

Quinn's Coconut oil



Quinn's coconut oil is obtained from organically grown coconuts in Mozambique

Studies published in the *Journal of Nutrition* showed that diets rich in fats such as those found in coconut oil prompted a:

- boost in metabolism
- increase in energy
- decrease in food consumption as it stabilises blood sugar levels
- reduced body weight and lower body fat mass

Its also known to:

- support immune system health
- support the proper function of the thyroid gland.
- be one of the safest oil to cook with. Unlike other vegetable oils that form dangerous trans-fats when heated, coconut oil remains unchanged.
- be very efficient against Candida infections

And did you know that one of the best personal care products you'll ever find, is probably sitting in your kitchen cupboard?

Coconut oil is equally beneficial externally as it is taken internally, and can also be used for skin, hair and oral health:

- Its one of the best natural pre-wash conditioners as it reduces breakage and damage to hair as well as reducing protein loss.
- Because you absorb into your bloodstream whatever you put on your skin, you want to stay away from the many questionable chemicals present in so many personal care products.
- It helps protect your skin from the aging effects of free radicals, and can help improve the appearance of skin with its anti-aging benefits.
- It has anti-viral, anti-bacterial and anti-protozoa properties, which can be very beneficial when used topically for skin and scalp issues.
- Due to its anti-bacterial properties it makes it a perfect mouth wash.

