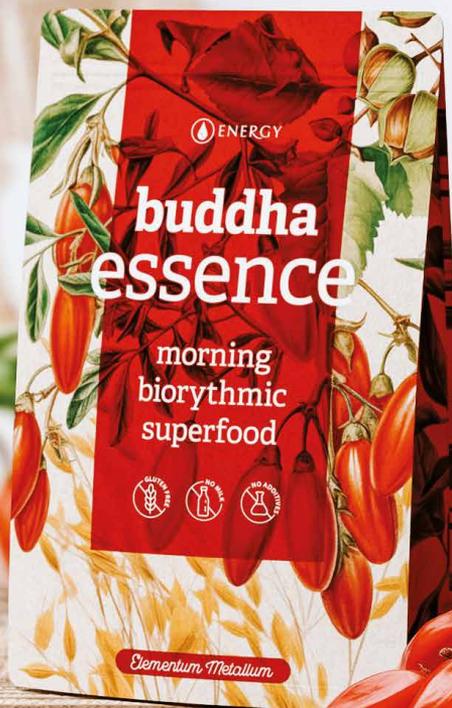




Buddha essence

- » NUTRITIONALLY BALANCED AND SMOOTH PORRIDGE IN ACCORDANCE WITH TCM
- » SUPPORT OF THE IMMUNE SYSTEM
- » SUPPORT OF THE LUNGS AND COLON
- » REPLENISHING ENERGY
- » PURELY NATURAL WITHOUT ADDITIVES AND PRESERVATIVES





Buddha essence is purely natural, harmonizing and biorhythm-supporting porridge made according to the principles of Traditional Chinese Medicine (TCM). It respects nutritional needs and key biorhythms of the body - at the right moment, it provides our body with thoughtfully prepared and well harmonized essential ingredients. All ingredients are carefully selected with emphasis on quality ingredients and processing methods that, maintain their purity and living essence. The porridge is free of chemicals, additives and preservatives. It does not contain gluten, animal milk or sugar.

BUDDHA ESSENCE

EFFECTS AND USE

- » The porridge gently warms up the body and strengthens the immune system. The synergic composition and effect of the individual TCM ingredients act as a preventive and therapeutic food, supporting the chi of the lungs and colon. It is light on the digestive tract.
- » It provides energetically balanced, nutritionally complex, easily digestible, pure and natural nourishment.
- » It is a source of dietary fiber, protein, complex carbohydrates and fats, without any added sugar. At certain times of the year, it is especially beneficial to particular body organs and their needs.
- » It nourishes the body, warms the digestive tract, supports proper bowel movement, strengthens immunity and replenishes energy.
- » Easily available, it's a quick and nutritionally high-quality breakfast or snack for work, school, while traveling or on holiday.



COMPOSITION

GLUTEN-FREE OATS

Effect according to TCM:

- » supports the spleen, stomach, lungs and colon meridian
 - » stimulates chi and moistens dryness
-

The oat flakes are prepared using the process of malting (steeping, germinating and subsequent drying) which is the healthiest and most digestible form for the human body. Thanks to this process, the unwanted antinutrients (compounds reducing the natural ability of the body to absorb elemental nutrients) are removed. They contain easily digestible, complex carbohydrates, a quite high percentage of protein and easily soluble fiber. Oats should be consumed all year round, but especially in autumn. Oats strengthen the body, help digestion, moisten the intestines, act against constipation

and bloating, normalize blood sugar levels, reduce sensitivity to insulin and prevent cardiovascular diseases. They contain group B vitamins and vitamin E, potassium, sodium, phosphorus, iron, manganese, magnesium, zinc, pantothenic and folic acids.

LYCIUM CHINENSE - GOJI BERRY

Effect according to TCM:

- » warms, expands yin of the lungs and kidneys, nourishes liver blood
 - » slightly replenishes yang of the kidneys, clears away fatigue, supports the formation of essence
-

The goji inside the Buddha essence porridge originates from the Tibetan plateau, and therefore is the original highest quality species. It belongs among the group of adaptogens - substances that act against stress, insomnia, and increase overall mental and physical resistance of the body. The fruit supports the immune

system and reduces the number of antigens that are associated with allergies. Goji berries contain antioxidants, protect cells, neutralize free radicals and eliminate toxins from the body. Goji acts against pain and weakness of the lower back and knees, improves vision acuity, and is effective for impotence. It reduces blood pressure and cholesterol and is suitable for diabetes. It improves haematopoiesis (stimulates formation of white and red blood cells). The fruit contains vitamins B1, B2, C, A, carotenoids, calcium, zinc, iron and selenium.

