

Coconut trees are commonly grown in many parts of Malaysia. Most of the coconut trees are planted by smallholders. The palms grow well in sandy soil. The coconut is classified as a fruit, but it is actually a one-seeded stone fruit. Every part of the tree is useful—its water, flesh, milk, oil and even its trunk and husk. Hence, it is known as the most useful tree.

Coconut oil is considered the best oil to use for cooking. It does not form polymerised oil or dangerous trans-fatty acids which can increase our cholesterol levels. It also makes a good tropical oil that naturally removes the skin of dangerous toxins.

The coconut water is refreshing and completely pure. Some people use coconut water for patients with measles as it is believed to be a cooling agent. Besides that, businesspeople have marketed coconut water. We can easily get it from supermarkets or grocery stores. The water is now known as 'Mother Nature's sports drink' as it is a good source of hydration.

We can also get coconut cream from coconut milk. The cream extracted from the coconut can actually replenish the skin. Rub a little coconut cream on your skin and it is moisturised. It gives the skin a more youthful look and healthy glow. Today, coconut cream can also be used as a make-up remover and facial cleanser, and is popular among men and women.

