

IF ONLY OUR PETS LIVED LONGER:

CAN THERAPEUTIC COCONUT OIL HELP EXTEND YOUR PET'S LIFESPAN?

A PRACTICAL, NO-NONSENSE GUIDE TO KEEPING YOUR PET HAPPY AND HEALTHY FOR YEARS TO COME

Includes a comprehensive Resources section!



Contents

Introduction	4
What's Included	4
Part 1: How Coconut Oil Plays a Major Role in Promoting Longevity in Pets	4
It Supports Gastrointestinal Health.....	5
It Boosts Your Pet's Immune System.....	5
It Supports Brain Health.....	5
Coconut Oil for Skin and Coat Health.....	6
Coconut Oil and Cancer.....	6
How Coconut Oil Protects Against Other Age-Related Conditions.....	7
Why CocoTherapy Is Different.....	8
Five Practical Ways to Use CocoTherapy Coconut Oil.....	9
1) As a Moisturizer for Dry Skin.....	9
2) As a Natural Pest Repellent	9
3) To Heal Cuts and Scrapes.....	9
4) As a Natural Toothpaste.....	9
5) To Clear up and Control Ear Infections.....	10
Part 2: Diet Makes a Difference.....	10
Diet Makes a Difference.....	11
Species-Appropriate Foods.....	11
Ketogenic Diets.....	11
Commercial and Home-Prepared Diets.....	12
Home-Prepared Diets.....	12
Commercial Diets.....	12
Rotation Feeding.....	12
Healthy Fats.....	13
Omega 3 Fats.....	13
Virgin Coconut Oil.....	13

[Wrapping Up.....](#) 14

[About the CocoTherapy Founders.....](#) 15

[Resources.....](#) 16

[Index.....](#) 17

Introduction

Your pets are part of the family, and you'd do anything to increase their longevity. But with so much information out there, it's difficult to be sure you're doing all you can to help them live the longest, happiest, and healthiest life possible. **If Only Our Pets Lived Longer: Can Therapeutic Coconut Oil Help Extend Your Pet's Lifespan?** is a practical, no-nonsense guide for pet owners just like you. It's a quick and easy read, packed full of how-to information that will keep your pet healthy and happy for years to come.

What's Included

The guide is split into 2 parts.

- **Part 1** shows you step-by-step how to use one of nature's most miraculous health foods – therapeutic coconut oil – to extend your pet's lifespan.
- In **Part 2**, we provide basic information on the various diets available to help your pet live a long and healthy life.

Let's get started!



Part 1: How Coconut Oil Plays a Major Role in Promoting Longevity in Pets

How can virgin coconut oil help your pet live a longer and healthier life, free of illness and disease? To answer that question, let's look at some of the key health benefits of therapeutic-grade virgin coconut oil.



It Supports Gastrointestinal Health

Your pet's digestive system is extremely important to overall health and longevity. Coconut oil is a healthy saturated fat that is easily digestible in the gut. Since many of the vitamins and minerals that keep your pet's body healthy are fat soluble, it helps them absorb the nutrients from their food more easily.

The natural anti-inflammatory properties of coconut oil help soothe and heal digestive disorders such as inflammatory bowel disease and colitis. Coconut oil's antibacterial, antiviral, and antifungal properties promote healthy digestion, and the medium-chain fatty acids in the oil prevent undue strain on the digestive tract.

The lauric acid in therapeutic-grade coconut oil also supports healthy digestion by controlling parasites, fungi, and bad bacteria in your pet's stomach and intestines, helping them fight off infection into old age.

It Boosts Your Pet's Immune System

The lauric acid and caprylic acid in coconut oil boost your pet's immune system by attacking bacteria and creating a hostile environment for viruses, parasites, and fungi. When digested, lauric acid is converted to monolaurin, which has been shown to kill bacteria, viruses, and fungi without compromising the body's beneficial flora. These fatty acids are the same ones found in immune-boosting breast milk. Coconut oil also improves white blood cell counts, which help fight viruses.

When our pets are stressed, consume poor quality diets that are high in carbs, or are exposed to medications such as antibiotics, it can lead to an overgrowth of Candida – a yeast that is typically found in our pet's bodies.

Caprylic acid found in coconut oil is highly effective in controlling the overgrowth of yeast and fungi. Taken orally in your pet's diet, or applied topically, these fatty acids are effective at killing off yeast infections.

