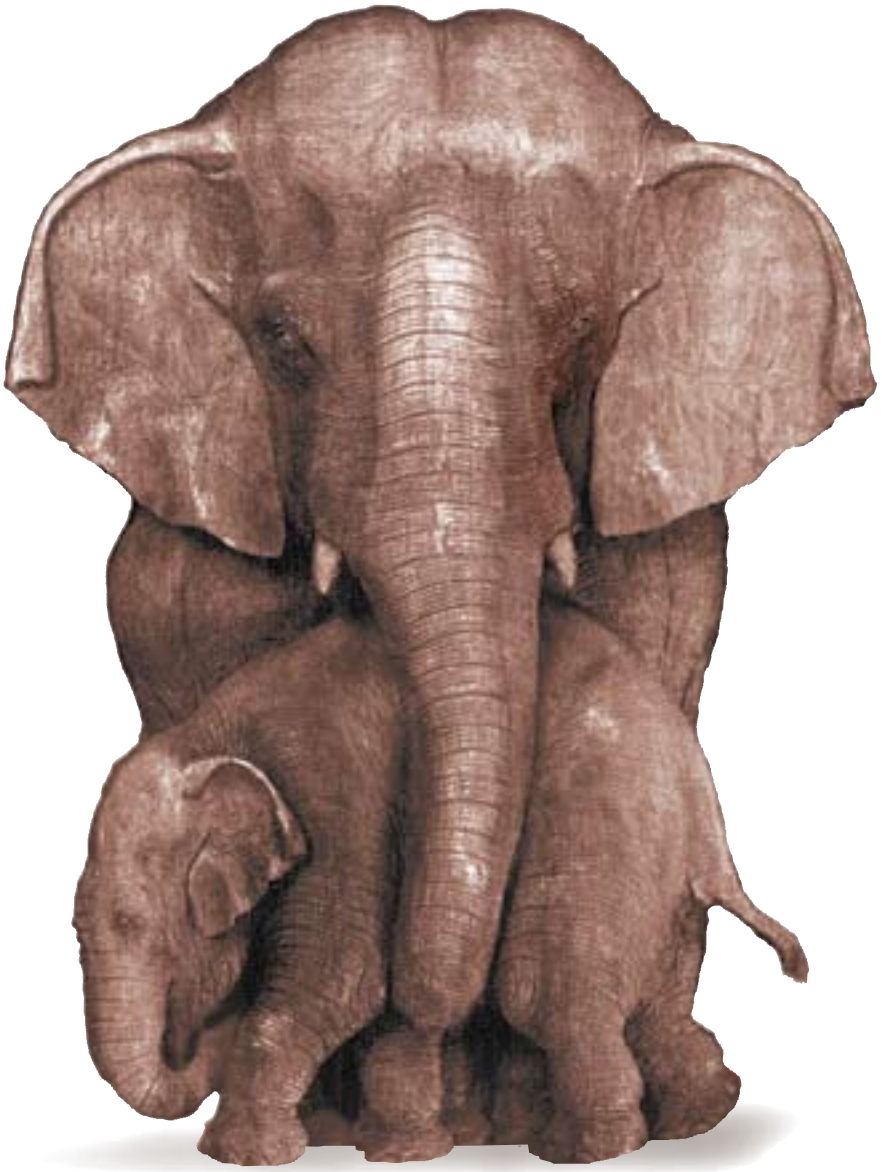


FOOD AS MEDICINE

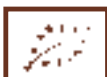


Serenely strengthening
and supporting your life energy,
without harming your body or mind,
gently and without excess



AMAN
PRANA

SERENE VITALITY



*BE-BIO-02
EU/non-EU Agriculture



02/2011

2011



▲ Artist Peter Engels painted the portrait of Hippocrates (100 x 200cm), father of western medicine. He based his work on the few preserved sculptures made of Hippocrates. As medical symbol, he painted the Caduceus staff that in ancient Hellas stood for peace, protection, healing, unity, and reconciliation. www.peterengels.eu

▲ Amanprana is inspired by Hippocrates' words: 'let your food be your medicine and your medicine be your food'. Here at Amanprana we believe in the "whole", not in the individual parts. That's why our products undergo as little processing as possible and we don't use isolates. Our products are organic and vegetarian. Aand fair trade and fair world where possible.

Bart Maes, founder of Amanprana:

How it all started

In 1999, I sold my profitable share in a medium-sized company specialised in kerosene and kerosene heaters. I allowed myself seven sabbatical years, read 600 books on food, visited food conventions, turned vegetarian and wrote articles about food and vitality both at home and abroad. I started with Amanprana because my daughter had serious problems to concentrate at school and had also developed a cocoa allergy. After a hellish period of physical examinations, we managed to solve my daughter's concentration problems and helped her overcome her cocoa allergy with omega oil, a cocoa-free diet and a full transition



▲ Bart Maes

to organic food, in a period of six months. That was a true revelation. Armed with this experience and the nutritional knowledge I had accumulated, I set out to find an opportunity that would enable me to combine trade and giving back to society. The start of Amanprana began with Okinawa Omega oil. I improved the omega composition of the omega oil my daughter was taking, enriched the omega blend with herbs and spices and made sure that the oil mix naturally contained eight vitamins E and loads of carotenes. My wife and I started small-scale from the living room and the garage. Our house quickly proved too small and step by step we acquired more shelf space in the shops. At a certain point, a friend of mine handed me some information about saturated fatty acids and palm oil. My initial reaction was: 'aren't saturated fatty acids supposed to be unhealthy?' I was very sceptical when I started reading, but my opinion changed after a few months. After an in-depth study of saturated fatty acids I came to the conclusion that they possess properties unknown to many people. I realised that saturated fatty acids are actually super healthy. This went totally against the existing nutritional dogmas. Still, I decided to transfer my knowledge to those who cared to listen. We started with coconut oil and palm oil. Soon many other products followed. Money seized to be the key ambition. Bringing healthy food became the target. Our action "Save the Sea" was a logical next step. In Sanskrit, 'aman' means peace or rest, and 'prana' refers to vitality. Hence 'serene vitality'. We were one of the first companies to use bio-degradable labels.

