Coconut oil is definitely one of the healthiest oils on the planet, with a myriad of health benefits and uses. Over 1,500 studies have confirmed its miraculous medicinal properties, which are mostly due to its unique content.

Namely, it contains healthy fats known as medium-chain fatty acids, which have lauric acid, capric acid, and caprylic acid.

All of these fatty acids are extremely healthy, and about 62 percent of the oils in coconut are made up of them, and 91 percent of the fat is healthy saturated fat.

They are much better than long-chain fatty acids, as they have potent antimicrobial and antifungal properties, help the easier cell permeability for energy, are digested much easier, and aren’t stored as fat but converted as energy instead.

This oil treats kidneys infections, alleviates inflammation energizes the body, prevents heart disease and hypertension, strengthens the immune system, treats Alzheimer`s disease, protects the liver, helps digestion, helps weight loss, relieves skin issues, and treats cancer.

Coconut oil is also an excellent natural beauty product, and it can be used as body oil, itch relief, body scrub, makeup removal oil, lip balm, lice remedy, shaving cream, breath freshener, under eye cream, stretch mark cream, massage oil, night cream, dandruff treatment, and deodorant.

Yet, in order to reap all these benefits, you should always choose the right type of coconut oil. It can be of two major types: virgin and refined.

This is all you need to know about these coconut oil types:

**Virgin Coconut Oil**

Virgin coconut oil is a product of fresh coconuts, certified organic and non-GMO, and has not been refined. This variant has the original coconut oil and flavor and can be heated up to 350 degrees Fahrenheit.

While being prepared, manufacturers scoop it out of the shell and cold press it afterward. In the end, the final product is just the oil.

**Refined Coconut Oil**

This oil is made from dried coconut milk, it has been refined, certified organic and non-GMO. Its flavor and oil and neutral, and might be heated up to 400 degrees. While being prepared, it`s being steam refined to obtain the neutral flavor.

Both these coconut oil types have their own nutritional value, so you can use any of them, according to your preferences. Both of them contain 63 percent medium chain fats, including 50 percent lauric acid.

When you go to purchase your coconut oil, you should always choose certified organic and verified non-GMO coconut oil. Then, if you intend to buy the refined type, make sure it has been steam-refined, and it is chemical- free.

On the other hand, if you choose to buy virgin coconut oil, it should be never bleached or deodorized, it does not contain hexane, and it is cold-pressed.

**Here You Can Buy The Best Virgin Coconut Oil:** [**Nature’s Way Organic Extra Virgin Coconut Oil, 32 Ounce**](https://www.amazon.com/gp/product/B003OGKCDC/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B003OGKCDC&linkCode=as2&tag=heafoohou-20&linkId=a2f4000f8c219132ce4ad8aa7d36a6e0)****

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