The Medium-chain triglycerides (MCT)s in coconut oil have been studied for their antiviral properties. These triglycerides attack viruses by breaking down the viral membranes and killing the virus on contact.

With a better functioning immune system, pets are able to maintain good health and quickly fight off disease when it strikes. This is especially important for older pets as the immune system naturally weakens with age. A healthy immune system also helps to prevent or alleviate allergies in pets.

It Supports Brain Health

As pets age, they can experience a decline in their cognitive function. Cognitive Dysfunction Syndrome (CDS) is common in cats and dogs. It causes mental changes that are very similar to Alzheimer's disease in humans.

Disorientation and confusion are some of the primary symptoms, along with behavioural changes, decreased interaction with family members, changes in sleep and activity levels, and a loss of house-training skills.

So, how can coconut help support your pet's brain health? Here's the science ...

Aging pets suffer a decline in glucose metabolism, leading to decreased brain function. MCTs found in coconut oil produce ketones – an additional source of energy for the brain that can protect against cognitive dysfunction and keep your pet's brain healthy in their senior years.

Combining a healthy diet with coconut oil can guard against a range of neurological disorders including CDS, epilepsy, head trauma, and more.



Coconut Oil for Skin and Coat Health

Your pet's skin and coat are often the first to suffer from the aging process. Skin can become dry and irritated, and the coat can turn brittle and dull.

Applied topically, coconut oil nourishes your pet's coat making it smoother, shinier, and less prone to shedding. Added to your pet's diet, it boosts the immune system and provides digestible fats essential to skin and coat health.

Coconut oil also aids in the absorption of minerals and fat-soluble vitamins thereby improving overall health and working wonders for your pet's vitality and appearance.

Is your pet suffering from painful skin conditions, injuries, or infections? The anti-inflammatory, antiviral, antibacterial, and antifungal properties of coconut oil make it suitable for treating injuries ranging from cuts and scrapes to yeast infections and hot spots. It's even great for treating bald spots!

Coconut Oil and Cancer

Cancer is a serious disease that can drastically affect longevity in pets. Coconut oil is antigenotoxic, which means that it can counter the effects of substances in the body that lead to cancer and prevent the formation of cancer cells.

Cancer cells typically thrive on glucose as a source of energy. Some studies show that a diet high in healthy fats such as MCTs in coconut oil creates a hostile environment for cancer cells. These cells do not have the mechanisms for generating extra mitochondria or cell engines required for metabolizing ketones from fats.

Since 2007, University of Wurzburg Hospital has implemented a high-fat diet for patients in advance stages of cancer. Current research indicates that a ketogenic diet can halt the growth of cancer cells. The MCTs in coconut oil seem the most effective, as saturated fats are less likely than unsaturated fats to form cancer-inducing chemicals when digested.

There have been many studies on dietary fats and cancer. One well-known study tested a group of rats that were chemically induced with colon cancer. Rats fed coconut oil had the lowest incidences of tumors in their intestines.

In another study by L.A. Cohen, animals were chemically induced with breast cancer. The animals fed coconut oil did not develop tumors, while those fed other dietary fats did develop them.

In animal studies that compared olive oil and coconut oil, research showed that both oils reduced the number of tumors. However, in animals fed coconut oil, tumors were lowest, often down to zero. In published studies, coconut oil was found to act at the initiating phase of cancer growths.

The MCTs in coconut oil protect cellular health, reduce inflammation, and support a healthy immune system. As an exogenous antioxidant, virgin coconut oil neutralizes free radicals and prevents them from causing cellular damage.

High concentrations of free radicals can be hazardous to the body and damage all major components of cells, including DNA, proteins, and cell membranes. This damage to cells caused by free radicals – especially the damage to DNA – might play a role in the development of cancer and other health conditions.

(Diplock AT, Charleux JL, Crozier-Willi G, et al. Functional food science and defence against reactive oxygen species. *British Journal of Nutrition* 1998; 80 (Suppl 1): S77-S112.

Valko M, Leibfritz D, Moncol J, et al. Free radicals and antioxidants in normal physiological functions and human disease. *International Journal of Biochemistry & Cell Biology* 2007; 39(1):44-84.)

There are several laboratory and animal studies that indicate that the presence of exogenous antioxidants prevent the types of free radical formation that are associated with cancer development.