Nutrition as medicine

Nutrition is the essence of health, this according to Hippocrates, philosopher and acknowledged father of western medicine. Before a physician starts his medical practice, he takes the Hippocratic Oath (modern version). Hippocrates separated science from the philosophy of nature. He emphasized hygiene amongst both patients and doctors. Healthy eating and drinking habits, the importance of fresh air, the body's self-restorative ability, and ensuring the proper balance between things (state of homeostasis), these were the cornerstones of his therapy as Greek physician (ca. 460-370 before our modern era). Hippocrates proclaimed: "Let nutrition be your medicine".

Nature herself provides us with foods possessed of vital and healthy properties, enabling us to fight off illness and disease and assuring us of good health. We now know that fewer than 15% of today's ailments and disorders are rooted in hereditary causes; the primary causes of western illnesses are found rather in our nutritional habits and lifestyle. Refined foods are undoubtedly the main culprits of our western health problems and poor health. These foods no longer provide us with the restorative powers that once we received from unrefined, pure food stuffs. For instance, 80% of all minerals, 90% of all vitamins, and nearly all fibre is removed from whole-grain flour during its refinement to pure white flour. Likewise, in the removal of smells and the refinement of oils, the many essential nutrients are removed, bringing about unnatural compounds. White bread, white rice, white sugar, white pasta, refined and odourless oils have in the process been reduced to quasi 'empty' calories. Our bodies need to be able to absorb strong nutrients in order to manufacture saliva, stomach and intestinal juices, enzymes, etc. In the manufacturing of these substances, the body uses its own store of vitamins, enzymes, and minerals while it now receives these quasi empty calories in exchange! The result? Resistance, vitality, potency, our ability to think, concentration, hormonal balance, etc., all are being eroded and have started to gradually regress. In years to come, the known illnesses begin to manifest themselves. Our vitality, now much depleted, can no longer keep pace with the tempo of our daily existence.

Until the start of the 20th century, healthy nutrition formed the cornerstone of all therapy. The radical break that occurred during the 20th century between nutrition and health is the reason why we, in spite of our having access to advanced medical assistance, are no longer able to prevent 70% of all premature deaths due to our western illnesses and diseases. Let me close with the advice of 2-time Nobel Prize laureate Linus Pauling: "Optimal nutrition is the medicine of the future".





▲ The durian is widely known as the king of fruits. Highly appreciated by various raw food gurus it is also praised as an aphrodisiac in India. The Indonesian saying: 'durian jatuh sarung naik' means 'the sarongs rise when the durians fall'. Traditional Chinese medicine commends the durian for its warming properties.

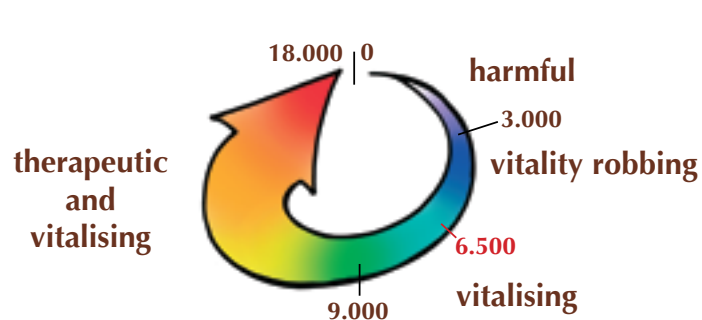
▲ Lynne Mc Taggart wrote: 'Healing isn't simply a matter of finding the right pills or undergoing the right surgery; it starts with taking responsibility for your own health.' Carlo Petrini wrote: 'We must reinstate food at the centre of our lives.'

Orac and antioxidants

Antioxidants provide protection against the ageing process. They attack active free radicals. The antioxidant values in food are expressed in ORAC. Fresh vegetables, pulses and fruits are high in ORAC. Herbs and a few essential oils top the list. The lower the level of processing, the higher the ORAC value of the food. It is generally assumed that our bodies need an intake of 3,000 to 5,000 ORAC units per day for protection against free radicals.

Bovis and vitality

Fresh-from-the-field lettuce and wilted lettuce have very different life energies. How can we measure that life energy? Frenchman André Bovis has developed a frequency scale to measure the vitality of things. Healthy people have a value of 6,500 to 8,000 on the Bovis scale. At a lower Bovis value, a person becomes susceptible to diseases and his/her energy level is subdued. The renowned Dutchman Robert H. Steelooper says: 'Food products with a Bovis value of less than 7,000 take energy from the body and induce disease. Food products above 7,500 provide energy and can be considered good for health. Above 9,000, the food products even have a cleansing and therapeutic effect.'

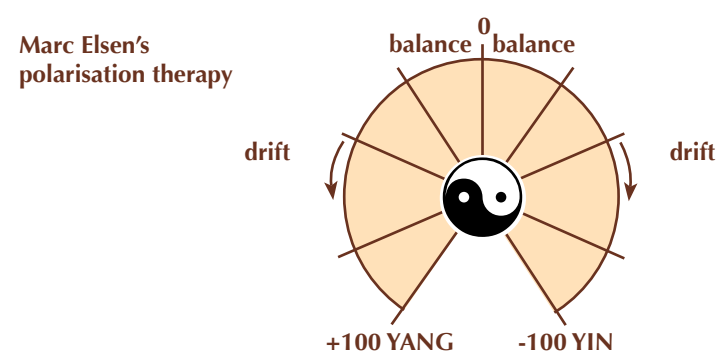


Glycemic index

The degree by which carbohydrates (sugars) in food increase our body's sugar levels is expressed as a GI-value. Food with a low GI (less than 50) keeps our sugars at an appropriate level. Food with a high GI (more than 70) causes too much fluctuation of the sugar level (rise and fall). Dates, white baguettes and parsnip have high GI levels. Although they provide instant energy (a good thing for athletes), people who don't get much exercise will soon feel a dip afterwards.

