

SKINNY[™] & CO.

HEALTHY PEOPLE CHANGE THE WORLD

HOW TO USE

Skinny Coconut Oil for Medicinal Care

Skinny Coconut Oil can be summed up in one word: RAW. From how we process our oil to how we recommend using it, raw is key. We never heat our oil during processing, so we don't recommend you do either! Skinny is the only 100% raw, medicinal grade coconut oil in the world. Our oil has been shown to boost metabolism leading to weight loss, balance hormones and blood sugar, provide natural, long lasting energy, help with thyroid health, prevent disease, and increase brain clarity. Does all that sound good to you? Well, let us tell you how:

- Eat a tablespoon straight out of the jar!
- Mix in with coffee, tea, smoothies and yogurt
- Spread on toast, bagels, and muffins
- Add to eggs, mashed potatoes, oatmeal, vegetables, pasta, creamy soups, and popcorn AFTER cooking
- Excellent (and healthy!) butter substitute
- Replace other oils like olive, canola and peanut

Skinny Coconut Oil for Hair Care

Skinny has shown to be a great leave-in conditioner. Anywhere from a couple of minutes to leaving it in all night will create more body, shine and substance. It also works as an anti-frizz and styling substitute! Here's how:

Lauric Acid, a major component of Skinny, binds hair proteins, *protecting roots and preventing breakage.*

Skinny is a *natural moisturizer*. It penetrates the hair shaft, healing and conditioning from within, while protecting your hair from heat and other environmental impurities.

Massaging your scalp with Skinny increases blood circulation and allows follicles to receive the required amount of nutrients and oxygen, leading to *hair growth and regeneration!*

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE
FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT
INTENDED TO DIAGNOSE, TREAT, OR PREVENT ANY DISEASE

Skinny Coconut Oil for Skin Care

Works as a great lotion, locking in moisture, keeping your *skin hydrated and energized.*

An emollient, *soothing itchiness, dryness, and healing small cuts/scratches.*

Contains two antioxidants, ferulic and p-coumaric acid, enabling it to *prevent disease.*

Eliminates dead skin cells, reduces flaky skin, *lessens wrinkles:* leading to a younger look.

Anti-fungal, anti-bacterial, and anti-septic *treating acne, soothing eczema and psoriasis.*

Acts as a *shaving gel* and *aftershave lotion.*

Skinny Coconut Oil for Oral Care

Through a process called oil pulling, Skinny has been shown to naturally whiten teeth, freshen breath, reduce blood sugar levels, pull toxins from gums and help with chronic oral problems like plague and gingivitis.

This is done by using Skinny as a form of mouthwash (I know, swishing around oil doesn't sound appealing, but give it a try!) Before you eat or drink anything in the morning, take a tablespoon of Skinny and swish it around in your mouth for 5 to 20 minutes. You can receive all the benefits listed above with little effort! The greatest benefits will be seen with the latter amount of time.

Getting Started

For those who haven't used coconut oil in the past, it is recommended to start small. Half a tablespoon, twice a day should be sufficient. If you take too much you may begin to feel nauseous, this isn't an allergic reaction, it is just Skinny acting as a detoxifying agent in your body. Once accustomed to the oil, you can up your dosage to 3 tablespoons a day for the best results.