Coconut oil does NOT adversely affect the balance of tissue hormones in cells, whereas diets high in Omega-6 polyunsaturated fats (i.e. Linoleic acid), do.

How Coconut Oil Protects Against Other Age-Related Conditions

The ketones produced when your pet's body digests coconut oil, are a potent source of fuel that can be used by most organs and cells in the body. With a better source of fuel, cells regenerate more effectively and the organs and muscles of the body function with increased efficiency. This all adds up to a revitalized pet, whose body is able to maintain its health into old age.

High-quality virgin coconut oil with low moisture content is extremely stable and shows no signs of rancidity even when kept at room temperature for over a year.

Because of this, high-quality, low-moisture coconut oil has been shown to have powerful anti-oxidative effects. It is well established that virgin coconut oil reduces the need for Vitamin E, and might provide significant source of antioxidants. As an antioxidant, it is 50 times more potent than Vitamin E, 15 times more potent than carrots, and 300 times more potent than tomatoes. As an



antioxidant, virgin coconut oil inhibits oxidation that produces free radicals, thus preventing cellular damage caused by these free radicals.

Other common, age-related problems that coconut oil helps keep at bay include joint and mobility issues, obesity, low energy, and a lack of interest and enthusiasm. It also provides a quick and easily digestible source of energy.

Why CocoTherapy Is Different



There are many brands of coconut oil available on the market, and great confusion regarding how to select the right kind. First and foremost, you should ask yourself why you are interested in adding coconut to your pet's diet.

Are you addressing an acute or chronic health condition? Is it for general overall health and maintenance? Choosing a therapeutic-grade coconut oil as opposed to a food-grade coconut oil will give your pet the best results when addressing specific health conditions. It's also preferable for maintaining their overall health and helping them live a long and happy life.

There are many levels of quality and different ways to produce and manufacture coconut oil.

CocoTherapy® virgin coconut oil is a therapeutic-grade oil, as it is high in lauric acid and has low moisture levels.

This is because CocoTherapy coconuts are grown in mineral-rich volcanic soil, as opposed to sandy beaches, and the coconuts are tree-ripened for 12 full months before harvesting.

When harvested, they are processed within 4-6 hours, and manually cold-pressed at temperatures not exceeding 100F. Coconut oil purchased from grocery stores are typically known as "food" grade oils, and often have a lower lauric acid content and higher moisture levels.

The lauric acid levels and moisture content in virgin coconut oil is highly dependent on the variety of coconuts used, and the way the coconuts are cultivated, harvested, and processed.

CocoTherapy therapeutic grade coconut oil contains a minimum of 53.28% lauric acid content from organic, non-GMO, and non-hybrid coconuts. It also contains a high percentage of Medium Chain Fatty Acids (MCFAs), (lauric acid, caprylic acid, and capric acid), containing at least 64%.

Although the Philippine government standards state that maximum moisture cannot exceed 0.2%, CocoTherapy coconut oil has a moisture content of 0.06% or less, which is considered "excellent" in purity standards. Lower moisture content means a more stable oil that's less susceptible to oxidation, bacteria, and the breakdown of triglycerides into free fatty acid and glycerol. CocoTherapy coconut oil has been tested to not display any signs of rancidity, even after 3 years. It contains the highest level of antioxidants available.

The meticulous process of producing therapeutic grade coconut oil is possible because CocoTherapy is family-owned and produced, and not private-labelled from various sources. For three generations, our family has been growing coconuts and producing coconut oil on our family farm and facility that is both USDA-certified organic and Non-GMO Verified.

Our facility is also free of nuts, wheat, soy, shellfish, and other contaminants. CocoTherapy Coconut Oil has been used in our family for many years, for both humans and pets alike.

To this day, we continue to take it ourselves and regularly feed it to our pets. We're avid advocates of coconut oil, and we started our company as an answer to the problem of finding high-quality organic virgin coconut oil and pure, organic, non-processed dried coconut chips.

Our grandmother's philosophy has stayed with us and is the foundation of every CocoTherapy product we produce. When we created the company, we wanted to produce really special coconut oil – coconut oil that our grandmother would be proud to call her own.

Because we consider our pets to be important members of our family – and we know you do too – we wanted to provide them with the very best coconut oil available, manufactured to the absolute highest standard in the industry.