Yin&Yang balance

Yin and Yang are each other's opposites, but they are also complementary and dependent upon one another. According to Indonesian and Chinese medicine, for a person to be balanced, both powers should be more or less equally represented. Women are more yin than yang, men are more Yang than Yin. People who are off-balance have too much yin or too much yang. When yin dominates, yang requires additional attention and vice-versa. In his Polarity therapy, Marc Elsen puts it as follows: 'Being unhealthy can be perceived as a set of scales that is off balance. The Yin polarity on the one side must weigh as much as the Yang polarity on the other side of the balance.'





◀ Gandhi, 3rd of May 1939: "The use of coconut blossom sugar is a way to solve the world's poverty. The juice of the coconut tree can be transformed into a sugar as soft as honey... Nature created this product such that it could not be processed in factories. Palm sugar can only be produced in palm tree habitats. Local populations can easily turn the nectar into coconut blossom sugar. It is a way to solve the world's poverty. It is also an antidote against misery."

▲ Gula Java (coconut blossom sugar) may be used to substitute for cane or beetroot sugar, agave, maple or syrup. You can use it to sweeten your tea or coffee and it is delicious on oven-baked apples, baked bananas, pancakes, gateaux, wafers, pastry and cakecake or as depicted above on cottage or curd cheese. It is also perfect for cocktails (e.g. Mojito, Caipirinha,...) Use it to add a fancy rim of sugar to your cocktail glass, to finish your dishes and to make your Asian recipes authentic. The perfect snack for added energy.

Fairworld coconut blossom sugar, additional income for 2,000 families

For its coconut blossom sugar, Amanprana cooperates with Lestari Mandiri and Hivos. The Lestari association fights for the interests of small-scale farmers and their families in central Java. Hivos is a humanitarian organisation working towards a fair, free and sustainable world. The organisation also stands for equal opportunities for women. This project is about humanitarian rights, and we therefore call it Fair World. In the Fair World project we cooperate with farmers' associations in Central Java, who see to it that the harvesting and production processes of our coconut blossom sugar are carried out according to organic, fair trade and fair world principles. They are members of Organic Alliance, an organisation striving for more organic produce in Indonesia. Together we aim at providing an additional income for 2,000 families in Java and at protecting their eco habitat. The coconut trees in their gardens now yield their own harvest. The Food and Agriculture Organization has named coconut blossom sugar the most sustainable sugar.



Glycemic Index GI: the lower the GI, the more stable your sugar level

Refined sugar	68
Unrefined sugar, rapadura	61
Maple	54
Honey	48
Agave	40
Gula Java	35

per 100gr

Orac values: : the higher the ORAC value, the richer in antioxidants your nutrition

Tomato	Carrot	Mango	Kiwi Gold	Gula Java
406	666	1.002	1.210	2.200

Gula Java Blocs: 100% unrefined coconut blossom sugar lumps, 300g, **Bovis 9.000, -30 Yin, GI 35**

Gula Java Fin: 100% unrefined coconut blossom powdered sugar, 490g, **Bovis 8.500, -30 Yin, GI 35**

Gula Java Brut: 100% unrefined coconut blossom sugar, 310g and 1050g, **Bovis 9.000, -30 Yin, GI 35**

Gula Java and other sugar

Per 100g	Gula java Amanprana	brown sugar	white sugar
Azote	202 mg	10	0
Phosphor	79 mg	3	0
Potassium	1030 mg	65	2.5
Calcium	6 mg	24	6
Magnesium	31 mg*	7	1
Chlorine	470 mg	18	10
Sulphur	26 mg	13	2
Boron	0,6 mg	0	0
Zinc	2,2 mg	0,2	0,1
Manganese	0,26 mg*	0,2	0
Iron	5,1 mg*	1,3	0,1
Copper	0,35 mg*	0,06	0,06
Chromium	12 ug	-	0
Inositol	258mg*	-	-

Source: SGS Philipines & SGS Antwerp*



What is "Gula Java"?

Gula Java is coconut blossom sugar from Java. Harvested by tappers high in the coconut trees (picture to the left), the sweet nectar from the coconut blossom is a cherished resource. Above the log fire, the nectar slowly changes into a delicious, unrefined rich sugar as it is gently stirred in the pan (picture to the right), allowing you to enjoy its sweetness and soft caramel flavour at any time of the day.



▲ Coconut blossom





▲ 1 tablespoon Gula Java Cacao in hot or cold milk, water or grain drink. In a glass, a cosy mug or in your flask. For delicious low-fat chocolate milk.

▲ Take 1 teaspoon (only 28 Kcal) Gula Java Matcha. Add as much cold or hot water, milk (Gula Java Matcha Latte) or grain drink according to your preference. Sprinkle on muesli, yoghurt, salads and prepared foods.

Gula Java Cacao: performance drink

The new healthy sports drink

Michael Phelps, Olympic swimming champion and 8-medal winner, used to drink low-fat chocolate milk during the Olympic Games. New research has confirmed that with low-fat chocolate milk you will recuperate faster after intense physical exertion and also maintain intensive effort for much longer than with the commercially advertised sports drinks. The James Madison University concluded that football players who drink low-fat chocolate milk (Gula Java Cacao) suffer less muscle depletion than is the case with the conventional sports drinks. The Indiana University published an article stating that female bike riders could maintain the pace twice as long and recuperated faster with low-fat chocolate milk (Gula Java Cacao) than they did with the regular sports drinks. The Harrisonburg University in Virginia added some protein in carbohydrate-rich sports drinks and discovered that the maximal effort output increased from 29% to 40% at least. Gula Java Cacao perfectly satisfies these new parameters for sports drink: a variety of sugars, proteins, and electrolytes (minerals).

