



# COCONUT OIL

## Benefits

- Helps bodies suffering from yeast, fungal, and viral infections
- Promotes normal thyroid function
- Helps balance metabolism and hormones
- Promotes healthy, good-smelling skin
- Helps bodies suffering from diabetes
- Promotes absorption of fat-soluble nutrients
- Safer fat for pets with chronic pancreatitis or EPI
- May help reduce allergic reactions

### RAW ONLY

You should only use raw, unrefined, “virgin” coconut oil. It will look white when solid (it will be solid when the temperature is under 75F) and have a clean smell. Do not use hydrogenated or fractionated products.

### MEDIUM-CHAIN FATTY ACIDS

Also called Medium-Chain Triglycerides, have a few significant characteristics. They don't require pancreatic enzymes to be metabolized; that makes them a safer fat for pets that suffer from chronic pancreatitis, exocrine pancreatic insufficiency, or other conditions that make fat-absorption problematic. They are high in lauric and caprylic acid which help balance insulin levels and fight infection. They are metabolized efficiently resulting in healthy metabolism and endocrine system.

While coconut oil has these benefits it's not a required supplement for healthy pets that don't have deficiencies in these functions. Coconut oil is also not a substitute for short-chain fatty acids like fish oil.

### IT'S ESSENTIAL TO START SLOWLY

The detoxifying effects of coconut oil won't cause trouble unless you feed too much too soon.

- Start with a very small amount, 1/4<sup>th</sup> the optimum dose or less, and increase the amount slowly, so that you reach the optimum dose in 2-3 weeks.
- Daily Optimum Dosage
  - 1 teaspoon per 10 pounds, or
  - 1 Tablespoon per 30 pounds

If your dogs has diarrhea, or seems tired or uncomfortable, reduce the amount temporarily until these signs of detoxification subside.

It is best to divide the daily amount into at least two feedings. It can be included in meals and fed between meals.

It can take time for some changes to become apparent so be patient. Use consistently for at least 6 months when dealing with a chronic health issue before deciding whether it's helping your pet or not.

### TOPICAL USES

Coconut oil can be applied to wounds, foot pads, rashes, and areas of yeast, bacteria, or fungal infections. It can be used to clean ears (warm it gently to liquefy). The biggest problem is that animals are attracted to the taste so plan to cover the area for a few minutes or distract them with a treat so it can absorb before they lick it off.

