

Coconut Oil for Dogs (and Their People)

Written on by [Jt Clough](#) in [Dogs](#), [Hawaii](#), [Health & Wellness](#), [Homemade Dog Food](#), [Maui Dog Healing](#), [Natural Dog Remedies](#)



Coconut oil has been wrongly accused by most health care professionals who tell us to

stay away from coconut oil and place in the artery clogging, saturated fat category next to animal fat.

How misleading that information has been. We've had such an obsession with fat that we've gone low fat, no fat, non fat for long enough to find out, it's screwing up our ability to run well lubricated healthy lives! It's true for our dogs as well.

The technical reasons why there is a big difference between animal and coconut saturated fat are fat that comes from animals is a long chain triglyceride, and coconut oil is a medium chain triglyceride or MCT. Coconut oil does not turn to trans fatty acids when heated or eaten raw by the way.

The real amazing thing about medium chain fatty acids are the healing properties it exhibits in improving metabolism, thyroid function, promotes weight loss and boosts energy.

Coconut Oil For Dogs

So why do these coconut oil facts apply to dogs too?

Well, like people our dogs diet and exercise habits have suffered over the past few decades. The diet being a huge issue. Think about it, when was the last time your dog ate something real? How many days in a row has your dog eaten a processed to death, coated in preservatives for flavor and shelf life meal?

Hmmm, and we wonder why our dogs are also overweight, getting diabetes, and acquiring thyroid problems?

Bottom line, improve your dog's health with coconut oil.

7 Reasons to Feed Your Dog Coconut Oil

1. Coconut oil prevents and treats yeast infections, including candida. The number one reason dogs are itching scratching and licking: candida.
2. Coconut oil improves overall skin health, and clears up skin conditions. Dogs get flea allergies, contact dermatitis, hot spots, and generally a need to itch from internal candida.
3. Applied topically to the skin, coconut oil promotes the healing of cuts, wounds, hot spots, bites, and stings.
4. Coconut oil helps prevent diabetes by regulating and balancing insulin.
5. Coconut oil promotes normal thyroid function.
6. Coconut oil prevents infection.
7. Coconut oil promotes weight reduction and increase energy, which promotes mobility in dogs with arthritis and other joint issues.

Feed your dog [coconut oil](#) every day. Start small. 1/2 teaspoon a day will do it. Start small dogs on 1/4 teaspoon per day. Small dogs can work up to 1-2 teaspoons a day while larger dogs can go 3-4 teaspoons a day depending on the degree of health your dog started with and what you are treating. Remember, something is better than nothing so a little dab a day is best if that is all you can do.