Five Practical Ways to Use CocoTherapy Coconut Oil

Ready to start using coconut oil to improve your pet's health and extend their lifespan? Here are five practical topical uses for CocoTherapy coconut oil ...

1) As a Moisturizer for Dry Skin

Coconut oil is great for moisturizing and nourishing skin from nose to tail. Massage a small amount of the oil directly onto rough skin, cracked paws, and noses. It also helps to alleviate itchy dry skin, and helps soothe anal glands in dogs that scoot.

2) As a Natural Pest Repellent

100% natural, virgin coconut oil acts as an effective flea and tick repellent. It's a safe and natural alternative to powerful chemicals that risk the health of your precious pets. If you suspect that your pet has fleas, massage a generous amount of coconut oil onto the skin and hair of the animal, making sure to coat the skin well. Leave the oil on for at least eight hours, then wash your pet with a natural, gentle shampoo.

3) To Heal Cuts and Scrapes

Coconut oil is an anti-inflammatory which speeds up the cellular repair processes in the skin. It also has antibacterial, antiviral, and antifungal properties that prevent infection. Apply a small amount of the oil onto the injured area to help heal minor cuts and scrapes.

4) As a Natural Toothpaste

You can even use coconut oil to brush your dog's teeth! The simplest way to brush your dog's teeth is by applying a small amount of coconut oil to a moistened piece of gauze, then brush with gentle motions to clean the teeth and gums. Your dog will love the sweet taste of the oil, and the gauze will make the task of brushing a whole lot easier!



5) To Clear up and Control Ear Infections

Pets are susceptible to ear infections caused by bacteria, yeast, and ear mites. Apply a few drops of virgin coconut oil to your pet's ears, then gently wipe clean with soft tissue or a cotton pad. This helps to soothe itchiness, clear up infection, kill mites, destroy bacteria, yeast, and fungi, and keep their ears clean and healthy.



Part 2: Diet Makes a Difference

In **Part 1** we showed you several ways that coconut oil supports the body and helps pets live longer and healthier lives. We then looked at the importance of choosing organic, therapeutic-grade coconut oil, and gave you five practical ways to start using coconut oil with your pet right away.

Introducing your pet to therapeutic-grade virgin coconut oil is a great way to improve their health and extend their longevity, but it's also important to make sure that you're feeding your pet a species-appropriate, nutritionally balanced diet that will support their overall health.

In **Part 2** we'll explain the importance of a healthy and balanced diet on longevity and give you some information to help you choose which diet is best for your pet. We'll also take a look at topics such as rotation feeding to add variety to your pet's diet, and the benefits of healthy fats.



Diet Makes a Difference

We all know how important food is for human health, and you certainly wouldn't expect to stay healthy by surviving on a processed, fast food diet. The same goes for your pets.

Isn't it astonishing then, that the vast majority of pet foods on store shelves are exactly that? Fast food for pets!

Commercial pet foods have become increasingly popular since they first appeared on the market around a hundred years ago, and it's easy to see why. They're heavily marketed, convenient, inexpensive, and readily available at pet stores and supermarkets everywhere.

The problem is that these foods are processed and packed full of cheap ingredients and fillers. To make the food palatable to pets, manufacturers add artificial colors, flavors, and flavor enhancers. And to extend the food's shelf life, chemical preservatives are added. Pets fed processed foods may maintain their health in the short-term but are ultimately likely to suffer from illness and disease as they grow older.

Species-Appropriate Foods

In order to thrive, pets must consume the foods they were designed to eat. Modern-day dogs and cats are domesticated, but their genetic makeup remains largely the same as their wild ancestors.

The majority of the health problems we see in our modern-day pets are directly linked to a shift away from a natural diet. Heart, liver, and kidney disease are now epidemic among pets, obesity is on the rise, and cancer is now the leading cause of death for dogs and cats.

When selecting the best diet for your pet, the most important thing to remember is that dogs and cats have evolved to survive on a natural, species-appropriate diet. It's only in the last several decades that most pets have been introduced to a diet high in carbohydrates.

The best foods to feed your pet are living, raw, fresh, and species-appropriate. These foods support your pet's health throughout their lifetime and protect them from illness and disease.

For decades, pet food companies have marketed their processed pet foods as the healthiest diet for pets, but this simply isn't true.

Ketogenic Diets

Ketogenic diets contain a high ratio of fat compared with protein and carbohydrates. This type of diet causes the body to switch its primary source of fuel from carbohydrates to fat. When this happens, the liver breaks down stored fat into ketones to use as fuel.

