Coconut Oil
A Little Goes a Long Way
万能神油 —— 椰子油

Coconut oil is increasingly popular as a health food today — and for very good reasons. It has a delicate flavour and offers many wonderful health benefits when consumed regularly:

1. Quick energy source.
2. Significantly improves blood sugar levels and reduces insulin resistance, thus lowering your risk of diabetes and greatly improves your chance of avoiding a heart attack.
3. Increases metabolism.
4. Reduces inflammation.
5. Increases 'good' HDL cholesterol.
6. May reduce belly fat.
7. Decreases hunger and food intake.
8. Improves wound healing.
9. Boosts the immune system.
10. Improves bone health – prevents osteoporosis and relieves symptoms of arthritis.
11. Boosts brain function and beneficial for people with epilepsy and Alzheimer's.
12. Protects the liver.
13. The safest cooking oil on earth. Coconut oil does not form harmful by-products when heated due to its very high saturated fat content, unlike vegetable oils. The polyunsaturated fatty acids in vegetable oils are converted into toxic compounds when heated. These may have harmful effects on your health.

The benefits list can go on and on.

Coconut oil is also extremely versatile for topical applications. Below are just some of the clever uses you may not be aware of:

1. Detoxification

Coconut oil pulling once a day is highly recommended for detoxifying the body and improving health. Take 1 tbsp. of coconut oil in the mouth before breakfast. Move the oil slowly around the mouth through swishing and by pulling it through the teeth. Move around the mouth for 15-20 minutes or until the oil turns white. Keeping the oil moving for several minutes is important because it is the prolonged swishing that gives the oil enough time to react with the saliva so that its enzymes are released to pull or draw toxins from the body. Once the oil is expelled from the mouth, brush your teeth well to eliminate bacteria and other impurities from the body. Oil pulling also helps to prevent cavities, while improving dental and gum health.

近年来椰子油人气急升，是保健食品中的新宠儿。这是有理由的，因为它味道微妙，经常食用还可提供许多的健康效益：

1. 快速补充能量。
2. 显著改善血糖水平和减轻胰岛素抵抗，从而有效地降低患糖尿病的风险及预防心脏病发作。
3. 提高新陈代谢的效率。
4. 减轻炎症。
5. 提高"良性"胆固醇。
6. 有助减去腹部脂肪。
7. 减低饥饿感及食物摄取。
8. 帮助伤口愈合。
9. 增强免疫系统。
10. 有利骨骼健康，预防骨质疏松症和缓解关节炎的症状。
11. 增强脑部功能，有助改善癫痫症和阿兹海默症。
12. 保护肝脏。
13. 最安全的食用油，由于椰子油具有很高的饱和脂肪，因此即使在高温下也不会产生有害物质，不像其他的植物油所含的是多聚不饱和脂肪酸，在加热后会转换成有毒物质，严重伤害人体健康。

有关椰子油的好处，我们可以一直持续地写下去。。。

除了提供那么多神奇的健康功效，椰子油也可广泛地应用在日常生活中。以下为大家介绍：

1. 椰子油油漱口(或称油拔法)排毒

每天进行一次椰子油油漱口，可帮助身体排毒和改善健康。早餐前，倒一汤匙椰子油入嘴。慢慢地让油在口内流动并在齿缝间拉动15至20分钟或直到油变为白色。让油维持在嘴里拉动的那几分钟是很重要的，因为这样椰子油才有足够的时间与唾液产生效应，释放酶素，从而吸拉出体内的毒素。把油吐出后，把牙齿刷干净，以彻底消除从体内吸出的细菌和其他杂质。椰子油油拔还能帮助预防蛀牙、改善牙齿和牙龈健康。

2. Natural Body Moisturizer

With its powerful moisturizing, anti-fungal and antibacterial properties, coconut oil is widely used to treat skin problems such as dermatitis, eczema and stretch marks, while keeping skin moisturized and soft. It can also help to repair cracked heels.

