

Benefits of Wollongong's Latest Health Craze, Coconut Oil

Britney Smith June 20, 2014



Coconut Oil

Coconut Oil could very well be the next big thing in Wollongong, with research proving it to be full of benefits, health expert Rachel O'Neill from Vision Personal Training explains why coconut oil could change your life.

([Newswire.net](#) -- June 20, 2014) Wollongong , NSW -- [Vision Personal Training Studio](#) Manager, Rachel O'Neill talks about one of her favourite health secrets, coconut oil.

"Coconut oil is by far one of the most incredible natural health and beauty resources that I recommend to all of my clients on a daily basis" Rachel beams.

So what makes coconut oil, a super oil?

Your skin, your cooking, your weight and your digestive system can all benefit from this one resource. Several other personal trainers and health experts in the Wollongong area also believe coconut oil could be the next big thing in the health world.

In 2009 a study revealed that there was a link between women's weight loss and coconut oil reducing abdominal obesity. Rachel recommends just adding one teaspoon of coconut oil to your diet on a daily basis and then gradually increase. Your body will then easily digest the coconut and be protected from insulin resistance, thus improving your metabolism helping you to [shed some extra kilos](#).

As previously mentioned your bowels can also benefit from coconut oil being added to your diet. If you suffer from bowel issues, bloating or have issues digesting food, coconut oil is a simple and effective remedy. The fatty acids in coconut oil contain anti-microbial properties, which help to sooth bacteria, candida or parasites that are known to cause bad digestion.

If you know anyone who suffers from type 2 diabetes coconut oil could be their saving grace. Because coconut protects against insulin resistance, this can help the body to fight the symptoms of type 2 diabetes.

A daily dose of coconut oil will also boost your metabolism, strengthen your immune system and help prevent those unwanted fine lines known as wrinkles. "Coconut oil has become a part of my everyday life" explains Rachel, "multiple members of the Vision Personal Training family are also be coconut oil advocates."

Better yet one of the greatest and most simple things coconut oil is a great addition to have in your pantry for cooking. It is a healthy and tasty oil that will help you get the most out of your healthy diet.

Vision Personal Training Wollongong is all about providing solutions and health tips far beyond a [workout session](#) to help their clients achieve their goals. If you want to learn more simple and effective health tips contact the team at Vision on (02) 4225 1200 and you can organise a free consultation.

About Vision Personal Training Wollongong

The friendly experts at Vision Personal Training Wollongong will help you reach your individual fitness or weight-loss goals – This is the fastest, most enjoyable and fun way! Vision Personal Training is unlike any other fitness studio – so come and experience the Vision Personal Training difference today!

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