10 Reasons Why You Need to Start Eating & Cooking With Coconut Oil

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Throughout the past several years, the culinary and medicinal qualities of coconut oil have made their way into the mainstream consciousness. While coconut oil features a delicate flavour that enhances practically any dish, there are many reasons outside of its pleasant taste as why this oil should be consumed regularly. In fact, there are 10 great reasons why you need to immediately start increasing your coconut oil intake.

Reason #1 – Natural Energy Booster

Coconut oil contains a unique nutrient known as medium-chain triglyceride's, or MCT for short. A study published in the European Journal of Clinical Nutrition found consuming 15 to 30 grams of MCT from coconut oil per day significantly increased energy levels for a 24-hour period.

Reason #2 – Fight Off Viruses and Bacterial Infections
No matter how often you wash your hands and steer clear from germs and illnesses, you're eventually bound to catch the flu or a bacterial infection. Decrease your odds of getting sick by consuming coconut oil every day. When coconut oil is consumed, it's transformed into two powerful anti-viral and anti-bacterial agents: lauric acid and monolaurin. In fact, a study published by the "Antimicrobial Agents and Chemotherapy" medical journal found these two substances, derived from coconut oil, effectively killed both bacteria and viruses in patients.

Reason #3 – Increase "Good" Cholesterol Levels
Your body consists of "good" cholesterol, HDL, and "bad" cholesterol, LDL. The higher your HDL cholesterol levels, the healthier your cardiovascular system. A study published in the July 2009 edition of "Lipids" found that over a 12-week duration, women who consumed coconut oil experienced a significant increase in HDL cholesterol while their LDL levels simultaneously decreased.

Reason #4 – Heal Wounds Faster
Holistic practitioners believe that treating skin abrasions with virgin coconut oil expedites the healing process. While scientific evidence is conflicting for this reason, researchers have found consuming coconut oil increases blood coagulation, which helps stop bleeding and promotes wound healing.

Reason #5 – [Combat Constipation](#)
Coconut oil has long been used to aid in digestion and help eliminate certain disorders, such as indigestion and irritable bowel syndrome. When it comes to constipation, consuming this oil seems to not only fight off unhealthy bacteria that's causing digestive issues, but "cleans" out your digestive tract. Next time you're feeling the pain of constipation, reach for a virgin coconut oil instead of a synthetic laxative. It's natural cleansing is gentle, yet effective.

Reason #6 – Fight Alzheimer's Disease
As coconut oil is consumed, its MCTs are sent directly to your liver, which are then transformed into ketones. Researchers believe these ketones may help slow the cognitive decline associated with Alzheimer's disease; however, further research is needed to determine its full effectiveness.

Reason #7 – Support Thyroid Function
While there is little scientific evidence to fully support this use, holistic practitioners, patients and even Western physicians are turning to coconut oil to support thyroid functions. It's believed this oil protects your thyroid by increasing metabolism and basal body temperatures, which is an essential benefit for those with low thyroid functionality.

Reason #8 – Treat and Cure Yeast Infections

Candida is a disease produced by a form of yeast known as Candida Albicans. While this yeast is found in almost every person, if its growth becomes excessive and uncontrolled, you'll experience a host of problems. To fight this condition, you must increase your intake of anti-fungal and antimicrobial compounds, such as lauric acid, myristic acid and caprylic acid. Coconut oil contains a high concentration of these, and other, compounds. Consume coconut oil each day to kill yeast infections throughout your body.

Reason #9 – Protect Your Liver

According to a study published in the "Journal of Basic and Clinical Physiology and Pharmacology" coconut oil directly protects your liver from damaging effects due to toxic chemicals found in antibiotics and other compounds. It's believed this protection is due to its active compounds and ability to soak directly into liver cells.

Reason #10 – Keep Your Teeth Healthy and Happy

The active compounds in coconut oil have been found by researchers to support the absorption of calcium within your body. Calcium is a major factor when it comes to your teeth health. Therefore, by consuming coconut oil every day, research suggests your rate of calcium absorption will increase, which in-turn will increase the strength and vitality of your teeth.