



Coconut Oil User's Guide

www.coconutoil-online.com

800.922.1744

Thank you for choosing Coconut Oil Supreme™. You have purchased the highest quality virgin coconut oil available anywhere. In a market place now crowded with “virgin” coconut oils, Coconut Oil Supreme™ remains unique. As a result of the highly sophisticated method of extraction, this oil is just the way it is found in the fresh, raw coconut. It has a light, fresh taste unmatched by any other coconut oil since no heat or fermentation is used in the extraction process. Although many companies are now claiming that their oil is centrifuged, there is in fact only one facility in the world (located in Indonesia) which has both the equipment and technology necessary to produce Coconut Oil Supreme™.

The purpose of this guide is to provide suggestions and guidance for using Coconut Oil Supreme™ and making it a part of your daily diet. We will also address some commonly asked questions and share some tips which we have picked up over the past 9 years since we began enjoying this great oil.

How Do I Take Coconut Oil?

This question indicates the perception of coconut oil as a medicine or drug as opposed to a food. Inquiries about coconut oil capsules are further evidence of this perception. A better question would be: How can I add coconut oil to my diet? This shift in thinking opens up a wide range of possibilities for improving one’s health by making a change to a more healthful oil.

Coconut oil can be considered a “medicine” in the same sense that other healthful foods are “medicines” which help our bodies achieve or maintain a state of good health by providing the necessary fuel. An analogy can be drawn between running a car on bad gas with low octane and containing water, dirt and other impurities and our consuming a low quality diet. If we add an octane booster and some “dry gas” to the tank along with all of the bad gas we will see some improvement, but not as much as if we replaced the bad gas with good clean fuel. If we add coconut oil to our diet, strictly as a supplement we will reap some benefit (from its high lauric acid content, for example). On the other hand, if we look at replacing unhealthy fats (shortening, margarine and hydrogenated oils in general, as well as (in my opinion) most of the vegetable oils sold at the supermarket) with coconut oil we can anticipate reaping the maximum benefits which it offers. I believe this is true for anyone, but for people who have trouble with fats in the diet such as those with Crohn’s disease or other digestive ailments, coconut oil offers welcome relief because it is so readily usable by the body without having to be broken down in the digestive tract.

Coconut oil can be added to the diet in various ways, aside from just eating it by itself (although a number of our customers do eat the oil by the spoonful). Perhaps the best way to add coconut oil is to use it as a staple in cooking. We are often asked about recipes using coconut oil, but essentially any recipe calling for butter, shortening, margarine or vegetable oil can be a “coconut oil” recipe. It is simply a matter of substituting coconut oil for whatever oil is called for in the recipe.

ADDING COCONUT OIL TO YOUR DIET

Except for salad dressings, coconut oil can be used in place of most other oils. It is not suitable for salad dressing, except for warm dressings, since the oil will solidify when refrigerated. This is also a consideration when using coconut oil as a replacement for vegetable oil in cakes and other baked goods. Simply melt the coconut oil and use it as you would any other oil, but be sure to bring other ingredients such as eggs and milk up to room temperature otherwise the cold ingredients will cause the oil to solidify.

Use coconut oil for:

- frying or sautéing
- on hot cereal
- as a spread for toast
- on steamed vegetables, baked potatoes or rice
- in hot beverages such as coffee or tea
- in smoothies
- for popping corn

For those who either don't have time to cook, or don't enjoy it, I heartily recommend a breakfast smoothie as a way to add coconut oil to your diet. Although I enjoy cooking and baking, my wife and I frequently go out for our evening meal so our morning smoothie is often our source of coconut oil for the day. We find this drink so satisfying that we even take the ingredients and a hand blender along when we are on vacation. I use a "stick" or immersion blender to make the drink since it is easy to clean and also does a better job than a traditional blender since it tends to pull the ingredients down into the blade as opposed to tossing them up in the air. (See the recipes at the end for my basic smoothie recipe.)

For ease of use, I keep a bottle of coconut oil somewhere where it stays liquid (on top of the refrigerator) and a jug of oil on the shelf in the solid state for baking.

COCONUT OIL AND WEIGHT LOSS

Many people are interested in using coconut oil as an aid to weight loss. I believe it can be an aid to weight loss, not as a "silver bullet" which you simply consume and it magically burns off the pounds, but as an addition of a healthy fat to the diet as a replacement for lesser quality fats and oils. Many of our customers have reported losing their craving for "junk" food after adding coconut oil to their diets. After consuming a healthful, high-energy food like coconut oil the body sends a signal that it is satisfied.

