

# Download All About Coconut Oil Its Uses And Benefits

Rich source of Fatty acids that provide many benefits. According to the USDA National Nutrient Database for Standard Reference, coconut oil contains 0 cholesterol and is a good source of energy, lipids, and various other nutrients. It contains vitamins and minerals such as vitamin E, vitamin K, calcium, zinc, and iron. Coconut Oil for Hair– This nourishing oil has been used for centuries in hair and its unique fat composition makes it especially beneficial for certain hair types. Use it as a hair mask, hot oil treatment, or in homemade hair products. To Moisturize and Nourish Skin– The same properties make coconut oil great for skin as well. Many people like to use it as a natural moisturizer. If ever there were a beauty cure-all, it's coconut oil. Uses for beauty abound inside each jar of the sweet-smelling oil. This beauty staple has a long shelf life and a number of health benefits. Coconut oil might just be the most versatile health food on the planet, so much so that I consider it a top superfood. Not only is it my favorite cooking oil, but coconut oil uses are numerous and can extend to being a form of natural medicine, be used for natural beauty treatments and so much more.