been linked to reduce cancer risks. Studies have shown the occurrence of cancer to be lower, and in some cases nonexistent in areas that rely on saturated oils. They have also shown that the number of cancer cases increases with the addition of unsaturated oils in the diet.
5. Coconut Oil prevents infections. Coconut oil contains 40% lauric acid. This is a fatty acid that is also found in breast milk. The body converts it into a substance that fights bacterial, viral, and protozoal infection in infants. Providing your body with these chemicals improves your immune system and you get sick less often.
6. Coconut Oil improves digestion and absorption of other nutrients including vitamins, minerals, and amino acids.
7. Coconut Oil is one of the most stable oils you can buy. It does not turn rancid easily. If refrigerated, storage period will last up to 18 months.
8. Use coconut oil in place of corn oil, or shortening for frying meats and vegetables. The oil melts and heats quickly with a texture similar to melted butter. Unlike frying oils, coconut oil doesn't change its molecular properties when heated, meaning fewer harmful fats are ingested when used to cook foods.
9. Coconut Oil can also be used to grease sheets or pans for baking purposes. Mix with butter to form a substitute fat combination for toasted bread or muffins as a butter substitute. The

combination can be refrigerated and used as healthier bread spread in place of margarine or pure butter.

10. Not only is coconut oil lower in calories than most other fats and oils, less coconut oil is required when baking and cooking. You can replace butter, shortening or lard with three quarters the amount of coconut oil to obtain the same results.

#### **Sources**

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