**Google keyword research**

Hopefully this keyword research will give you a good idea of which key words you wish to target when using the material we have prepared for you.

All Keywords are for exact monthly searches and are ranked in order of competition levels.

**Low competition**

Coconut oil acne - 1,300

Coconut oil skin benefits - 320

Coconut oil digestion - 73

Oil pulling coconut oil 1,000

Does coconut oil help you lose weight - 270

Olive oil versus coconut oil - 170

What does coconut oil do for your hair - 140

How to make coconut oil - 880

Eating coconut oil - 210

Coconut oil dandruff - 210

Benefits of coconut oil on skin - 320

Coconut oil and acne 320

Coconut oil home remedies - 110

Benefits of coconut oil for hair - 210

Coconut oil metabolism - 210

Candida coconut oil - 170

Is coconut oil healthy - 390

How to use coconut oil for weight loss - 210

Coconut oil research - 260

Medium chain fatty acids coconut oil - 110

**Low-low/mid competition**

Coconut oil calories - 210

How to take coconut oil - 260

Using coconut oil - 110

Coconut oil cleanse - 110

Does coconut oil help hair growth - 210

Coconut oil saturated fat - 260

Coconut oil wrinkles - 210

Coconut oil for hair benefits - 170

How to eat coconut oil - 260

Coconut oil benefits for skin - 210

Virgin coconut oil - side effects

Coconut oil on your face - 320

How much coconut oil should i take - 260

Coconut oil on hair - 260

Is coconut oil good for your face - 140

Coconut oil as sunscreen - 170

Is coconut oil bad for you - 320

Coconut oil nutrition facts - 390

How to cook with coconut oil - 260

Health benefits of coconut oil - 1,600

Hydrogenated coconut oil - 390

Uses for coconut oil - 880

**Mid competition**

Coconut oil for dogs - 590

Coconut oil and cholesterol - 320

Coconut oil skin - 1,000

Coconut oil diet - 1,600

Parachute coconut oil - 880

Coconut oil for hair- 8,100

Coconut oil health benefits - 1,000

Coconut oil hair - 2,900

Cooking with coconut oil - 1,900

Benefits of coconut oil - 5,400

Coconut oil benefits - 12,100

Coconut oil for eczema - 320

Coconut oil for face - 720

Coconut oil for hair growth - 1,300

Coconut oil for hair loss - 480

Coconut oil uses - 1,900

**High competition**

Coconut oil supplement - 260

Where to buy virgin coconut oil - 320

Coconut oil organic - 390

Coconut oil virgin - 390

Best coconut oil - 390

Fractionated coconut oil - 1,000

Where can i buy coconut oil - 590

Pure virgin coconut oil - 320

Coconut oil cooking - 390

Refined coconut oil - 480

Unrefined coconut oil - 720

Bulk coconut oil - 480

Where to buy coconut oil 1,600

Raw coconut oil - 590

Nutiva coconut oil - 1,900

Organic virgin coconut oil - 1,000

Virgin coconut oil - 9,900

N.B there are of course a plethora of other high end and low end keywords you can use with this material. Natural health in itself being one of the largest niches online. But this brief guide should give you a good indication of the kind of key words you can target.