In their book, **Eat Fat Lose Fat**, Mary Enig and Sally Fallon recommend consuming coconut oil 20 minutes before each meal so that the coconut oil will provide that satisfied feeling before you begin eating. As a result you will consume less and lower your calorie intake without feeling like you are on a starvation diet. They recommend drinking the oil as an infusion of hot water or herbal tea and suggest consuming 1 tablespoon before each meal if your weight is 90-130 lbs.; 1.5 tablespoons if you weigh 131-180; and

2 tablespoons if your weigh over 180. The oil will melt on top so that you can drink it along with the beverage (and at the same time moisturize your lips). Although it may sound like an odd combination, Coconut Oil Supreme™ is actually quite good in hot coffee.

FREQUENTLY ASKED QUESTIONS

What is Extra Virgin Coconut Oil? The term “extra virgin” is borrowed from the olive oil industry and is meaningless with regard to coconut oil. It is used as a marketing ploy to make a particular product sound better than others. For a discussion of marketing hype related to coconut oil please visit www.coconutoil-online.com.

What is the melting temperature of Coconut Oil Supreme™? Coconut Oil Supreme™ melts at approximately 76°F.

What is the shelf life and does the oil need to be refrigerated? Coconut Oil Supreme™ does not need to be refrigerated and has a shelf life (unopened) of at least 3 years.

Is the same oil as the virgin oil from the Philippines? No. Coconut Oil Supreme™ is produced using an entirely different process. It is separated directly from fresh coconut milk without the use of fermentation and is never heated. Virgin oil from the Philippines is produced using the traditional/homemade method. For a complete discussion of the different types of coconut oil see www.coconutoil-online.com.

Where is the oil produced? Coconut Oil Supreme™ is produced in Indonesia.

How many calories and grams of fat in a tablespoon of coconut oil? There are approximately 112.49 calories in 1 tablespoon of coconut oil, which weighs 13.05 grams. Since there are no carbohydrates or other components in coconut oil there are 13.05 grams of fat per tablespoon.

What is the fatty acid composition of the oil?

Typical fatty acid composition as follows: (analysis done by HPLC (High Performance Liquid Chromatography), an average of 5 consecutive production runs)

C8 8.86 (Caprylic)

C10.....6. 17 (Capric)

C12.....**48.83 (Lauric)**

C14.....19.97 (Myristic)

C15.....Traces (0.01)

C16.....7.84 (Palmitic)

C18.....3.06 (Stearic)

C 18:20.76

C18:1.....4.44

C200.05 (Arachidic)

Isn't coconut oil bad for cholesterol? In a word, no. Studies show that coconut oil is essentially "cholesterol neutral" i.e. neither raising nor lowering cholesterol. Please see www.coconutoil.com for a more detailed discussion of this issue as well as for many references related to this topic and to the health benefits of coconut oil.

Can this oil be used for cooking and baking? Yes. It is ideal for cooking and baking. Since it can be heated without oxidizing and breaking down like many other oils it is really the best choice for cooking.

COCONUT OIL CAPSULES

We have had a number of inquiries about coconut oil capsules from people who either don't like the taste of coconut or who eat at home so rarely that they don't think they would have any way to incorporate coconut oil into their diets. Until recently I have always told people that I wasn't aware of any coconut oil capsules and didn't really think they would be practical for several reasons. First it would be expensive and second, because you would have to consume so many capsules in order to ingest any significant quantity of oil.

I now see that, in fact, coconut oil soft gel capsules are being sold on the Internet. The most commonly given recommendation for coconut oil consumption in order to obtain maximum benefit is Mary Enig's recommendation of 3-3.5 tablespoons per day (39-45 grams). In order to consume that amount of oil, one would need to take 39-45 (1000 mg) soft gels per day. The company selling these soft gels talks about all of the various benefits which have been attributed to coconut oil and suggests taking 4 soft gels per day. I personally doubt that consuming 4 grams of coconut oil per day would have any significant effect other than to lighten your wallet. At the special sale price of "only \$19.95" you are buying coconut oil for **only \$75.47 per pound** (excluding any shipping and handling).

What a deal!

Coconut Oil For Skin and Hair

Coconut Oil Supreme™ makes an excellent moisturizer for the skin and scalp as well as a conditioner for the hair.

Coconut oil not only works as a moisturizer but many people use it as a skin cleanser and makeup remover. It is excellent to apply after bath or shower or can be added to the bath water as a bath oil.

A little oil goes a long way and it can have dramatic effects on the health and appearance of the skin. We have had numerous reports from people with eczema and psoriasis who report that coconut oil has been more helpful than prescription creams.

Many people report that their favorite use for coconut oil is as a hair conditioner. Apply a small amount of oil to the hair and scalp and let it be absorbed before shampooing it out. It can also be applied and left on the hair overnight for maximum effect.

