

Products by Nourish-Flourish



GOLDEN HEALTH ESSENTIAL ELIXIR



GHEE ('Ghritha')

(VPK- Balancing)



Net weight:

Large 500g Jar/Tub;

Medium 330g Jar

Ingredients: approx. 99.5% Fat,
approx. 0.5 % in form of fat soluble Vitamins A,D, E, K2 &
traces of minerals (Calcium, Potassium, Phosphate)

1 TBSP Ghee= 15g =130 calories

(Fat composition: contain 7g SFA's 5g MUFA's 1g PUFA's)

**0% Lactose, 0% Casein, 0% trans-fatty acids, 0% preservatives,
0% additives, 0% sugar,
0% protein 0% sodium, 0% carbohydrates**

cooling, lubricating, unctuous, deeply penetrating

In modern terms, Ghee can be seen as a **"Magic Bullet"** for health. However, in the ancient Ayurvedic context, its significance extends beyond the physical realm to include the subtle nourishment of the mind and spirit. When we consider its profound health benefits, the meticulous process of its creation, and the deep consciousness with which the Ancient Rishis approached Ghee-making, it becomes evident that Ghee is not just food– It is a sacred, golden elixir essential for optimal health and longevity.

True Ayurvedic Ghee has an organic origin, crafted from naturally fermented cow's milk, sourced from grass-fed, pasture-raised cows that belong to the same herd and live in harmony in nature.

This traditional approach honours purity and nature's intelligence, resulting in a product which is rich in natural prebiotics that nourish and support gut health at its deepest level.

Its grounding, healing & nourishing properties makes GHEE an indispensable elixir for longevity and vitality.

Ghee is the safest fat when it comes to high heat cooking as it has one of the highest smoke-points of all oils & fats during cooking, roasting, frying, baking.

Unlike other vegetable oils it does not break down in harmful compounds upon heating.

Smoke point: 485 F/ 252 degrees Celsius.

Oils & SMOKE POINTS: A comparison

Avocado Oil (Refined): ~520°F (271°C)

Ghee (& Clarified Butter): ~485°F (252°C)

Light/Refined Olive Oil: ~465°F (240°C)

Sunflower Oil (Refined): ~450°F (232°C)

Peanut Oil: ~450°F (232°C)

Coconut Oil (Refined): ~400°F (204°C)

Sesame Oil (Refined): ~410°F (210°C)

Canola Oil (Refined): ~400°F (204°C)

Corn Oil: ~400°F (204°C)

Vegetable Oil (Blended): ~400°F (204°C)

Extra Virgin Olive Oil: ~325–375°F (163–190°C)

Coconut Oil (Unrefined/Virgin): ~350°F (177°C)

Flaxseed Oil: ~225°F (107°C)

Walnut Oil: ~320°F (160°C)

Butter: ~300°F (150°C)



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Explore the rich Heritage of Ayurveda Ghee

Packed with powerful Health Benefits

Balances VATA, PITTA, KAPHA

rejuvenates the Body, sattvic for the mind,
improves lipid metabolism, promotes good Cholesterol,
(we need cholesterol)

Gut Healer & Immunity Booster

Butyric acid helps repair your digestive tract and boosts gut immunity, curbs colon cancer, provides a barrier against harmful bacteria, keeping your body resilient.

Nutrient Absorption

Improves the absorption of essential nutrients, vitamins and minerals, ensuring you get the most out of your food.

Healthy Microbiome

Supports a balanced gut flora, crucial for healthy tissue formation and overall health and vitality.

Heart & Bone Health

Rich in Omega-3 and **CLA (Conjugated Linoleic Acid)**, lowers LDL Cholesterol, promotes a healthy heart and strong bones.

Reduces Inflammation

Butyric Acid contains Anti-inflammatory properties help soothe the body, easing discomfort and promoting healing.