The new healthy family drink

Gula Java Cacao is tasty mixed with milk, water, or barley water. Warm, tepid, or cold. For the young and the not so young. Chock-full of healthy energy. An excellent boost with breakfast, as an energy-rich snack, during recreational activities, sports, games, study periods, going-out, and at any other time that demands mental and physical commitment. During burn-outs or those notorious winter blues. With Gula Java Cacao, you'll be charging your batteries with healthy energy and enjoy the results. The coconut blossom sugar is a Fair World product and helps 2000 Java families to gain extra income. The cacao and vanilla are Fair Trade products.

Gula Java Cocoa: 78,5% unrefined coconut blossom sugar°, 20% skimmed cocoa powder*, 1% vanilla* and 0.5% cinnamon. For hot or cold cocoa bursting with energy, 390g en 1300g, **Bovis 9.500, -30 Yin, GI 30, ORAC 19.152 per 100g**

ORAC 19.152



Gula Java Matcha: antioxidants

What is Gula Java Matcha?

The food specialists at Amanprana combine Gula Java with matcha. Matcha is a Japanese ceremonial green tea. Amanprana selects Kotobuki quality. It is praised by connoisseurs for its pure taste and high nutritional value. Kotobuki is strong and contains more healthy tannins. The Kotobuki matcha consists of the ground leaves of the Camellia Sinensis. With a granite mill, the young, whole leaves are ground slowly to a green powder, the Matcha. Only 40 grams per hour. The Gula Java coconut blossom sugar ensures that the Gula Java Matcha releases its energy slowly.

Your daily portion of antioxidants in 1 cup Gula Java Matcha

“Kotobuki” means “long life” in Japanese. And that is not a coincidence. 1 teaspoon (8.5g) Gula Java Matcha contains the antioxidants you require on a daily basis (ORAC 3500). The 4 catechins and tannins help against ageing and give the body the strength to fight off attacks by oxidants. The protein L-theanine, the caffeine and the Gula Java give you a “gentle alertness”. The health benefits of Gula Java Matcha are 10 to 15 times higher than of green tea. With Gula Java Matcha, you drink the whole leaf. With tea you throw away the leaves. The antioxidant power of the polyphenols (catechins and tannins) is many times higher than for vitamin C or E.

Gula Java Matcha: 80% unrefined coconut blossom sugar°, 20% Matcha Kotobuki*. Kotobuki comes from the Shimoyama region which means “misty mountain”. 400g, **Bovis 10.500, -20 Yin, GI 30, ORAC 35.460 per 100g**

ORAC 35.460

**FairTrade*
FairWorld°**





▲ *Perilla oil is derived from cold-pressed seeds of the 'Perilla Frutescens' plant. Perilla has its roots in the Far East. It contains more omega-3 than linseed and is packed with healing substances of vegetable origin. For centuries, Perilla has been used in the East in the pursuit of a balance of body and soul and to regenerate the 'chi', your inner strength, by providing inner peace.*

▲ *World famous Budwig cream to recharge your batteries. Recipe: cottage cheese mixed with 1 dessert spoon or tablespoon Okinawa Omega, enriched with wheat germ and sweetened with coconut blossom sugar to taste. May substitute curd cheese, ordinary yoghurt or mild yoghurt with active cultures for cottage cheese.*

Omega-3, 6, 7, 9 necessary for our health

People who are aware pay a great deal of attention to vegetables and fruit but they often forget that there are two essential fatty acids that a healthy body cannot do without. They are alpha-linolenic acid (ALA) from the omega-3 family and linoleic acid (LA) from the omega-6 family. Your body cannot produce these itself. They must be extracted from food. A healthy body can't do without omegas. ALA and LA and omegas in general support many vital processes. They reinforce your heart's muscle, support blood circulation, enhance your libido and speed up recovery. They benefit your cholesterol levels and help to fight emotional downs, mood swings and hot flushes, your concentration and memory, your peace of mind and good humour, your skin...

Omegas to charge the battery of each cell

A human being is made up of billions of cells. The vitality of each cell depends largely on the quality and protection the cell walls (membranes) provide. Cell walls consist predominantly of fats. Sufficient omega-3/6 render the cell walls flexible and permeable and allow them to take in nutrients. They also ensure that the cells' batteries can be recharged. They take care of the electrical conductivity and the generation of electrical impulses. Too little omega-3/6 makes us tired, both physically and mentally.

Johanna Budwig on recharging our batteries: *'The bipolarity between fat (cell capsule) and protein (cell core) is of fundamental importance for the preservation and the structure of living cells. This bipolarity depends largely on the presence of sufficient omega-3/6. The lack of omega-3/6 cripples many vital functions of the cell. When the bipolarity between the cell core and the cell covering is destroyed as a result, for example because of a lack of omega-3/6 or by consuming partly or fully hardened fats (trans-fats), the electrical charge disappears. In other words, the cell battery will be drained.'*

What is Okinawa?

Okinawa is an archipelago south of Japan with 1.2 million inhabitants and an American military base. Most of the active and happy 100-year-olds live there. American and Japanese scientists researched 600 100-year-olds over the course of 25 years. From their book 'The Okinawa Program', it appeared that the 100-year-old Okinawans are of slender and limber build and have strong bones. They had supple, young arteries, low cholesterol and homocysteine levels and they were in good shape. They had sharp minds and few memory problems. They had a healthy libido and had passed the transition well. They looked 'youthful', were energetic and had bright eyes.