3. Gentle and Effective Makeup Remover

Apply with a cotton pad and wipe gently until all traces of makeup are gone.

4. Ideal Natural Lip Balm

Coconut oil leaves your lips moist for hours, and even provides some protection from the sun. No more chapped lips and no worries about harmful chemicals.

2. 天然最佳润肤液

椰子油具有强大的保湿、抗真菌和抗细菌功能，因此被广泛用于治疗皮肤问题，如皮炎、湿疹和妊娠纹。同时可保持皮肤柔滑、滋润、有光泽，还可帮助修复脚跟龟裂等问题。

3. 温和有效的天然卸妆油

使用沾了椰子油的化妆棉轻轻擦在脸上，直到完全卸妆干净。

4. 理想的天然护唇膏

椰子油可长时间滋润嘴唇，还有防晒功能。不再出现唇裂问题，绝对安全，不用担心是否含有任何危险的化学物质。

5. Excellent Hair Conditioner for All Types of Hair

According to a study published in the Journal of Cosmetic Science, coconut oil is the only oil that reduces protein loss. Protein loss in hair leads to dryness and breakage. Researchers concluded that the unique structure of lauric acid in coconut oil can penetrate the hair shaft in a way that most other conditioners can't. It restores dull, dry, or damaged hair and helps control frizzy hair and detangle knots.

6. Hair Tonic

If you are troubled with thinning hair, coconut oil is a safe, effective and reasonably priced solution. Massage coconut oil onto the scalp with gentle pressure for 10 minutes, 3 or 4 times per week, as coconut oil helps improve blood circulation and promotes hair growth.

7. Treat Dandruff

Coconut oil has strong antiviral, antimicrobial and antifungal properties that kill fungus, viruses and bacteria that may be lurking on your scalp. Many prescription and over-the-counter dandruff shampoos do not fix the root cause and can actually make dandruff worse. Rich in vitamin K and vitamin E, coconut oil helps to make hair follicles healthy and reduce dandruff, be it caused by fungal or dryness. Dandruff may not go away overnight, but many see results in just a week or so.

8. Treat Cradle Cap

Gently rub some coconut oil on it for a minute. When the cradle cap is softened, comb through the hair with a fine toothcomb from the scalp upwards.

5. 适合所有发质的优质护发素

根据《美容科学期刊》所发表的一项研究，椰子油是唯一能减少头发蛋白质流失的油膜。头发蛋白质的流失会导致头发干燥和断裂。研究人员最终认为椰子油中的月桂酸的独特结构能够渗透毛干进而修补干燥、受损、无光泽的头发，这是其他大多数护发素无法做到的。同时椰子油也能控制头发毛糙和打结的问题。
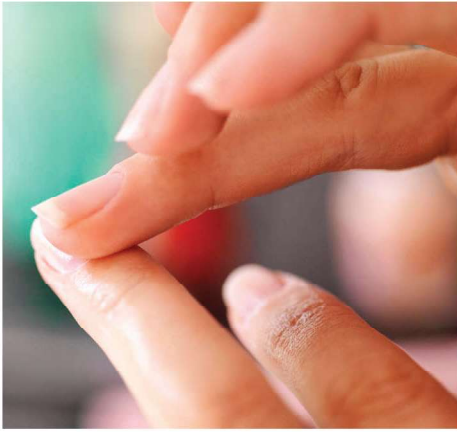
6. 天然生发水

椰子油是改善头发稀疏最为安全、有效及价格廉宜的方式。使用椰子油轻柔按摩头皮10分钟，每周3-4次，可促进血液循环，刺激头发生长。

7. 控制头皮屑

椰子油具有强效的抗病毒、抗细菌和抗真菌的功能，可杀灭潜伏在头皮上的真菌、病毒和细菌。许多含处方或一般市售的去除头皮屑洗发水都无法解决头皮屑的根本问题，反而使头皮屑问题变得更糟糕。椰子油富含维生素K和E，有助促进毛囊健康，减少由真菌或干燥引起的头皮屑。头皮屑问题可能不会在一夜之间消失全无，但许多人在使用椰子油一周左右后就可看到显著效果。

8. 去除头皮乳痂

轻轻在头皮上受影响的部位涂抹椰子油。大概一分钟当乳痂变软后，用梳子从头皮向上梳理头发。

9. Heal Ragged Cuticles

Simply apply a small amount of coconut oil to your cuticles and massage for a few moments. Do this several times a week for best results.

