



## THE MAGIC OF VIRGIN COCONUT OIL

### *From Health, Beauty until Cooking Recipes*

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#### Facts about Virgin Coconut oil

The source of **Virgin Coconut oil** is dried meat coconut called Copra. This coconut oil is derived without the use of any substances or methods which alter the composition of natural coconut oil. That means, virgin coconut oil is extracted by mechanical methods. VCO ( Virgin coconut oil ) has a sharp coconutty aroma and tastes like coconut. Extra virgin coconut oil is actually a misnomer, as it is the same as virgin coconut oil.

**Virgin Coconut oil** contains a very high percentage of saturated fatty acids, which is strikingly different from the fatty acid profile of any other oil. However, it is these special compounds in high concentrations that lend special healing capabilities to coconut oil.

#### Every 100 grams of Virgin Coconut Oil contains:

- **862 calories**
- Saturated Fat – 86.5 %
- Monounsaturated Fat (MUFA) – 5.8 %
- Polyunsaturated Fat (PUFA) – 1.8 %
- Iron – 0.04 mg .
- Vitamin K – 0.5 µg .
- Vitamin E – 0.09 mg ( alpha-tocopherol ), gamma tocopherol ( 0.20 mg ) .

#### *The list of medicinal and therapeutic properties of Virgin Coconut Oil:*

- *Anti-fungal – Coconut oil contains some of the strongest anti-fungal compounds, like capric acid, lauric acid and caprylic acid.*
- *Immunomodulatory – Coconut oil intake in presence of sufficient Zinc boost immune function but with a modulatory effect.*
- *Anti-Viral – Coconut oil has a very powerful anti-viral activity. It has shown anti-viral activity against many lipid coated viruses, the prominent ones like hepatitis C, visna, Epstein barr.*
- *Anti-Caries – Oil pulling using coconut oil reduces the risk of caries and slows accumulation of dental plaque.*
- *Hypolipidemic – Consumption of coconut oil improves lipid profile.*
- *Antithrombotic – It reduces the risk of blood clots.*
- *Anti-atherosclerotic – Lauric acid in coconut oil deactivates certain pathogens which are linked to a higher risk of atherosclerosis.*
- *Anti-bacterial – Coconut oil has anti-bacterial activity against a large number of bacteria.*
- *Cardioprotective – Virgin coconut oil actually lowers total cholesterol by decreasing LDL cholesterol and increasing HDL cholesterol.*
- *Anti-cholelcytic – It helps in the dissolution of gallstones.*
- *Emollient – Coconut oil is one of the best moisturizers for dry skin out there.*
- *Anti-Acne – Although coconut oil is comedogenic, it may help in acne as it attacks the acne causing bacteria, P.acnes.*
- *Antioxidant – Virgin coconut oil has a high amount of anti-oxidants that boost health by reducing cell damage induced by free radicals.*
- *Sunscreen – Coconut oil exerts a mild sunscreen like effect when applied on the skin.*
- *Anti-inflammatory for the skin.*
- *Apoptotic – induces programmed cell death.*

## BENEFIT OF VIRGIN COCONUT OIL FOR HAIR AND SKIN

### Virgin Coconut oil for Hair

Coconut oil helps to reduce protein loss in hair when applied regularly. This prevents breakage during combing of hair shafts which become weak due to loss of protein content. This is a major finding. Coconut oil can be applied directly onto wet or dry hair. However, the best benefits are availed by using it as a hot oil massage for hair. Warm the oil slightly and gently pat it onto the scalp, extending the oil along the hair shafts. Cover with a shower cap and keep for about 20 minutes. Then wash off the hair in cold water. This routine can be performed weekly to give softer but strong hair. The thickness of individual hair shaft can improve through continuous use as the protein loss is compensated for.

- **Virgin Coconut oil for Skin**

Coconut oil is the best remedy for *dry skin*. Regular application of it quickly helps the skin shed off dead cells, crusts, peelings and any infection that might be emerging. Applying coconut oil just after shower locks the moisture inside the cells and seals it off. This makes the skin very smooth. In winter months, applying coconut oil keeps the skin slightly warm as the oil layer acts as mild insulation. Thus, it prevents the dry skin problems of winter.

#### HOME REMEDIES USING VIRGIN COCONUT OIL

- *Use it for cracked heels, chapped lips and shedding skin. Also good for under eye circles. Coconut oil penetrates deep into the skin. So, it is good for treating dark circles and cellulite.*
- *Apply after a shave to prevent burning sensation.*
- *It is helpful in diaper rash.*
- *Apply on nails to keep them stronger and promote growth.*
- *Apply on mosquito bites to calm the itch*

Coconut oil is the most easily available remedy for any kind of skin infection, because it is a strong anti-fungal and anti-bacterial.

- Acne – Coconut oil kills Propionibacterium Acnes, the bacteria which is believed to be a factor in acne.
- Fungal infections – Use it for common problems like athlete's foot, jock itch, candidiasis, ringworm, toenail infection and other problems like corns and calluses.
- Viral skin infections like herpes, shingles and canker sores also respond to coconut oil.

### COOKING WITH VIRGIN COCONUT OIL

Coconut oil is ideal for cooking because almost 90% of its fatty acids are saturated, making it extremely stable at high temperatures. It also has a high smoke point of 350°F (175°C). Coconut oil is semi-solid at room temperature and melts at 76°F (24°C). So store it in a cupboard, rather than the refrigerator, to keep it pliable.

#### Use it in Recipes:

- Coconut oil can be substituted for oil or butter in a 1:1 ratio in most recipes.

- Be sure to let cold ingredients like eggs or milk come to room temperature before blending it in, so it mixes in smoothly instead of clumping.
- It's best to melt it and add to smoothies and protein shakes gradually.
- Also add to Coffee or Tea

Here are several cooking ideas:

- *Sautéing or stir-frying: Use 1–2 tablespoons of this oil to cook vegetables, eggs, meat or fish.*
- *Popcorn: Drizzle melted coconut oil on air-popped popcorn or try it in this stove-top popcorn recipe.*
- *Baking: Use it to coat poultry or meat before rubbing with seasonings.*

#### HOW MUCH COCONUT OIL DO YOU NEED PER DAY?

- Studies have found that 2 tablespoons (30 ml) seems to be an effective dose.
- This has been shown to benefit weight, reduce belly fat and improve other health markers.
- Some studies used up to 2.5 tablespoons (39 grams) per day, depending on calorie intake.
- Two tablespoons provide about 18 grams of medium-chain triglycerides, which is within the range of 15–30 grams that has been shown to increase metabolic rate.
- Eating 2 tablespoons (30 ml) per day is a reasonable amount that leaves room for other healthy fats in your diet, such as nuts, extra virgin olive oil and avocados.
- However, start slowly to avoid the nausea and loose stools that may occur with high intake. Take 1 teaspoon per day, gradually increasing to 2 tablespoons per day over 1–2 weeks.

#### PURCHASE AND STORAGE

Coconut oil is the most stable oil. It has a remarkable shelf life of 2 years and does not go rancid at room temperatures or even higher temperatures. So, one can buy the largest size of coconut oil and not be worried about storage. However, it is important to buy coconut oil from a reputed brand. One can also buy virgin coconut oil directly from places where coconut grows in plenty, like India, Malaysia and Indonesia and the Pacific Islands.

If you are in Bali, Indonesia for easy Virgin Coconut Oil shopping visit <https://www.kura2shop.com/product-category/beauty/>

*The content on this article is intended for informational and educational purposes only. Consult a doctor for medical advice, treatment or diagnosis.*

#### References:

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