Okinawa Omega: 3-in-1

First, Okinawa Omega contains the required omegas. Second, it contains many protective substances such that they can continue doing their job. Third, the herbs, spices and essential oils enhance the taste and also the effect.



▲ *Spicy broccoli with Okinawa Happy Delight: ingredients: 3 medium broccoli stalks. For the sauce: 0,5 cup almond paste; 1 tbsp. extra-virgin Amanprana coconut oil; 1 tsp. Okinawa Omega Happy Delight; 2 cm freshly grated ginger; the juice of 1 lime/lemon; 1 tsp. Himalaya salt; 1 tbsp. white miso; 2 tbsp. shoyu; 0,5 fresh chilli pepper, 2 tbsp. coconut blossom sugar (or raw agave syrup).*

▲ *Preparation: Wash the broccoli and cut the tops in large florets. Pulse blend the florets in your food processor until they are semi-coarsely chopped (not too fine and not too coarse). Blend all sauce ingredients in the food processor to a smooth pesto. Stir the sauce through the broccoli. Dinner is served!*

Serene vitality in 4 delicious Okinawa Omega

1. Happy Perilla Special, omega-3/6/6/9 and 7: Our most exquisite product, it contains very specific, healthy cold-pressed oils that are fantastic for body and soul. EXTRA VIRGIN OIL BLEND INGREDIENTS: 25% extra virgin perilla oil*, 25% extra virgin hemp oil*, 10% extra virgin nigella oil*, 7,5% extra virgin walnut oil*, 7,5% extra virgin pumpkin seed oil* (for the mature man), 10% extra virgin evening primrose oil* (for the mature woman), 10% extra virgin red palm oil* en 4,5% extra virgin wheat-germ oil. With 0,5% extra virgin Happy Delight oil* (=oil made from the peel of biodynamic oranges, lemons and limes). And nothing more. **Bovis 15.000, -15 Yin, GI 0**

2. Eicosan Perilla: omega 3/3/3/6/ 9 and 7: Okinawa omega-3 quickly restores the omega 3/6 balance if your diet lacks sufficient omega-3. In addition, the traditionally Chinese, Ayurvedic Indonesian and Mediterranean herbs promote the effect of the omega-3 fatty acids in a holistic way. EXTRA VIRGIN OIL BLEND INGREDIENTS: 80% extra virgin perilla oil*, 15% extra virgin red palm oil*, 5% extra virgin wheatgerm oil. With 0,5% extra virgin Eicosan oil* (=oil from ginger, turmeric, rosemary, camomile, cloves, coriander, cinnamon). And nothing more. **Bovis 14.500, -70Yin, GI 0**

3. Happy Delight, omega-3/6/6/9 and 7: With bio-dynamic oil of lime, lemon and orange. For a soft skin. Its fresh taste is ideal for children. 50% extra virgin sunflower oil*, 35% extra virgin linseed oil*, 10% extra virgin red palm oil* and 4.5% extra virgin wheat germ oil*. With 0.5% bio Happy Delight oil (=oil of the peel of bio-dynamic oranges, lemons and limes). And nothing more. **Bovis 14.300, -40 Yin, GI 0**

4. Indian Delight, omega-3/6/6/9 and 7: With 10 smooth-tasting Indian Ayurveda Garam Massala herbs. For greater resistance and harmony. 50% extra virgin sunflower oil*, 35% extra virgin linseed oil*, 10% extra virgin red palm oil* and 4.5% extra virgin wheat germ oil. With 0.5% bio extra virgin Garam Massala oil (= oil of coriander, cumin, ginger, cinnamon, black pepper, cardamom, cloves, chilli, bay leaves, nutmeg). And nothing more. **Bovis 14.300, +15 Yang, GI 0**

How and how much should you consume? You can consume Okinawa Omega in unrestricted quantities. Day in and day out. Okinawa Omega is not a supplement but a smart food. You just need one teaspoon (5g) per day to meet the daily recommended amounts of ALA and LA. For optimal quantity and to make up for any shortfall you can take 1 to 2 dessertspoons per day. If you take a teaspoon every day and eat a healthy diet, you will be very healthy and will be getting the optimal quantities in good proportions. How to take it? Either by the spoonful, or in vegetable juice, yoghurt, in a dressing or added to any food. Only consume cold. Makes a perfect addition to potato purée or tomato sauce. For women, men, babies and centenarians.

Naturally contains lots of carotenes and vitamin E. Omega-3 and 6 are very sensitive oils pressed by Amanprana with great care. The result: very little peroxidation. In addition, Amanprana naturally contains lots of carotenes and vitamin E. These antioxidants and vitamins protect the oil against oxidation by light, oxygen and heat. Both in the bottle and in our bodies.

Available in
100 ml and 500 ml.



* checked for "organic" by BE-BIO-02



▲ In his book "Hoezo Veggies" top chef Philippe Van Den Bulck tells us in a tasty way how in no time at all with the help of simple recipes you can prepare delicious veggie dishes. Recipe of this delicious cauliflower soup: Gently cook 2 finely chopped onions with 2 tablespoons of coconut oil until soft. Cut 1 cauliflower into pieces and keep some of the cauliflower pieces separate in a bowl to fry later. Add the cauliflower to the stewed onions and let them

cook together. Add 1l of vegetable stock and leave to simmer for 20 minutes. Mix 15cl of oat cream in a blender. Grind over some pepper and sea salt. Fry the small pieces of cauliflower in the remaining coconut oil and add 5 finely chopped spring onions. Finish off with the cannabis oil and serve. Delicious and healthy. For more recipes www.noble-house.tk

Cannabis Sativa oil for omega balance

Udo Erasmus, the godfather of the omegas, wrote in his book "Fats That Heal, Fats That Kill": "Hemp oil can be used for long periods of time to maintain a healthy omega balance without resulting in an omega deficiency or imbalance. Hemp oil has a better "long term" composition namely 3 parts omega-6 and 1 part omega-3. Besides, hemp oil contains nearly 2% GLA (gamma-linolenic acid)." An indispensable component for good health. In the Balance Delight, the hemp oil is enriched with sustainable red palm oil and wheat germ oil due to them being rich in carotenes and vitamin E. This way the omegas in hemp oil do not oxidise in our bodies and they are able to perform their healing actions.

