

Coconut Oil A Healthy Choice Audio



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For more than a decade, coconut oil has been used as a vital source of food for health and general well-being. Although once blindly labeled as a bad fat because of its saturated contents, many recent researches have found out that coconut oil possesses the nutrients necessary to maintain a well balanced and nutritious diet. It first gained popularity in traditional communities, particularly those of tropical regions where coconut palm trees thrive best. And, now with a number of benefits it can offer, the coconut oil is now highly considered as the healthiest oil you can consume on earth. What is Virgin Coconut Oil? The virgin coconut oil is in the first place a truly unrefined coconut oil. The testing involved is usually done by shredding the fresh coconut meat and then cold-pressed to make a coconut milk. The milk is then fermented usually for 24 to 36 hours, and the virgin coconut oil is separated and filtered from the curds. Since this coconut oil is virgin or unrefined, no chemical or whatever high-heat treatment is used, making the virgin coconut oil free from any trans fatty acids.

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