PIEDMONT HAZELNUTS

Effect according to TCM:

- » harmonize middle burner, toning chi and blood
-

The hazelnuts in our porridge come from a well-known Italian region called Piedmont located in the foothills of the Alps. They are of a first-class quality,



protected by certification of geographical origin. The farming region, whose soil significantly impacts the quality of the nuts by its composition, is on the UNESCO world heritage list. The hazelnut contains mainly omega-3 and omega-9 unsaturated fatty acids that help eliminate harmful LDL cholesterol. It is rich in protein, potassium, calcium and magnesium.

LYOPHILIZED BANANA - POWDER

Effect according to TCM:

- » cooling, strengthens yin and chi
 - » moistens the dryness of the stomach and lungs, regulates stools
-

Banana is an easily digestible food suitable for children and weakened individuals such as those in recovery. It is quickly filling due to a higher percentage of carbohydrates. It prevents high blood pressure, clears the body from toxins, reduces cholesterol levels

and calms stomach mucosa. It contains quite a significant amount of vitamin B₆. Due to the content of serotonin and magnesium, it presents as a great food for all people burdened by mentally stressful jobs. Bananas are a valuable source of soluble and insoluble fiber, they help move the intestines in constipation and to the contrary, can also calm the digestive tract in diarrhoea. They remove excess metabolic waste from the body, especially uric acid, which subsequently reduces the risk of rheumatic and arthritis diseases.

DRIED COCONUT MILK

Effect according to TCM:

- » neutral, expels coolness
 - » cool the heat in insufficient yin, supports yin
-

100% clean coconut milk without additives (no added sweeteners, starch or stabilizers). Processed from fresh and ripe



coconuts by carefully drying it at very low temperatures. This process keeps the most beneficial substances inside the coconut milk. The natural form of fat from coconut milk is beneficial to our health, and even though it contains medium-chain saturated fatty acids, these do not burden gallbladder, and therefore, a small amount of coconut fat in its natural state is suitable even for individuals with liver, gallbladder or fat absorption issues.

CAROB

Effect according to TCM:

- » warm nature, heats
-

Carob, also known as St. John's bread, is a fruit of a subtropical tree called *Ceratonia siliqua*. It is a polycarbohydrate without gluten, but with a high content of beneficial (mainly insoluble) fiber that supports proper digestion and absorption of nutrients. It strengthens the intestines and stomach and is



suitable for esophageal reflux. It contains calcium, sodium, potassium, vitamins A, C, E and as well as tannins (antioxidants), enzymes. It does not contain any stimulants (theobromine, caffeine), therefore it is also suitable for small children, hyperactive and ADHD individuals. It does not contain any allergens or oxalates. The carob in our Buddha essence porridge is only mildly roasted and is of bio quality.

CHRYSANTHEMUM MORIFOLIUM

Effect according to TCM:

- » cool nature, clears heat, eliminates toxins from the skin (ulcers)
- » calms liver (increasing yang) and strengthens yin of the liver, cleans eyes (dry, red, swelling)

Removes toxins from the body and in modern medicine is used for cough, sore and irritated throat, headaches, inflammation and diseases of the eyes,

as well as for fevers, irritation and high blood pressure. It is anti-inflammatory.

PUMPKIN SPICE

Effect according to TCM:

- » warming, supports digestion and protective energy of wei-chi

Original spice blend, made specifically for Energy, contains cinnamon, allspice, black pepper, cloves, nutmeg, vanilla and ginger. Around the world, it is known as Pumpkin spice, however, our product contains high-quality spices of bio quality (e.g. true Ceylon cinnamon from India).

DRIED LEMON

Effect according to TCM:

- » mildly drying and cooling effect, however, thanks to the manufacturing process (drying) it is mainly neutral
- » supports circulation of chi and blood
- » clears heat and moisture, eliminates mucus

Clean powder, without additives, made of the peel and pulp of ecologically grown lemons. It supports digestion by stimulating stomach juices and overall appetite. It contains vitamins A, B, C, D, potassium, calcium and phosphorus. It improves absorption of iron. It also prevents inflammation and infections, and thanks to its laxative properties, it helps alleviate constipation.