Cannabis Sativa was until 1937 an extraordinary plant. The Encyclopaedia Britannica and most books were printed on hemp paper. The hemp industry was one of the most important industries in the world. The Napoleonic war in 1812 was about hemp. "Canvas" actually means cannabis. Paintings of Rembrandt and Van Gogh were painted on hemp linen. Until 1820, 80% of all textiles were hemp. The first Ford-T could run on hemp oil and was made of hemp plastic, 10 times stronger than steel. In September of 1937 hemp was made illegal. Large industries felt threatened. A useful plant became a drug and was named marijuana.

Balance Delight, omega-3/6/6/6/9 and 7: for omega balance with GLA. 85.5% hemp oil*, 10% red palm oil*, 4.5% wheat germ oil. And nothing else... 500ml, **Bovis 15.300, -10 Yin, GI 0**

* bio checked by BE-BIO-02



4 basic oil rules by Bart Maes

- 1. Healthy oils are as important as vegetables and fruit:** The time we considered oils only as working instruments to prepare food must remain a thing of the past. We even require more calories from healthy oils than from proteins.
- 2. The quality of oil is more important than the kind:** Only use extra virgin. Refined oils are more harmful than refined sugar. You recognise refined oils because they have a neutral taste or have become odourless through refinement. Margarine is often called plastic butter. Never use it. It is a cheap imitation from World War II when butter was too expensive. The healthy part of the oil is sold at a high price to the pharmaceutical industry. The waste is descented, refined and bleached and serves as the base for margarine.
- 3. Vary oils as you vary vegetables and fruit:** A carrot is not the same as lettuce. Eating only wholesome carrots is too one-sided. That principle also applies to oils. Variation, also in oils, is the message.
- 4. Some oils you can heat, others are only to be used cold:** Oils with many PUFAs (Polyunsaturated Fatty Acids) are exclusively suitable for cold preparations. They become very harmful when heated. It is best that oils for heating contain as few PUFAs as possible.

Processing and refining foodstuffs is the number 1 malefactor of all diseases of civilisation.



▲ Vegetarian Moroccan Berber tajine with Verde Salud olive oil (serves 4): Ingredients: 1 red and 1 green pepper, chopped; 1 red onion, cut into parts; 2 tomatoes; 2 courgettes; 1 pumpkin; olive oil, extra-virgin Verde Salud; 0,5 cup of olives; 3 parsley sprigs, finely chopped; 3 coriander sprigs, finely chopped; 3 laurel leaves; 2 tbsp. paprika; 1 tsp. cumin; 3 cloves; two

small cinnamon sticks; a pinch of cayenne; 1 cup raisins. Preparation: chop up the vegetables. Heat the oil in a pan and sweat the onion and garlic until golden brown. Add the vegetables and the herbs and spices and mix well. Add 5 cups of water or broth and leave to simmer for 15 min. Add the raisins and olives 5 minutes before serving. Serve this tajine with couscous or brown rice.

Extra virgin walnut oil from the Périgord



Franck Monsallier, winner of the Golden Medal in 2005, uses a blend of four varieties of walnuts from his orchard to create a delicate and pure Périgord flavour. Franck Monsallier: 'Not a single kilo of nuts escapes my attention. Excellent walnut oil can only be produced by using the best quality walnuts.'

The nuts are not pre-heated or roasted. That would produce a higher oil yield but the quality would suffer. The nuts are crushed with authentic granite millstones until a nice homogenous mass is obtained after which they are pressed in the press designed by Franck Monsallier himself.

The unique aspect of his invention is that no heat is created in the process. This totally cold process produces a lower yield, but the quality and mildness of the oil is superior. Five to six kilos of walnuts produce just one litre of extra virgin walnut oil in the space of around 30 to 45 minutes. The result is an oil with a peroxidation of less than 2mg and acidity level of less than 0.5%, which is excellent.

It was for all these reasons that Amanprana selected this mild walnut oil with its subtle aromas. In order to protect this oil from light, we chose a dark glass bottle covered in paper. Do not heat. Delicious on bread, with salads, pasta, vinaigrette and to add a finishing touch to all your dishes. Store in a cool dark place. Use within six months of opening. 250ml. Bon Appetit!

Bovis 14.000, -50 Yin, GI 0

Full of Omega-3



2 extra virgin olive oils: Verde Salud for cooking and frying, Hermanos Catalán for cold dishes



The quality of Verde Salud is in writing on the bottle. 100% Picual. Made from organically cultivated olives and harvested on the sun-drenched hills of the Sierra Mágina National Park, Andalucía, Southern Spain (D.O.P. Sierra Mágina),. Cold pressed (max. 27 °C). Thanks to the unusually high quality of Verde Salud, it can withstand frying temperatures higher than 180 °C. Verde Salud, the fruity extra virgin olive oil with a refreshingly bitter, healthy aftertaste. Producer: Trujal de Mágina. 750ml. **Bovis 12.400, 10 Yang, GI 0**

The Catalán brothers produce, press and bottle everything themselves.

