



HEALTH BENEFITS OF COCONUT OIL FOR DOGS

Most of the coconut oil benefits come from the Medium Chain Triglycerides (MCTs). For example, the lauric acid in coconut oil has antibacterial, antiviral, and anti-fungal properties. Capric and caprylic acid have similar properties and are best known for their antifungal effects.

In addition, MCTs are efficiently metabolized to provide an immediate source of fuel and energy, enhancing athletic performance and aiding weight loss. In dogs, the MCTs in coconut oil balance the thyroid, helping overweight dogs lose weight and helping sedentary dogs feel energetic.

According to Dr. Bruce Fife, certified nutritionist and naturopathic doctor, coconut oil gently elevates the metabolism, provides a higher level of energy and vitality, protects you from illness, and speeds healing. As a bonus, coconut oil improves any dog's skin and coat, improves digestion, and reduces allergic reactions.

Skin Conditions

- Clears up skin conditions such as eczema, flea allergies, contact dermatitis, and itchy skin
- Reduces allergic reactions and improves skin health
- Makes coats become sleek and glossy, and deodorizes doggy odor
- Prevents and treats yeast and fungal infections, including candida
- Disinfects cuts and promotes wound healing
- Applied topically, promotes the healing of cuts, wounds, hot spots, dry skin and hair, bites and stings

Digestion

- Improves digestion and nutrient absorption
- Aids healing of digestive disorders like inflammatory bowel syndrome and colitis
- Reduces or eliminates bad breath in dogs
- Aids in elimination of hairballs and coughing
- Immune System, Metabolic Function, Bone Health
- Contains powerful antibacterial, antiviral, and antifungal agents that prevent infection and disease
- Regulates and balance insulin and promotes normal thyroid function
- Helps prevent or control diabetes
- Helps reduce weight, increases energy
- Aids in arthritis or ligament problems

Integrative Veterinarian and Naturopathic Doctor, Dr. Karen Becker, says "Medium-chain triglycerides (MCTs) have been shown to improve brain energy metabolism and decrease the amyloid protein buildup that results in brain lesions in older dogs. Coconut oil is a rich source of MCTs. I recommend 1/4 teaspoon for every 10 pounds of body weight twice daily for basic MCT support."

Coconut oil offers many benefits for your dog and is a more sustainable, less toxic source of oil than fish.

Credit to: <http://www.dogsnaturallymagazine.com/the-health-benefits-of-coconut-oil/>