

Title Looking good and feeling good with coconut
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Abstract

Coconut meat, water, milk, and oil can be utilized in various ways to improve a person's health and appearance. Coconut products are extraordinarily useful for improving and maintaining the health of the skin and hair. Coconut oil is a natural moisturizer, sun block lotion, healing ointment, and hair conditioner. It can also be used as an aid for weight management and for the treatment of obesity. Coconut water is recognized as a valuable aid in fighting dehydration. In recent years it has become popular as natural sports rehydration beverage. Some professional sports teams are now using it in place of commercial sports drinks for this purpose. Coconut flour, which is made from the dried kernel, is becoming popular as an alternative to wheat flour. Many people are allergic to wheat, and coconut flour offers a suitable replacement for making a variety of baked health and improve appearance. As knowledge of the health benefits of coconut increases, demand for coconut products will continue to grow, providing increase revenue for coconut growers and processors.