



How To Use Coconut Oil To Lose Weight Like The Celebs

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Jennifer Aniston, image: Angela George, Creative Commons

Coconut Oil is the latest trend to take over the health, fitness and beauty world. Known for its versatility, one of **its main benefits** is its ability to speed up the metabolism and prevent sugar cravings which all lead to promoting weight loss.

Celebrities have taken on this **coconut oil weight loss** movement; and here we list how some of these celebs have used this magical oil to help them shed the unwanted pounds:

- **Angelina Jolie:** Angelina announced that as part of her breakfast routine she eats a small handful of cereal along with a spoonful of extra virgin coconut oil.
- **Miranda Kerr:** Miranda won't go a single day without coconut oil. She adds a drop virgin coconut oil to her green tea and salads everyday to maintain her supermodel physique.
- **Jennifer Aniston:** To boost her metabolism even more, Jennifer often makes her own tortilla chips and dips them in coconut oil.
- **Kourtney Kardashian:** Kourtney enjoys using the oil to make her own sweet and nutritious coconut pudding.