

Oasiz - Natural Superfood Mix™

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Natural Superfood Mix™

(Product Education/Information)



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Oasiz – Natural Superfood Mix™

SuperFood and beyond...

Benefits of this information to you and your clients:

In order to help you understand and utilise the various health promoting and therapeutic benefits of our products, we have provided this information for health professionals, committed to facilitating optimal health and to treating disease by safe, effective and natural medicaments. We trust that this information will help to enhance your own health and that of your clients.

Contemporary approach to health and its limitations

One needs to first understand the contemporary approach to health and its limitations and deficits. Most people pay little attention to the quality and composition of foods and drinks they consume. When health declines and disease manifests, they turn to chemicals, synthetic drugs or mega-doses of a particular isolated element to provide a 'quick fix' or a substitute. Unfortunately this can be also the approach within certain areas of Complimentary and Alternative Medicine (CAM).

However, in nature and natural therapeutics, there is no substitute for wholesome, optimal and balanced nutrition. Simply put, it is only possible to maintain or regain optimal health when a human being is provided with the right combination of whole and natural foods. Our products are whole food state, mostly 'superfoods' in order to deal with chronic food deficiencies due to the modern life style.

Eating a healthy diet has always been important. But can certain foods, drinks, vitamins and minerals actually improve human health and well being?

In other words, is there a clear relationship between food and human health, wellbeing and vitality?

Tradition & Superfoods

Traditional oriental lifestyle and medicines such as *Traditional Chinese Medicine, Aryurveda & Tibb*, knew the importance of food and its relationship to health and wellbeing. In these traditions there is a clear relationship between subtle energy qualities of food and human health.

This awareness is shared by many traditions across the world. E.g. subtle body and food energies termed *Parana* in Indian tradition. In Chinese tradition it is called *Chi* and in Tibb it is called *Quwah*.

This paradigm of wisdom transcends materialistic-mechanistic way of looking at food and considers energetics of food as primary importance. E.g. in Tibb, there is a concept of *Ekseer* (Tonics) and *Muqawiyat* (SuperFoods).

In line with both traditional views on superfood and modern needs, MohsinHealthProducts has developed

the product **Oasiz – Natural Superfood Mix™**

The following information describes selected health benefits of its ingredients and the 'story' of how this wonderful product has come about.

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Ingredients in Oasiz – Natural Superfood Mix™

Almond (*Prunus amygdalus*)

In Ayurvedic healthcare, sweet almond is considered a nutritive for brain and nervous system. It is said to induce high intellectual level and longevity (Singh 2002). In *Tibb*, sweet almond is used as 'brain and body tonic' (Central Council for Research in Unani Medicine 1999).

In addition to healthy fats and vitamin E, a quarter-cup of almonds contains almost 99 mg of magnesium (that's 24.7% of the daily value for this important mineral), plus 257 mg of potassium. Magnesium is Nature's own calcium channel blocker. When there is enough magnesium around, veins and arteries breathe a sigh of relief and relax, which lessens resistance and improves the flow of blood, oxygen and nutrients throughout the body including the brain (Hu & Stampher 1999).

Potassium, an important electrolyte involved in nerve transmission is also high in almonds (Hu & Stampher 1999).

Almonds contain another brain boosting element called nutrient riboflavin as well as L-carnitine. These chemicals are important for the brain because they help make it possible for our brain to metabolize acetyl-L-carnitinetransferase which supports choline metabolism. Our brain utilises choline to prevent any neuronal degeneration. The L-carnitine that is found in almonds and other nuts also helps in the release of acetylcholine, which is essential for good memory (Haria 2007).

Cinamomum (*Cinnamomum aromaticum*)

Cinnamon is a warm and drying aromatic that is excellent for improving circulation and harmonizing the flow of circulation.

Cinnamon also boosts the activity of the brain and hence acts as a good brain tonic. It helps in removing nervous tension and memory loss. Research at the Wheeling Jesuit University in the US has proved that the scent of cinnamon has the ability to boost brain activity. The team of researchers led by Dr. P. Zoladz found that people who were administered with cinnamon improved their score on cognitive activities such as attention processes, virtual recognition memory, working memory, and visual-motor response speed (Nutra 2008).

Cinnamon is also used traditionally in Aryurveda and *Tibb* as an aid to digestion (Central Council for Research in Unani Medicine 1999).

Fennel (*Foeniculum vulgare*)

In Indian medicine fennel is said to be perfectly balanced – neither too heating nor too cooling. It is excellent for people who cannot tolerate hot condiments. Its balancing action extends to the nervous system. It calms the nerves, uplifts the spirits and promotes mental clarity (Headley & NonShaw 1996).

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Fennel is highly regarded as a kidney and bladder tonic. Its property of improving the eyesight, clearing floaters in vision and so on is well documented. Historical texts fully document this also, giving vision strengthening formulas besides (Holmes 1989).

Fennel's ability to enhance brain function and improve vision is legendary (Hakim M. Abdullah 1985).

Cardamom (*Elettaria cardamomum*)

Increases the qi and replenishes deficiency. Restores the lungs, spleen, nerves and generates strength. It also helps 'lift' the spirits (Holmes 1989).

Cardamom has warm and sweet properties which qualify restoring and stimulating properties. Cardamom is especially useful for depression associated with chronic exhaustion and illness. Sharpening the mind and lifting the spirits.