UNREFINED SEA SALT

Effect according to TCM:

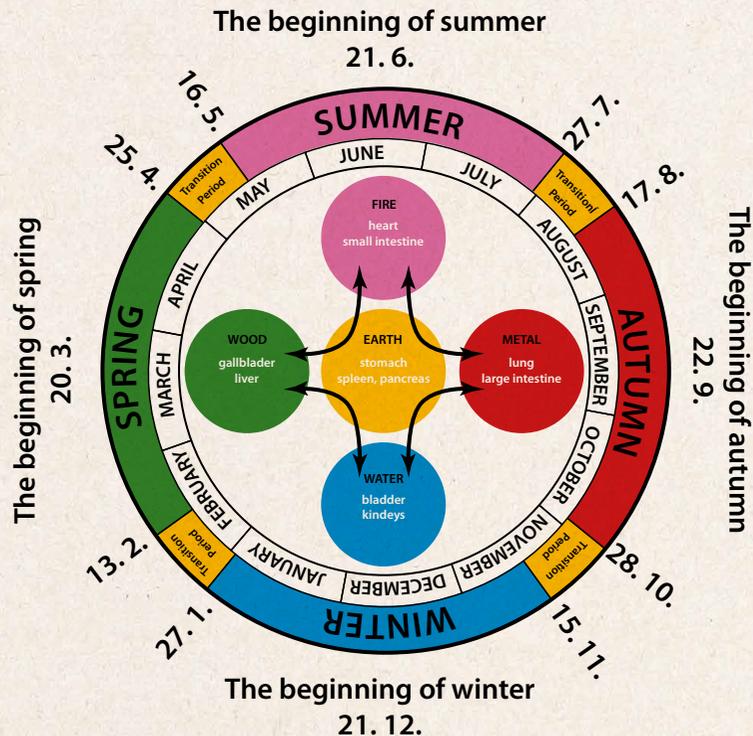
- » cool nature
- » in small amounts it tones the kidneys and support digestion

Unrefined sea salt is full of natural minerals, especially iodine which is insufficient in the soil around us.



The Buddha essence porridge is a part of two unique concepts: therapeutic nutrition based on the five elements of Traditional Chinese Medicine and Regeneration in the Energy Pentagram®. The porridge belongs to the element of Metal and to the lungs and colon organs, which it nourishes, strengthens and harmonizes.

According to TCM principles it corresponds with autumn with its colder and bleak weather. Particularly on those days it is key to start eating warming food (warm cereal porridge, soup - broth). The biggest emphasis should be put on the first food of the day. Unfortunately, in today's hurried time breakfast is the most underrated and neglected. The often recommended cold food (such as yogurt, milk etc.) gradually weakens our immune system and the overall chi.



TIME SCHEDULE OF SEASONS ACCORDING TO THE PRINCIPLE OF TRADITIONAL CHINESE MEDICINE

The metal element (to which Buddha essence porridge belongs) pertains to autumn. At this time, the body has high demands on the protective energy wei-chi, i.e. immunity, and the decrease of outside temperature corresponds to the need of more yang (warming) food. It is balancing the cold outside with

warm food. It is therefore necessary to warm up the digestive region and replenish chi before the upcoming winter, strengthening the inside of the body. The Buddha essence porridge may be used not only in autumn, but whenever we feel any inner coldness in the body and have the need to warm up and be stronger.



TIPS FOR YOU

To increase the nutritional value, you may customize the taste of the porridge by adding ingredients according to the current needs of your body.

» NUTS AND SEEDS

Good source of omega-3 unsaturated fatty acids.

» FRUIT

For the given season best lightly cooked or steamed.

» YOGURT/CURD CHEESE/SKYR

For increased demand in children or athletes. We recommend caution in individuals with weak digestion.

» CHOCOLATE

Improved attractiveness of the porridge mainly for children, with moderation and emphasis on quality (minimum 70 % cacao).



YEARLY SCHEDULE



DAILY SCHEDULE



 recommended season and time of use



EFFECT ACCORDING TO TCM

Buddha essence strengthens chi of the lungs, significantly replenishes chi of the colon and supports its mobility. It strengthens protective chi in the superficial layer of the body, which is the first line of protection for the body against external harmful substances.



PRODUCT SUITABLE FOR

Buddha Essence is suitable for all age groups, and especially for busy managers, athletes, children, students, elderly or hospitalized people and those in birthing centres.



SPECIFICS OF USE ACCORDING TO TCM

We recommend eating the Buddha essence porridge mainly in autumn or during colder days throughout the year. It works very well in individuals with sensitivity to cold or at the initial stages of the common cold. We recommend being sensitive to your physical needs and current thermic status of the body.



PREPARATION AND USE

Ideal as a nutritious breakfast and a morning start, it also serves well as a tasty snack during the day. Pour approximately 60 g of porridge in a bowl and add boiling water or plant milk (160-180 ml). Let it rest for 2-3 minutes under a lid. The thickness of the porridge may be adjusted to your preference by adding water.



CHARACTERISTICS OF ENERGY

The porridge slightly warms up the surface of the body and colon.



SUITABLE COMBINATIONS WITH ENERGY PRODUCTS

Vironal, Mycopulm.