

# Coconut Oil



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Coconut oil is a healthy saturated fat that can be used for high heat cooking (unlike some unsaturated fats that are less stable and become rancid in high heat). It is high in medium chain fatty acids, particularly lauric acid (monolaurin) which has incredible healing properties and reduces inflammation.

The body uses medium chain fats for energy, so coconut oil boosts metabolism and is wonderful for weight loss. It also supports optimal thyroid function and is anti-microbial, anti-bacterial, and anti-fungal which makes it great both internally AND externally! Make sure to purchase virgin oil or virgin, filtered oil if you prefer a neutral (less coconut-y) taste.