Date (*Phoenix dactylifera*)

The fruits (dates) of the date palm is considered a 'complete food' in traditional Islamic medicine and contains all the necessary nutrients for human health and wellbeing (Al-Jawziyya 1998).

The roots of the tree penetrate very deep. They extract from the lowermost depths vital minerals that can offer our bodies precious minerals and vitamins such as Potassium, Calcium, Magnesium, Iron, Copper, Phosphorus, Sulphur and Chloride.

When ripe, dates contain proteins, fats, carbohydrates all in easy to absorb form. Most dates are high in potassium and therefore helpful to preserve the acid alkaline balance. Besides vitamin A, they contain vitamin B1, improves general metabolism, vitamin B2, and promotes healthy nerves, eyes and skin (Peterson 1978).

Gotu Kola (*Centella asiatica L*)

Gotu Kola, called *Brahmi* in Sanskrit and *Fao-Ti-Tieng* in traditional Chinese medicine. In Ayurveda, it is classed as a *Rasayana*, used for thousands of years in Rejuvenation Therapy. It is one of the main revitalising herbs for nerves and brain cells. It increases intelligence, memory, longevity, it decreases senility and ageing. Gotu Kola fortifies the immune system, cleansing, feeding it and strengthening the adrenals (Frawley & Lad 1997).

In Tibb, Gotu kola is used as a brain and nervous system tonic and sedative. In modern herbal practice Gotu Kola's actions are considered adaptogen, alterative, de-toxifier, powerful blood Tonic, and central nervous system relaxant. Recent research reports improved memory and overcoming of stress, fatigue and mental confusion (Lad 1985).

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The gotu kola leaf looks like the two hemispheres of the brain. It stimulates the brain tissues, thereby expanding understanding and comprehension. This herb will help the flow of energy in the brain between the right and left hemispheres (Bartram 1995).

WaterHyssop (*Bacopa monniera*)

Bacopa, also known as *Jala-Brahmi* in traditional Indian medicine has been used to promote intellect and as a potent nervine and cardiogenic (Dabur Research Foundation 2002).

Research shows that Bacopa significantly improves cognitive functions such as information processing, memory consolidation. Bacopa is used in modern herbal practice as an adaptogen—a physiological agent that increases the body's resistance to physical and emotional stress. As a brain tonic, Bacopa is used for improving memory, concentration and learning, in cases of nervous breakdown and nervous exhaustion (Dabur Research Foundation 2002).

In cases of stress associated with sleep deprivation, bacopa lowers glutamate concentrations, and increase those of GABA in various regions of the brain. Anxiety levels fall by around 20% and mental fatigue also decreases. Levels of serotonin (an inhibitory neuromediator) increase (Bone 1996).

Finally, other studies variously suggest that Bacopa has significant antioxidant properties, that it is effective at treating irritable bowel syndrome, that it has a modest effect on lowering hypertension, that it improves respiratory function in stressful situations (Dabur Research Foundation 2002).

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Indications for Oasiz – Natural Superfood Mix™

How & When to use:

Oasiz – Natural Superfood Mix™ is particularly useful for people who lead a demanding lifestyle; however it is a safe for the whole family to use on a daily basis. Made from 100% natural ingredients, each batch are hand made, under the guidance of qualified herbalists. This ensures the right energy and expertise, goes into this unique and effective product.

- Take between 5g – 15g directly, chew and enjoy, anytime
- Add 1 – 3 Tablespoons to your favourite healthy cereal
- Mix 1 – 3 Tablespoons into pro-biotic or fruit yogurt, and use any time
- Mix 1 – 2 tablespoons in warm milk, in the evening, to help promote sleep
- Mix 1 – 3 tablespoons with a fruit or vegetable smoothy
- Mix 1 – 3 tablespoons with fresh fruit or vegetable juice for a refreshing and uplifting drink.

Caution: Do not use if allergic to nuts or if the individual is known to be allergic to any of the ingredients.

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The Story of Oasiz – Natural Superfood Mix™...

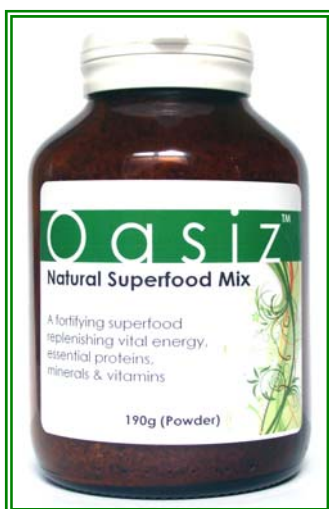


In the summer of 2001, Hakim Mohammed Salim was given the formula by a dear friend of his from Pakistan, for a 'brain strengthener' in the form of a chutney or paste. The formula had been used in the Indus valley for both adults and children alike.

The original formula was developed on, and enhanced to form, a nutritional almond based drink powder that could be added to milk or fruit juices.

This formula however, was not as user friendly, particularly for the hectic Western lifestyle and routine, and was later further altered. This included changing the presentation into a form that was easier and ready to be taken straight from the bottle, as well as being suitable to be taken throughout the day for modern living.

The formula combines traditional foods and herbs that have been used traditionally for hundreds of years. The ingredients combined Superfoods with digestive and carminative herbs, to aid particularly the brain and nervous system.



The original formula was designed to be used with cream; this product also works well with yogurt, being delicious and nourishing.

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