The attainment of quality starts right from the olive trees, granted 36 sq m each, i.e. twice as much space than usual. As their hacienda stands in the middle of their olive plantation, the hand-picked crop is pressed within six hours of being harvested. The pressing process is solely mechanical, under gentle pressure and at less than 25°C. Upon settling in stainless steel tanks, the Amanprana olive oil is bottled, without filtering on demand, in dark glass bottles. Both the taste and the antioxidants are optimally preserved. The result is a very mild, harmonious olive oil with taste, very much of its soil. Recommended for use in cold dishes and sophisticated cuisine. Origin: La Rioja, Spain. Producer: Almazara Ecológica de la Rioja. 100% Arbequina. 500ml. **Bovis 13.700, 10 Yang, GI 0**





▲ *Qi-board is part of the slow-food philosophy. Your Amanprana true Camphor Qi-board ensures resonance and connectedness with your food. The board is both attractive and a source of positive energy, both for yourself and the food on the board. One might call the process a positive exchange. When preparing food, Qi-board gives a good feeling of serenity*

Qi-board boosts your hygiene up to 3 to 5 times

More 'Qi'. Wood symbolizes Spring, rising energy and fresh, Spring greenery. The positive rising energy / ions of the Qi-board are absorbed by the food and the person preparing it. Both get, as it were, a higher energy value.

Bovis value of the Amanprana Qi-board: 17,000! Dr. Robert H. Steelooper has tested the Qi-board's Bovis value in comparison with a plastic and a glass chopping board. His conclusions leave no room for doubt. The plastic board (bovis 0) drains energy. The negative ions of the plastic are transmitted. Glass board (Bovis 6,500) is neutral. Amanprana Qi-boards (Bovis 17,000) reinforce energy and strengthen the bond with the food.

Qi-board's extraordinary characteristics. All Qi-boards are individually handmade and have a unique timber structure and shape. No glued or pressed waste wood is used in their fabrication. Each Qi-board is made from one solid piece of wood. No more blunt knives. A relatively soft wood, Camphor laurel helps your knives stay sharp. On the other hand it is hard enough to prevent the knife from cutting through the wood fibres. Qi-board is part of the slow-food mantra: putting more awareness and love in the preparation of your dishes and enjoying your food.

University research has demonstrated that the growth of bacteria and fungi is slowed down up to 3 to 5 times on the Amanprana Qi-board than on three other types of chopping board. Therefore the Qi-board may play a useful role in ensuring foodstuff and kitchen hygiene. Because the natural camphor in the Qi-board prevents growth of germs, fungi and bacteria. This property is better known as "anti-microbial".

The lower the growth factor, the more hygienic				
Growth factor	True Camphor Qi-board	Cedar board	Plastic board	Glas board
Fungi	3,3	8,9	9,7	5,7
Bacteria	0,07	1,7	7,3	3,8

and connectedness with the food. Your love flows into it. One recognises the taste of food prepared with love. It provides more energy and affection. Using a Qi-board means slowing down the march of time. One wishes to take more time to prepare meals. Qi-boards are part of the slow-food idea: prepare your food more self-consciously and lovingly and enjoy your food.

Slow Food

Bart Maes and Chantal Voets, the founders of Amanprana, joined the "Slow Food" organisation on 31 August 2009. They first encountered Slow Food ten years ago; visiting the "Salon del Gusto" and Terra Madre in Turin in 2006 intensified their fascination for the Slow Food vision. An 'eco-gastronomic' (wine and food) organisation, Slow Food was founded in 1986 by food activist Carlo Petrini, in the small North-Italian town of Bra. It embodied the sustenance of good food, a relaxed lifestyle, a high quality of life and conservation of our threatened planet.

Today, 100,000 Slow Food members share their vision in 132 countries. Slow Food is about protection of traditional and sustainable high-quality food, conservation of original cultivation methods and processing and about defending the biodiversity of cultivated and wild varieties. It stands for protection of the knowledge of locals in harmony with the ecosystems surrounding them.

Vandana Shiva, Slow Food's vice-president, is a well-known environmentalist who tries to protect the world against Monsanto's GMOs. She also aims to educate small farmers in India to work with organic products. She founded Navdanya in India, a movement fighting for conservation of biodiversity and for farmer's rights.



▲ Carlo Petrini



▲ Vandana Shiva





10 g fibre, just 30 cal per spoon of coconut fibre

▲ Pineapple and spirulina smoothie: ingredients for 4 glasses (200 ml): 1 tbsp. Amanprana coconut fibres; juice of 5 oranges; juice of 2 grapefruits; 2 small pineapples (or 1 large one); 2 dates; 8 spirulina tablets. Preparation: Pour the fresh juice from the oranges and grapefruits into a large can (or blender). Remove the pips from the dates and finely chop

them. Peel the pineapple and cut it into small pieces. Add the spirulina tablets. Mix well with a hand mixer or in the blender. The result is a lovely drink, high in fibres: per tablespoon of coconut fibres it yields 10g of fibres per glass.

Your body is the hero

Body and mind strive for balance and health, for homeostasis. This natural pursuit is the survival mechanism of each living creature. It has developed, adapted and perfected itself over many millions of years of evolution.

Body and mind achieve equilibrium and health if we supply them with sufficient nutrients and relaxation. This doesn't require us to eat with a calculator but we do have to give our body and mind sufficient vitamins, minerals, essential fatty acids, proteins, fats, carbohydrates, antioxidants and so on, without overdoing it. The body takes care of the rest. We need not worry much about small imbalances; the body knows how to deal with these. It can excrete the excesses and recycle anything which may become in short supply.

We do have to worry about deficiencies. A deficiency of one nutrient can have negative consequences for body and mind because everything is connected and dependent on each other. It is known that magnesium is involved in 400 processes in our body. And this applies to all nutrients. This is one of the basic principles of Amanprana. Or as Herman Le Compte puts it: 'The greater the deficiencies, the faster the ageing process.' Amanprana allows your body to be the hero.