10. Shaving Cream

It ensures a smooth shave and leaves your skin feeling soft and hydrated.

11. Excellent Carrier Oil

Coconut oil is less prone to rancidity and that makes it an excellent carrier oil for other essential oils.

12. Make Wood Furniture Shine

Coconut oil can help keep your furniture looking shiny and polished. It not only brings out the beauty in natural wood, but it also acts as a dust repellent. Plus, it has a pleasant, delicate aroma — unlike many commercial furniture polishes that contain strong artificial fragrances.

13. Lice Treatment & Prevention

According to a study published in the European Journal of Paediatrics and another study published in the Israel Medical Association Journal, coconut oil is found to be more effective in repelling and killing lice than the commonly used prescription for lice treatment – permethrin.

When you are buying coconut oil, look for cold-pressed and organic extra virgin coconut oil (EVCO). EVCO is the first cold-pressing immediately upon opening of the coconut. EVCO must be clear as water and has a mild, sweet coconut aroma.

A study was done at the University of the Philippines in Manila comparing all the different methods of manufacturing extra virgin coconut oil. The doctor who led the study (Dr. Dayrit) came to the conclusion, after much analytical work, that cold-pressed oil has the most trace nutrients in it. He believes its quality surpasses that of the traditional fermentation and centrifuge processes.

NewLife™ Guarantees You Pure, Unadulterated, Organic Extra Virgin Coconut Oil.

Cold-pressed and naturally processed, under strict hygienic conditions set by international standards (ISO 22000 & ISO 9000), from freshly harvested organic, mature coconuts.

Not bleached, deodorized, or refined.

No chemical preservatives or additives.

9. 改善粗糙的角质层

在角质层上涂抹少量的椰子油，然后按摩几分钟。每周做几次以达到最好的效果。

10. 天然剃须膏

椰子油确保胡须刮得顺滑，同时也为皮肤带来滋润效果。

11. 优质基底油

椰子油不容易酸败变质，很适合作为其他精油的载体。

12. 让木制家具看起来发光发亮

椰子油可被用来擦亮木制家具，作为家具的最佳保养油。它不仅可展现出木纹的美丽，还具有防尘的作用。此外，它发出的淡淡椰香味，完全不像其他市售的家具保养油所散发出强烈的人工香精味。

13. 消除和预防头虱

根据《欧洲儿科期刊》和《以色列医学协会期刊》所分别发表的一项研究，椰子油在消除和杀灭头虱的功效比起常见治疗虱子处方的氯菊酯来得更有效。

在选购椰子油时，请务记选择冷榨式的有机特级初榨椰子油（EVCO）。特级初榨椰子油是打开椰子后立即进行的第一次冷榨所萃取出的椰子油。特级初榨椰子油像清水一样清澈，散发出清淡香甜的椰子味。

马尼拉菲律宾大学进行了一项研究，比较了特级初榨椰子油所有不同的生产方法。领导这项研究的戴立特博士在经过了大量的分析后作出了结论：冷榨法的椰子油含有最多微量营养素，其质量比传统发酵和离心萃取的椰子油来得更好。

新生命保证您最纯净、最优质的有机特级初榨纯鲜椰子油。

仅采用新鲜摘采的有机成熟椰子，按照国际标准（ISO 22000和ISO 9000）严格的卫生条件，以冷榨和天然处理方式提炼。

未经脱色、去味、精炼。

无化学防腐剂和添加剂。