



10 Amazing Uses for Coconut Oil

By [allmysprings](#) on June 10, 2015

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There are some truly amazing uses for coconut oil. There are the well known ones, like using it for cooking or as an all natural moisturizer, but some other uses might just surprise you! Here are my top 12 favorites:



1. Cooking oil

It has a very high smoke point, meaning it's still great for you even when heated. You can use it in cooking, frying and in baking as a replacement for butter.

2. Cradle Cap treatment

It's completely safe and all you need to do is massage it into the affected area and then gently rinse with a warm wet cloth after a few minutes.

3. Topical and oral anti-fungal

Fantastic for all sorts of yeast/thrush infections.

4. Healing cream

It can help skin heal much faster after injury or infection and has antibacterial/anti-fungal properties.

5. Nursing ointment

Amazing in place of Lanolin for nursing mothers to sooth irritation or soreness as well as help prevent infections.

6. Galactagogue

Can increase milk supply in nursing moms when you take 3-4 tablespoons internally every day.

7. Insulin balancer

Taken daily, it can help improve insulin levels.

8. Oil pulling

Great for oil pulling - tastes much better than other oils!

9. Sunburn soother

Helps heal and soothe sunburn. It also has mild sun protection properties.

10. Sore throat remedy

Melting a tablespoon full into a mug of warm tea can soothe a sore throat.

11. Calcium and Magnesium booster

Taken daily, it helps to increase the absorption of calcium and magnesium.

12. Skin lotion

Excellent to use as an all natural skin lotion for the whole family, including babies. It is amazing for treating eczema, nappy rash and dry skin.

What else do you use magic coconut oil for? Let us know in the comments!