Ketogenic diets mimic the diet your dog or cat would survive on in the wild; a species-appropriate diet, rich in fatty organ and muscle meats. A diet of this type is natural for cats and dogs and allows the production of ketones that benefit their overall health.

Commercial and Home-Prepared Diets



Home-Prepared Diets

Home-prepared diets are an excellent choice for your pet. A good diet should be nutritionally balanced and complete and contain all the necessary vitamins and minerals your pet needs to stay healthy.

Species-appropriate raw food diets can be prepared at home. They consist of ingredients such as muscle and organ meats, raw eggs, and fresh fruits and vegetables.

When creating a raw food diet for your pet, it's important to conduct careful research to ensure the diet is as balanced as possible. Poorly prepared diets can lack the vital nutrients your pet needs, leading to nutritional imbalances and health complications.

It is highly recommended to seek the advice of a professional animal veterinary nutritionist when feeding a home-prepared diet.

Commercial Diets

Home-prepared diets are often the best choice to ensure your pet is being fed a complete and balanced diet that is made from natural whole foods and clean ingredients. But if you don't have the time to make your own pet food at home, commercial raw food diets can be a good choice.

Commercial raw food diets come either frozen or freeze-dried. Some people are opposed to feeding raw diets as they are concerned about safety when pets are fed around younger children. Although species-appropriate usually refers to a raw diet, minimally processed, high-quality canned foods may be acceptable as well, and are preferable to highly processed kibble.

When it comes to choosing a commercial raw food diet, it's important to do your homework to make sure the food is nutritionally balanced. The quantity and quality of the ingredients should be your main concern. This information can be found by carefully reading the ingredients list on pet food packaging.

Rotation Feeding

Rotation feeding is an effective way to add variety to your pet's diet. It's based on the principle of rotating protein sources and food forms, and has a number of benefits including increasing your pet's nutritional intake, reducing the risk of food allergies and intolerances, and preventing them from becoming disinterested in their food.

Rotation feeding is as simple as regularly changing the types of food your pet eats on a daily or weekly basis. For example, you could rotate proteins such as beef, chicken, lamb or fish, as well as other ingredients and supplements. When feeding commercially prepared foods, rotate with different brands of frozen or freeze-dried foods.

Pets on rotation diets benefit from the nutritional profiles of a variety of different foods. They are also able to enjoy new textures and tastes, which can work wonders for their happiness and wellbeing!

Healthy Fats

Many pet owners believe they should minimize the fat in their pet's diet, but healthy fats are extremely important to your pet's wellbeing. Next to protein, fats are the second most important part of your dog's diet. In the wild, nearly half the calories wild dogs eat come from fat.

There are two types of healthy fats we recommend supplementing your pet's diet with – Omega 3 fats and a therapeutic-grade virgin coconut oil. Here's why ...

Omega 3 Fats

Omega 3 polyunsaturated fat acts as an anti-inflammatory and helps protect against conditions such as heart disease and cancer. Omega 3 oils also support bone health and protect against arthritis, keep eyes healthy, and are important for brain function. Examples of omega 3 fats include krill oil, sardine, and salmon oil. Omega 3 fats such as docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) must be supplied directly from food sources. Krill oil is rich in EPA and DHA. These anti-inflammatory fats are found naturally in seafood. When selecting salmon oil, opt for wild-caught as opposed to farm-raised salmon, as farm-raised salmon oil may contain unhealthy levels of mercury.

A note about Omega 6 fats: Omega 6 fats are required for growth, reproduction, immune function, skin and coat health. Omega 6 fats are found in poultry and many vegetable oils, typically used in prepared commercial dog foods. Because most dogs get more than enough omega-6 fatty acids from their food, adding an omega 6 supplement is usually not necessary. Omega 6 deficiencies are rare in dogs and cats because commercial pet food typically provides too much of these fats.

Omega 6 fatty acids, when given in high amounts, can cause inflammation instead of reducing it. The proper ratio of Omega 6 to Omega 3 fatty acids should also be observed. In general, more pets require an Omega 3 fatty acid supplement than an Omega 6 supplement.

Virgin Coconut Oil

Virgin coconut oil has anti-inflammatory, antibacterial, antiviral, and antifungal properties that prevent infection in your pet's body. The medium chain fatty acids (MCFAs) in virgin coconut oil also support your pet's overall health and maintain healthy bodily functions.

