

Coconut Oil

By Colleen Sonntag



100% Virgin coconut oil is from organically grown coconuts with no artificial chemicals, additives or preservatives of any kind used in its production. Most commercial grade coconut oils are made from copra. Copra is basically the dried meat of the coconut. It can be made by smoke drying, sun drying, or kiln drying, or derivatives or a combination of these three.



If standard copra is used as a starting material, the unrefined coconut oil extracted from copra is not suitable for consumption and must be purified by refining. This is because the way most copra is dried is very unsanitary. Most of the copra is dried under the sun in the open air, where it is exposed to insects and molds. The standard end product made from copra is RBD coconut oil. RBD stands for refined, bleached, and deodorized. Both high heat and chemicals (e.g. solvent extractions) are used in this method. RBD oil is also often hydrogenated or partially hydrogenated. Hydrogenated oils have been shown to increase serum cholesterol levels, which contribute to heart disease.

Our Virgin Coconut Oil can only be achieved through the DME Method. This stands for Direct Micro Expelling and our oil is handmade, natural, raw and produced within one hour of opening the nut. Consequently, it retains the distinct fragrance and taste of coconuts, whereas the copra-based refined coconut oils have no taste or fragrance at all due to the refining process. In fact, coconut oil made this way will often have the "fragrance" added artificially! Our Extra Virgin Coconut Oil is not only naturally organic, it is also unhydrogenated, high in antioxidants (which fight free radicals that cause us to age faster) and free from impurities.

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This does make our coconut oil more expensive than those companies selling coconut oil made by the copra method, which produces more oil but chemicals must be used in the purification process.

Most companies use the purified coconut oil in their lotions, creams, and other products. And, most commercial creams and lotions are predominantly water. So their moisture is quickly absorbed into dry wrinkled skin. As the water enters the skin, it expands the tissues, like filling a balloon with water, so that wrinkles fade away and the skin feels smoother. But this is only temporary. As soon as the water evaporates or is carried away by

the blood stream, the dry, wrinkled skin returns.

As we age, connective tissue fibers are continually subjected to free-radical attack, which breaks them down. As a result, connective tissues become hardened and lose both elasticity and strength. The skin loses its ability to hold itself together, begins to sag, and hence becomes wrinkled. Once

young, soft and smooth the skin turns dry and leathery. Once a free-radical reaction is started it can cause a chain reaction that produces more free radicals, which ultimately damages thousands of molecules. The only way our body has to fight them is with antioxidants. When a free radical comes into contact with an antioxidant, the chain reaction is stopped. For this reason, it is good to have plenty of antioxidants in our cells and tissues to protect us.

Virgin Coconut Oil is especially useful in fighting free radicals, IF it is unrefined and hasn't been stripped of any of its natural components through the refining process. Conventional body care products that are made with refined vegetable oils which have all the antioxidants stripped from them are highly prone to free-radical generation both in and outside the body. A huge reason why you should be careful about the type of oils you use on your skin, and in your lotions, creams and lip balms. If you use a lotion, or cream with a refined oil in it you are in fact causing your skin to age faster.

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The lotion, though it may bring temporary improvement will actually accelerate the aging of the skin and even promote skin cancer through the free radicals that are readily formed from the refined vegetable oil. One of the classic signs of old age is the appearance of brown, freckle-like spots or liver spots. It is a sign of free-radical deterioration of the lipids (fats) in our skin, thus the name *lipofuscin*. Liver spots don't ordinarily hurt or show any signs of discomfort. In fact, if we couldn't see them we wouldn't even know they were there. But they do affect our health and our appearance. Because cells cannot dispose of the lipofuscin pigment, it gradually

accumulates within many cells of the body as we age. Once lipofuscin pigment develops, it tends to stick around for life, but you can prevent further oxidation and some have even faded and reduced liver spots they already have by using the right kind of oils in their diet and on their skin. Coconut oil unrefined is the best natural ingredient for skin lotion available since it pre-

vents destructive free-radical formation and provides protection against them, it helps keep connective tissues strong and supple so that the skin doesn't sag and wrinkle, and in many cases it even restores damaged or diseased skin.

Virgin Coconut Oil is also known to help protect against degenerative disease, heart disease, arthritis, cancer and diabetes. It is rich in medium chain triglycerides, especially lauric acid, has no trans fatty acids, it is not hydrogenated, free fatty acid (FFA) levels are less than 0.1% at production, it has a natural coconut aroma and flavor, it keeps at room temperature for at least two years, and helps protect against skin cancer and other blemishes. How can you not use one of the most natural, exceptionally beneficial sources of anti-aging, and health maintenance on the market today, especially when this very product is readily available in creams, lotions and oils, and other body care products on this very site....[DreamSpiritDancer](#). You can't go wrong, and will visibly see the difference in record time.

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