

## Be Creative with CoCo Love

For your Hair	Deep conditioning from the inside out because of the fatty acids, even helps with dandruff problems
For your Skin	Medium Chain Triglycerides are natural skin conditioners which help protect against free radical damage
For your Digestion	Medium Chain Triglycerides are small and easily digested with less strain on the pancreas and digestive system
For Weight Loss	Fatty acids destroy candida (yeast overgrowth) and prevent carb craving while speeding up metabolism
For Stress Relief	Apply to forehead and gently massage, soft aroma helps to relax mental fatigue
For diabetics	Helps to improve insulin sensitivity & glucose tolerance which regulates the blood sugar and helps to protect against insulin resistance
For Infections	Lauric acid (found in breast milk and coconut oil) aids in all types of infections
For Immunity	This saturated fat contains antibacterial, anti-viral, anti fungal and anti-parasite properties which will aid in boosting immunity
For Heart Health	It is saturated fat, however it contains 50% Lauric acid which means it doesn't lead to increased LDL levels, and helps reduce the incidence of injury and damage to arteries