When giving virgin coconut oil for health, look for a high-quality, true-cold-pressed, therapeutic-grade virgin coconut oil. Choosing a high-quality therapeutic-grade virgin coconut oil will ensure you are getting an oil that is highly effective for your pet. Therapeutic-grade virgin coconut oil typically contains higher levels of beneficial Lauric acid compared to cooking-grade coconut oils. It is a good idea to ask the company for a product specification sheet, which lists levels of MCFAs of their coconut oil.

Be sure to read “What You Need to Know When Choosing a Coconut Oil” in the Resource Section at the end of this article. Benefits of a therapeutic-grade coconut oil on pet health include improved skin and coat health, a more robust immune system, better metabolic function, and a healthier digestive tract.

Alternating fish oil with coconut oil is a great way to ensure your pet receives as much nutritional support as possible. Talk to your holistic veterinarian about the best way to include these oils in your pet's diet.



Wrapping Up

Everything your pet ingests – every food, every treat, and every dietary supplement – greatly influences their overall health and longevity.

Diet and nutrition are the underlying cause for just about every health concern our pets experience. Choosing the best food, supplements, and even coconut oil that money can buy will greatly impact your pet's quality of life.

If at all possible, select products that are organic certified, Non-GMO Verified, 100% natural, and human-grade. It's important to do your research so you know where the ingredients come from, how the product is made, and the people and company behind every product. This is simpler today due to easily accessible information on the web.

The famous quote of Hippocrates, the father of modern medicine, "Let food be thy medicine, and medicine be thy food" not only applies to humans but to our pets as well. These words stress the importance of our daily food choices and are more relevant today than ever before.

With so many products flooding the market, due-diligence is mandatory when purchasing any product for your pet. If you've never read the ingredient list on your pet's food or treats, or never researched how a dietary supplement is made or where it comes from, now would be the time to start.

In conclusion, it is important to know that promoting longevity in pets, improving your pet's overall health and supporting their immune system isn't as simple as taking a supplement or consuming one food.

Eating a handful of blueberries or even taking a spoonful of virgin coconut oil each day will not guarantee that your pet will never get sick, will never get cancer, and will live to a ripe old age of 19. Lack of exercise, over-vaccination, over-exposure to drugs or chemicals, feeding an inferior diet, and selecting poor quality supplements does not produce ideal conditions for a long and healthy life.

That being said, the addition of a premium, therapeutic-grade virgin coconut oil to your pet's health regimen may increase the odds that they will have the best chance of a long, healthy, and happy life. It could easily be argued that this dietary fat is the most versatile and powerful super-food that is effective given both orally as a supplement, or applied topically.

Thanks for reading – we hope you found some useful information in this guide, and we wish you and your pets a long and healthy life!

P.S. As a little thank you for downloading and reading our guide, here's a special discount coupon you can use for 15% off* any of our products: **CTBOOK15**

Simply head on over to our website and enter the code at checkout to claim your discount.

* Valid only at www.cocotherapy.com. Not valid for wholesale purchase.



About the CocoTherapy Founders

Serious animal lovers and holistic devotees, Charisa Antigua and Carmina O'Connor – founders and owners of Oscar Newman® LLC – are considered the industry's experts on everything coconut.

Coming from a coconut producing family, coconuts have been a big part of their family for three generations. Growing up in the Philippines, Charisa and Carmina watched their grandmother make coconut oil in her small kitchen, using only the freshest coconuts sourced and harvested from the family plantation.

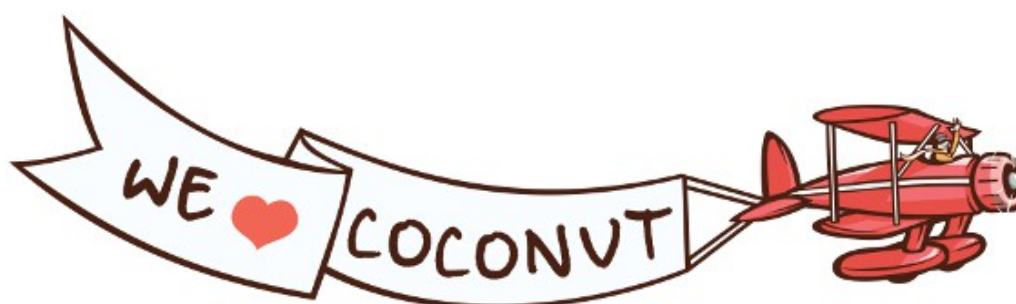
The sisters grew up with a knowledge and understanding of the potent healing power of coconut oil, and the meticulous attention to detail that goes into making therapeutic-grade coconut oil.

