

*Cameron Clinic of Oriental Medicine*  
1928 South 16<sup>th</sup> Street  
Wilmington, NC 28401  
Tel: (910) 342-0999

**How to use coconut oil**

Research confirms that eating the right fats at every meal helps us maintain a stable blood sugar and improves our metabolism by providing a steady supply of energy throughout the day.

Escalate weight loss by making a coconut oil infusion. Place 1 TB (if you weigh 90-130 lbs.) 1 ½ TB (if you weigh 131-180 lbs.) and 2 TB (greater than 181 lbs) in a mug with hot water or herbal tea 20-30 minutes before meals. This will help you feel more satisfied and full with less food.

Cook your morning eggs in coconut oil.  
Spread coconut oil on your morning toast.  
Add coconut oil to your morning smoothie.  
Stir fry your vegetables in coconut oil.  
Sauté fish in coconut oil or poach in coconut milk.  
Coconut sprinkles on fresh fruit makes a great desert.  
Coconut crusted chicken or fish.

**Maryø Oil Blend**

1 c. gently melted coconut oil                      1 c. extra virgin olive oil  
1 c. expeller-expressed or cold pressed sesame oil  
(119 calories per TB)

Can be used for cooking or making salad dressing.

Salad dressing: 1 tsp Dijon mustard, 2 TB + 1tsp raw wine vinegar or balsamic vinegar, ½ cup maryø oil blend, 2 tsp expeller expressed flax oil

Mix mustard and vinegar, gradually dribble in oil and whisk until well mixed.

**Coconut crackers**

2 ½ c. ground spelt, whole wheat or rye flour or a mixture  
1 c plain yogurt                      1 ½ tsp. baking powder  
1 tsp. sea salt                      ½ c melted coconut oil

Mix flour with yogurt and leave in a warm place for 12-24 hrs. Preheat oven to 200. Place soaked flour, salt, baking powder and ¼ c coconut oil in food processor and blend well. Roll out to about 1/16<sup>th</sup> inch on a pastry cloth dusted with unbleached white flour to prevent sticking. Cut into 2 inch squares with a knife. Place on an oiled cookie sheet, brush with remaining ¼ c coconut oil. Bake in oven for several hours until completely dry and crisp. Store in an airtight container in refrigerator.

**Coconut crusted salmon (Serves 4, 400 calories per serving)**

4 TB melted butter                      ½ c desiccated coconut  
1 tsp sea salt                      1 1/3 lbs. wild salmon  
1/8 tsp paprika

Preheat oven to 350. Mix melted butter, sea salt, paprika and coconut in a small bowl. Place salmon in a buttered pyrex pan, spread mixture on salmon. Bake for about 10 min.