On a personal note, I have noticed a big change in my skin since I began consuming Coconut Oil Supreme™ over 5 years ago. I no longer experience the “winter” dry skin and I am no longer so sensitive to the sun. Before I began consuming coconut oil I was very prone to sunburn, even when using a sunscreen.

For more skin and hair related suggestions, see the section on “Favorite Uses of Coconut Oil Supreme™.”

Coconut Oil For Pets

Coconut Oil Supreme™ is also beneficial for your pets. People report feeding it to everything from tropical birds to cats and dogs. One veterinarian reports seeing near miraculous results in dogs with smelly coats. Not only does the appearance improve, but in a matter of days the odor disappears when coconut oil is added to the diet. It is reported that dogs with flea allergies, contact dermatitis and other allergic conditions typically stop scratching soon after coconut oil is added to their diet. It can also be applied topically to scratches, bites, etc. to promote faster healing. Cat owners report that coconut oil helps alleviate fur ball problems and also makes their coats shinier.

The general recommendation is to begin slowly, adding liquid or solid coconut oil to the food and gradually working up to about 1 teaspoon per 10 lbs. of body weight per day. An article in **Whole Dog Journal** suggests starting with 1/4 teaspoon per day for small dogs or puppies and 1 teaspoon per day for large dogs. They warn that even in healthy dogs large amounts of coconut oil can cause diarrhea while the body adjusts.

Most pets like the taste of Coconut Oil Supreme™. In fact some people have reported that one problem with using it as a moisturizer on their own skin is that their pets want to lick it off.

Using Coconut Oil In Recipes

(Using Coconut Oil Supreme™ for cooking and baking.)

Coconut oil can be used instead of vegetable oil or shortening by substituting as follows:

To substitute for vegetable oil use the amount of oil called for in the recipe, melt the coconut oil and be sure that the other ingredients (eggs, liquids, etc.) are at room temperature or at least warm enough so that they do not cool the coconut oil enough to make it solidify.

To substitute for shortening, you can generally reduce the amount by about 25%. So if a recipe calls for 1 cup of shortening I substitute $\frac{3}{4}$ cup of coconut oil. (I sometimes use a combination $\frac{1}{2}$ butter and $\frac{1}{2}$ coconut oil.). After a little experimentation you will find what works best in a recipe. I have yet to make any baked goods which weren't better made with coconut oil.

When creaming the coconut oil together with eggs, sugars, etc., I have found that instead of just scooping a chunk of oil out of the container it works better to use a large spoon to scrape the surface of the oil, removing a thin layer at a time. This process, in effect, pre-creams the coconut oil so that it blends easily with the other ingredients.

I am a great proponent of measuring ingredients by weight rather than volume. Measurements which could be tedious if measured by volume become simple when measured by weight. You will also find that our results are more consistent. A good digital kitchen scale will pay for itself in the time saved in clean up since you can simply add ingredients to the bowl by weight and don't even get a measuring cup dirty. A good source for electronic scales is www.saveonscales.com.

12

Breakfast Smoothie

I add Coconut Oil Supreme™ to the breakfast drink which I have enjoyed for years. I use a hand (or stick style) immersion blender to make a tasty drink which serves to rinse down my vitamin supplements and also to give me a good start on the day. The proportions can be varied to suit your own taste and appetite. I like a large drink so mine normally ends up being about 20 oz. Use any type of fruit or juice that you like and add more or less juice depending on how thick you like the drink.

1 small banana

If I have any fresh fruit on hand (blueberries, peaches, etc.) I normally add an amount equal to about half of the banana. When I don't have other fresh fruit on hand I add 1 oz. of frozen blueberries.

8-10 ounces of orange juice or any combination of juices that you like (I often use a combination of grape or pineapple and orange) 1 scoop of whey protein concentrate (I use a plain, unsweetened, unflavored whey since it doesn't contain an artificial sweetener.)

2 heaping teaspoons of Coconut Flour Supreme™

Blend the above ingredients until smooth and then add

2 tablespoons of coconut oil (it really doesn't matter if it is solid or liquid but I prefer adding it as liquid since it is easy to measure and I always keep a bottle in the liquid state by storing it in a warm location on top of the refrigerator)

If you like a very cold drink you can add ice after everything else is blended. Since the coconut oil is already emulsified with the other ingredients, it won't form chunks.

Over the years I have gone through a lot of hand blenders and have been very satisfied with the one made by Braun. It is also one of the most economical and some version of it is normally available at any of the national chains such as Target, K-Mart, Wal-Mart, Meijer, etc. I recently purchased a Kitchen Aid KBH100 variable speed hand blender and am very happy with it also.