Metabolism & Liver Support

CLA boosts metabolism, while pentadecanoic acid in ghee supports liver & cardio-metabolic function, red blood cells.

Balances Blood Sugar Levels

Helps maintain stable blood sugar levels, improves insulin sensitivity, reducing the risk of Type 2 Diabetes, spikes and crashes- especially when used with Cinnamon.

Fights Cellular Aging

Pentadecanoic acid (C15) repairs the mitochondrial function vital for energy transfer to cells, combats the effects of aging at the cellular level, thus promotes longevity.

Nourishes Brain & Skin

Rich in essential fatty acids and vitamins (A, D, E, K), ghee nourishes your brain, acts as neuroprotector, promotes glowing skin, strong bones and improves vision.

Energy booster

Builds OJAS- Active at Cell level – deeply penetrating – is key for the glow of your skin and shining eyes, vitality, immunity and longevity. OJAS is your “Raincoat in the Storm..”





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Suggestions:

GHEE is your great **daily kitchen companion** and **healer**.

Due to its really high smoke-point, Ghee makes an ideal replacement for any oil or fat for baking, sautéing, roasting, frying - basically all cooking & baking.

Ghee makes Porridges more flavourful and brings sweet loving contentment to your heart.

Ghee can be added to all warm drinks. Traditionally and health-wise, Ghee is an ingredient in Golden milk not to be missed.

Ghee alleviates the drying effects of coffee. Did you ever taste it in Tea like the Chinese traditional Butter Tea?

It is most beneficial to take Ghee in the morning on an empty stomach.

Directions :

Replaces butter and oils.

Add 1 TBSP to any meal preparation- from porridges to soups, sautéing fruit & veggies, roasting veggies & meat & pan frying meat.

For warm Drinks:

Enjoy 1/2-1 teaspoon in your herbal tea, golden milk or coffee.

Note: Not recommended for sea foods e.g fish or shell fish as they have conflicting energies, which may lead to toxins.

How much Ghee per day is okay?

Depending on your dosha there is no absolute boundary.

While Vata & Pitta condition will call for more Ghee, Kapha Conditions call for less Ghee.

15-30 ml of Ghee daily will give you great health and wellbeing benefits.

However when on strict weight-loss program, Ghee should be reduced by half.

Other uses of Ghee include:

Direct skin applications to moisturize

Massages & Abhyanga

Wound applications for speeding up healing,

Cleansing treatments e.g. '**svedhana** & **snehapana**' during panchakarma treatments.

During rejuvenation of the eyes ('Netra Tarpana') or as fuel for candles, which is used during candle gazing rituals for clarifying the eyes and mind.

It is of no mistake, that Charaka Samhita refers to Ghee be containing "1000 healing properties".

Ayurvedic Notes:

Doshic Actions: VPK- , however K+ (in excess)

Elemental Construct: **Earth & Water (Kapha)**

TASTE/RASA: sweet

Energetics: Grounding, Softening, Cooling & Lubricating

Post digestive effect: Nourishing effect on tissues & OJAS

Special effects:

- lines the mucus membranes and offers protective barrier
- being a 'Rasayana'- it offers rejuvenation for body and Mind.
- it is a 'Prabhav' encompassing beyond logic and creates SATTVA
- functions as a Great 'Anupana' (Carrier Substance which carries special actions without losing its own Gunas, therefore strengthens the actions of the "medicine" it's taken with.)

Doshic Actions: VPK-

Vata: moisturizing, grounding, strengthening, alleviates dryness, fatigue, anxiety and constipation
Best action if taken together with Salt.

Pitta: neutralizes excess heat, great anti - acid & anti inflammatory.

Kapha: stimulates wellbeing & improves metabolism without aggravating effects. Boosts fat metabolism especially if taken with Trikatu or add the following spices:
Pipali, Black Pepper, Ginger

Moderation is Key! with Kapha Constitutions recommended to use 1/2 - 3/4 teaspoon person per meal.

