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6 Household Uses for Coconut Oil

How to Use Coconut Oil for Cooking, Cleaning, and Cosmetics



Coconut oil is a substance being applied to all manner of problems today. Not only is it a healthier alternative to synthetic oils used in a lot of products today, when you use it for cleaning and DIY products, it generates fewer indoor air pollutants, toxins in and on your body, and less pollution in our water, too.

Photo credit: iStockphoto

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Our guide for how to use coconut oil for everything from cooking to household cleaning to making your own cosmetics will give you an idea of the many ways to make use of this healthy oil at home.

1. Use coconut oil as a healthy dietary fat

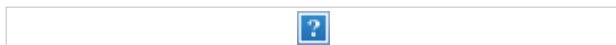


Photo credit: Flickr / Serenae

Coconut oil has a high smoke point so can be used as a substitute for butter and vegetable oil for stir-fries, baking, and more. It can also be used in smoothies to add healthy fat or to make salad dressings and mayonnaises. Coconut oil is a highly saturated fat that is consumed as the primary fat of Polynesian peoples who have very low rates of heart disease. It is also being studied as a good fat for its benefits to Alzheimer's patients. Some claim coconut oil as beneficial for losing weight as well, but on this and all of these claims, researchers have a lot more studying to do before they're confirmed (1).

2. Making DIY personal care products with coconut oil



Photo credit: Flickr / cafemama

Coconut oil can be used to create natural, organic cosmetics and personal care products like lotions, deodorants, diaper cream, sunscreen, massage oil, body scrub, hair conditioner, shaving crème, personal lubricant, tanning oil, and even toothpaste.

3. Insect treatments with coconut oil



Photo credit: Flickr / calafallvelo

Coconut oil can be mixed in with homemade insect repellents and also helps

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to stop the itch after you've experienced an insect bite.

4. Cleaner and polisher from coconut oil



Photo credit: Flickr / This Year's Love

Coconut oil is a great substance for polishing wood and leather to return its like-new shine. It conditions and brightens without the toxic fumes of conventional store bought wood polishes. Rub coconut oil on bronze items, too, to add shine and deepen the colour.

5. Label and sticky substance removal with coconut oil



Photo credit: Flickr / SighlentJ

If you've got a sticky challenge like removing a label from a package, coconut oil works great and is free from the toxins of chemical label removers. Just apply a few drops and rub around to cover the entire label, then let stand for about an hour. Test the label to see if it's loosened and if not, apply a bit more and let stand again. Repeat until the label removes effortlessly.

6. Gum and rust removal with coconut oil



Photo credit: Flickr / Derrick Coetzee

Any rusty metal - cutlery or scissors or that old vase - will benefit from coconut oil. Apply with a rag and let it sit for an hour, then rinse with warm water. You can also use coconut oil to remove gum from hair. Apply the oil to the gum and work it in until the gum comes loose.

Just remember that there are different types of coconut oil, and that some are better for different issues than others. Expeller pressed coconut oil and

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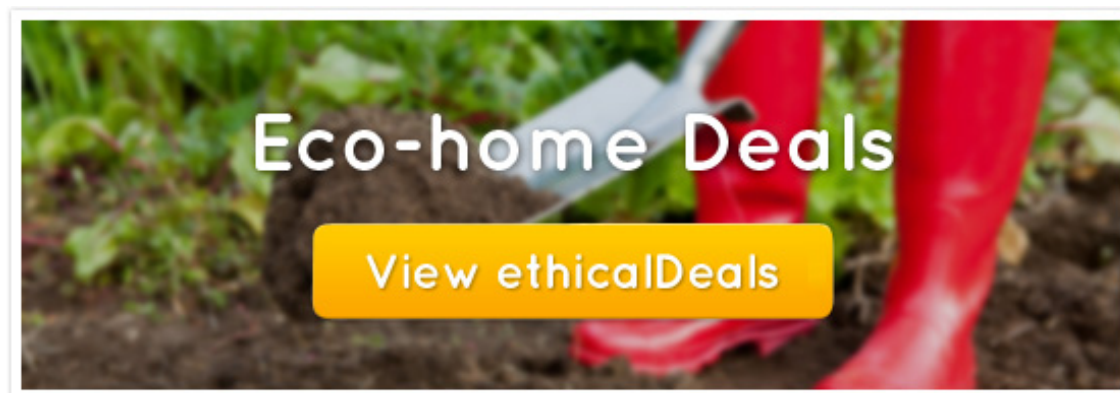
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others that are more refined are useful for cleaning and other external uses, while unrefined virgin coconut oil is better for any cooking applications. So have fun learning how to use coconut oil and its many uses.

Limited Time Offer!

Experience the versatility of coconut oil with this week's ethicalDeal: **Save 37% on 2 x 908g bottles of organic, vegan, coconut oil - pure or virgin** from Everland Natural Foods, delivered right to your door via Canada Post. Special offer only available August 28-September 6, 2013. Get it before it's gone!



About the author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You

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can learn more about Maryruth's work by [visiting her site](#).

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References

(1) Weil, Andrew M.D. *New View of Coconut Oil?* (May 7, 2013) Retrieved August 19, 2013 from WEIL: <http://www.drweil.com/drw/u/QAA401284/New-View-of-Coconut-Oil.html>

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