Favorite Uses of Coconut Oil Supreme TM

Listed below are some of the favorite uses reported by customers:

- My favorite would have to be using the oil on my face and body, what an amazing difference it made! I live in the South and we are having an unusually warm, dry winter. The oil has been my salvation. I love to leave it in my hair overnight as well.
- This may seem too simple but it works great. After washing my hair I no longer use a conditioner, instead I put a very slight coating of Coconut Oil on my hands and wipe them through my hair. I start off lightly to spread it evenly and finish by massaging it into my scalp. It leaves my hair manageable with a light sheen and has improved the condition of my scalp. If you try this though, use less than the smallest amount you think you need. If you use too much your hair will feel oily. It still amazes me how little it takes.
- My daughter and I use your pure coconut oil in our hair! About once a week we soak our head/hair in the oil and go to bed. In the morning we wash it out (it doesn't take more than one wash or extra shampoo either!). I have long hair and it actually makes my hair look much more healthy and shiny and full of body! I then don't have to wash it for two or three days after. It is the BEST conditioner I have ever used!!
- I am posting this with the permission of my patient. I am a private duty nurse of a young man that had an eczema/fungus/psoriasis combination on his head. He had sores/scales and little tufts of hair with shiny bald spots when I met him eight years ago. He was using steroid creams with little difference being made. We only cut his hair maybe once or twice a year. I found a lot of information about coconut oil and thought why not try it. I then found your website. I got the doctor to agree. That was about 3 years ago. We now cut his hair every 3 months and it is quite long at this point. He has very little bald spots. We seldom have sores or scales anymore and he always smells wonderful.

- I love the coconut oil for my baby's formula. I breastfed her for a year, but I always needed to supplement with formula. A tsp. of coconut oil in each formula bottle did the trick. She was satisfied for a good amount of time, had a strong immune system, and compared to her friends her age was not plagued with dry skin (which I attribute directly to the coconut oil). I don't breastfeed anymore but your coconut oil finds its way into her daily diet.
- My second favorite use of your coconut oil is in baking. Since I've used it in my chocolate macaroons, coconut cakes, coconut icings and greasing all my cake pans and cookie sheets with it in lieu of butter. People (including myself) can't get over what a great taste comes out of my oven. tee, hee.
- My third favorite use is when I feel I'm coming down with "something". The family starts consuming coconut oil daily until well. I believe it helps in shortening our illness (colds, viruses, and such).
- My new favorite use(s) are for skin care AND I put a small amount in the food I give my cats and dog!!! I believe it is much easier on the system than Vitamin E or A and keeps their coats shiny and healthy!
- I use it to fry my eggs and in place of oil in banana bread (delicious) and fruit quick breads and bran muffins. I use it exclusively on my skin. It's fabulous.
- I find that a teaspoon of the Coconut Oil melts nicely in my bath water, so I can soak and moisturize at the same time. After I get out I just pat dry, and my skin is wonderfully silky and smooth. (Unlike other moisturizers with toxic ingredients, it's safe for my skin to absorb, and the hot water opens my pores so it can penetrate. Like it's been said "don't put anything on your skin that you wouldn't eat!"

The information below is taken from the back cover of the book *The Healing Miracles of Coconut Oil* by Bruce Fife. N.D. It provides a good summary of the properties and benefits of coconut oil.

THE HEALING MIRACLES OF COCONUT OIL

If there were an oil that you could use for your daily cooking needs that helped protect you from heart disease, cancer, and other degenerative conditions, Improved our digestion, strengthened your immune System, protected you from infectious illnesses, and helped you lose excess weight, would you be interested? This is what coconut oil can do for you.

What Coconut Oil Does Not Do:

- Does not increase blood cholesterol level
- Does not promote platelet stickiness or blood clot formation

- Does not contribute to atherosclerosis or heart disease
- Does not contribute to weight problems

What Coconut Oil Does Do:

- Reduces risk of atherosclerosis and heart disease
- Reduces risk of cancer and other degenerative conditions
- Helps prevent bacterial, viral, and fungal (including yeast) infections
- Supports immune system function
- Helps control diabetes
- Provides an immediate source of energy
- Supports healthy metabolic function
- Improves digestion and nutrient absorption
- Supplies important nutrients necessary for good health
- Promotes weight loss
- Helps prevent osteoporosis
- Has a mild delicate flavor
- Is highly resistant to spoilage (long shelf life)
- Is heat resistant (the healthiest oil for cooking)
- Helps keep skin soft and smooth
- Helps prevent premature aging and wrinkling of the skin
- Helps protect against skin cancer and other blemishes
- Functions as a protective antioxidant