Through personal experience with Charisa's beloved Yorkie, Violet, Charisa and Carmina quickly learned that there were differences in coconut oil and how it can help animals with chronic allergies and other health issues.

After launching CocoTherapy in 2009, Antigua and O'Connor have worked to tirelessly teach others about therapeutic-grade coconut oil and have seen how it has helped countless animals around the world.

In 2014, Charisa worked with naturopathic doctor and lipid expert, Dr. Bruce Fife ND, to provide data and stories for his book, "Coconut Therapy for Pets", which discusses amazing ways virgin coconut oil has helped numerous animals.

Based in Illinois, both Charisa and Carmina divide their time on their family's coconut farm in the Philippines, as well as create delicious and healthy coconut-based, organic, human-grade treats for pets.



Resources

Making raw pet food at home

[How to Make Raw Dog Food: A Primer](#) - Dogs Naturally

[Raw Feeding Your Cat](#) - Feline Wellness

Ketogenic Diets

[What's the Big Deal About Ketones?](#)

Choosing a Suitable Commercial Diet

[Reading a Pet Food Ingredient Label](#) - Feline Nutrition Foundation

[What to Look for When Choosing Commercial Raw Dog Food](#) - Dogs Naturally

[The 3 BEST Pet Foods You Can Buy](#) - Healthy Pets by Mercola

Rotation Feeding

[Rotation Feeding for Pets](#) - PetMD

Pet Supplements

[Are Nutritional Supplements for Pets Really Necessary?](#) - Healthy Pets by Mercola

[Dietary Supplements for Pets?](#) - PetMD

Titer Testing

[Titer Test: Safer for Your Pet Than Routine Vaccines, and at an Affordable Cost](#) - Healthy Pets by Mercola

Digestive Health

[4 Ways Coconut Oil Supports Your Pet's Digestive System](#) - CocoTherapy

Skin and Coat Health

[6 Ways Coconut Oil Promotes Skin and Coat Health](#) - CocoTherapy

What You Need to Know When Choosing Coconut Oil

[Fake Oils: Virgin Olive Oils Can Fake It, and so Can Virgin Coconut Oils](#)

Please visit the [health benefits](#) section of our website for more information about protecting your pet's health with coconut oil.

Index

brain health.....	5
cancer.....	6
Candida.....	5
caprylic acid.....	5
coconut oil.....	
anti-inflammatory.....	9
anti-oxidative effects.....	7
cancer.....	6
CocoTherapy.....	8
ear infections, clearing.....	10
flea and tick repellent.....	9
gastrointestinal health.....	5
moisturizing and nourishing skin.....	9
natural toothpaste.....	9
protecting against age-related conditions.....	7
skin and coat health.....	6
vs olive oil.....	7
CocoTherapy.....	
coconut oil	8
family owned and operated.....	8
how to use our coconut oil.....	9
level of lauric acid.....	8
level of MCFAs.....	8
moisture content in coconut oil.....	8
owners.....	15
why it's different.....	8
Cognitive Dysfunction Syndrome (CDS)	5

diets.....	
commercial diets.....	12
home-prepared diets.....	12
ketogenic diets.....	11
rotation feeding.....	12
ear infections, clearing.....	10
feal and tick repellent.....	9
foods, species-appropriate.....	11
gastrointestinal health.....	5
immune system.....	5
ketogenic diets.....	11
ketones.....	6,7
lauric acid.....	5
levels in CocoTherapy coconut oil.....	8
MCTs.....	5,6
free radicals, neutralizing.....	7
Medium Chain Fatty Acids, see MCFAs.....	8
Medium-chain triglycerides, see MCTs.....	5
moisturizing and nourishing skin.....	9
olive oil vs coconut oil.....	7
omega 3 fats.....	13
omega 6 fatty acids.....	13
Oscar Newman.....	15
rotation feeding.....	12
skin and coat health.....	6
virgin coconut oil.....	13
why CocoTherapy is different.....	8
yeast infections.....	5