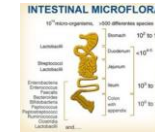


Nutrition Therapy

Highlights

Ghee the Oil from Milk

Good Bacteria



Health Benefits of Using Ghee



Ghee and Its Benefits: When you think of butter, you probably picture that rich, creamy medium you cook many of your favorite meals in; but not all butter looks, acts or tastes the same. Ghee or clarified butter, for example, is what you get when you remove the water and the milk solids, resulting in a pure butterfat.

When butter is cooked long enough for the water in the butter to completely evaporate and for the milk solids to brown and produce a nutty flavor, you get a butter product called ghee. Ghee has a long history in Indian culture-and many other parts of the world!-for its use not only in meal preparation, but in holistic remedies as well. If you've never tried ghee, you may want to consider it for one of these delicious or healthy applications:

Use ghee to fight inflammation: Ghee has been shown to reduce leukotriene secretion and reduce prostaglandin. Prostaglandin levels and leukotriene secretion both play a role in inflammation, which can not only lead to unpleasant physical reactions (redness, swelling, itchiness, etc.), but it can also accelerate the aging process.

Use ghee if you're lactose or casein intolerant: The method of clarifying butter to turn it into ghee removes most of the lactose and casein contained in butter. Many of those who are lactose or casein intolerant can enjoy ghee without any negative reactions.

Use ghee for a healthier butter choice: Although saturated fats, commonly found in butter products, should be consumed in moderation, ghee butter has been linked to decreased [cholesterol](#) levels in lab trials. Other butter products, such as margarine, are hydrogenated and have been shown to contribute to increased cholesterol levels, a leading cause in heart disease.

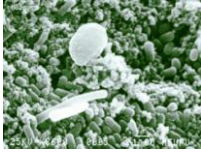
Use ghee to boost your daily dose of antioxidants: Ghee contains carotenoids and [vitamins](#) A and E. These antioxidants fight free radicals and promote skin cell growth, good vision and immune system health, as well as reduce the risk of certain cancers and heart disease.

Use ghee to boost your micronutrient intake: Ghee is excellent [source of vitamin K2](#) and CLA, nutrients that aren't found in very many other foods. [Vitamin K2](#) may help prevent calcification of the arteries by activating the body's system that removes calcium from the arteries to deposit it where it's supposed to be, in the bones (you might be interested to know that our [Daily Multi Nutrient contains vitamin K2](#) as well). Then there's CLA, which is a special kind of fat that may provide antioxidant benefits and help promote a healthy metabolism.

Use ghee to increase the effectiveness of some herbs: Ghee helps transport the medicinal properties of some herbs, when ingested, to organs and cells. Some herb mixtures used in Ayurveda (the Hindu system of holistic medicine) that contain ghee have been shown to enhance memory, increase the body's wound healing ability and display anticonvulsant and hepatoprotective (liver-protective) properties.

Use ghee for flavor: Ghee's nutty and intense flavor gives it a unique flair in the world of butters. Enjoy ghee on your popcorn without worrying about the soggy factor-the lack of water in ghee keeps the kernels dry! Rice and vegetables also complement ghee's flavor and texture well, but you can try ghee on any food in your plant-based diet for a strong kick of buttery, nutty sweetness!

Use ghee for cooking: Ghee has a high smoke point, [meaning](#) it can be cooked at high temperatures without burning. Use ghee to fry or sauté your favorite foods to produce flavorful dishes, sans the singe! The next time you're planning a meal, you may want to [walk past the margarine and vegetable oil](#) in the grocery aisles and opt for ghee instead. This exotic butter will spice up your foods and add a little extra health to your diet! You might also want to check out our easy [DIY Ghee \(Clarified Butter\) Recipe](#).



Milk Kefir



Milk Yogurt



Milk Cheese



Milk



Milk Butter

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