Sources of fibre	Coconut flour	Wheat bran	Flax seed	Dried Prunes	Oat-bran
g fibre / 100 g	61g	30g	35g	16g	16g
soluble	6g	3g	9g	11g	8g
non-soluble	55g	27g	26g	5g	8g
phytic acid	no	yes	yes	no	yes
gluten	no	yes	no	no	yes
cyanide	no	yes	yes	no	yes
10 g fibre	1 spoon	2 spoons	2 spoons	4 spoons	4 spoons
10 g fibre	30 cal	72 cal	114 cal	150 cal	253 cal

Amanprana organic coconut fibres for excellent bowel movements & few calories

A healthy digestive system requires 10 grams of fibres per meal as well as lots of water and exercise. To guarantee good bowel movements you need 10g of fibres in each meal. A lot of people do not manage this and often have problems with stomach ache and irregular and/or hard stools. This is not healthy. Eating coconut fibres regularly with meals ensures regular and easy bowel movements and a flat stomach. Loose bowels, however, can be stopped by consuming coconut fibres and little water. Coconut fibres moreover also clean the intestines and provide more resistance and vitality. Coconut fibres ensure that toxic substances and cholesterol are eliminated quicker from the body ensuring improved health. One full dessert-spoon of coconut fibres contain just 30 calories and 10g of fibre. Amanprana coconut fibres have a deliciously mild coconut flavour. Coconut fibres contain fewer calories and more fibres than other fibre-rich products.

Coconut fibres contain no gluten to irritate the gut, no phytic acid and no cyanide that inhibits calorie burning. It contains the eight essential proteins and healthy MCTs that promote mineral absorption. Health begins with a healthy digestion. **Use coconut fibres three times a day with each meal, 1/2 or 1 dessertspoon:** • As a fibre drink: 1/2 or 1 spoon in a glass of water (25cl) juice, shake, smoothie, cocoa, tea or coffee • Sprinkle: 1/2 or 1 spoon in sauce, yoghurt, muesli, oatmeal, desserts or over your meal • **As gluten-free flour** high in fibre for bread, cakes, biscuits, snacks, etc. Replace 10 to 15% of normal flour with coconut flour (fibres) and add water if necessary. Available in 500g and 1kg.

Bovis 11.350, +30 Yang, GI 40

FAIR TRADE
organic coconut flour for a sustainable, ethical, social world

GLUTEN 0%



Eat raw food
for its enzymes.

'Let nutrition
be your medicine
and medicine
your nutrition.'

- Hippocrates -



▲ Raw veggie kofta balls: ingredients: 1 cup soaked walnuts; 1 cup soaked Brazil nuts; 1 cup pine nuts; 1 tbsp. white miso; 0,5 cup nutritional yeast flakes; 0,5 cup sundried tomatoes; 1 tsp. Himalaya salt; 0,5 tsp. pepper; 1 cup fresh herbs, chopped (basil, parsley, coriander); 1 tbsp. Amanprana raw wheat germ; 3 celery stalks, finely chopped; 1 small red pepper, chopped.

Preparation: drain the nuts and rinse well. Grind the nuts in the blender adding all other ingredients except the celery and the red pepper and blend it into a smooth and firm dough. Mix in the finely chopped celery and red pepper by hand. Roll the mixture into small balls and allow them to dry out in the oven or in a dehydration unit at max. 38 °C for 3 hours.

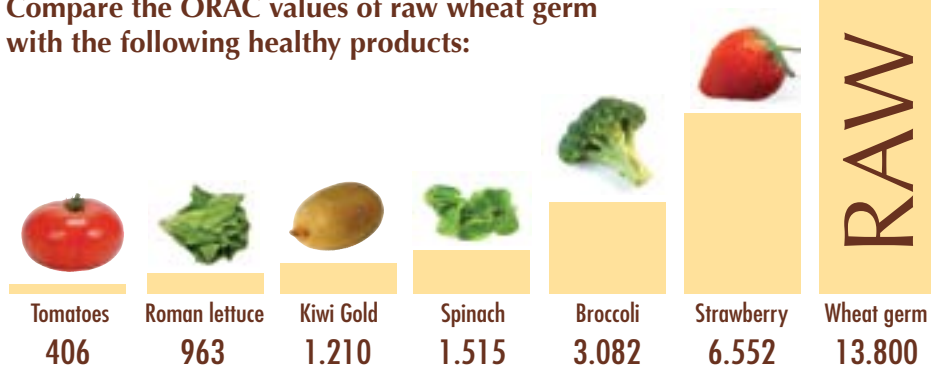
Wheatgerm	100 g*	%RDA
B1 thiamine	1.8 mg	128%
B2 riboflavin	0.8 mg	50%
B3 niacin	10 mg	55%
B6 pyridoxine	1 mg	50%
B9/B11 folium	500 mcg	50%
Vit E (6 sorts)	25 mg	250%
Zn zinc	14 mg	93%
Cu copper	0.7 mg	63%
Mn manganese	20.3 mg	579%
Fe iron	9.3 mg	66%
Mg magnesium	325 mg	108%
Cr chromium	70 mcg	56%
Se selenium	113 mcg	161%
P phosphor	1000 mg	125%
alfa-lipon acid	800 mg**	
B5 pantoteen	1.4 mg	23%
B12 cobalamine	0.2 mcg	20%
K potassium	957 mg	24%
Ca calcium	71 mg	9%
lecithin	2g	

**broad-spectrum anti-oxidant no ADH but 100mg is generally recommended

Raw food?

Raw food is fresh, sprouted, cultivated (friendly bacteria) or dried food, never heated to more than 40 °C. Raw food is rich in enzymes, has a high Bovis value and abounds of 'chi' vitality. So make sure to include more raw food in your meals; we consume too much heated food. Heating food to temperatures over 40 °C causes inactivation of enzymes, loss of energy, decrease of Bovis value and a loss of nutrients. A mix of raw and heated (macrobiotic) food with a greater amount of raw food in the summer and more heated food in the winter yields a perfect balance of two worlds.

Compare the ORAC values of raw wheat germ with the following healthy products:



Why enriching your meal with Amanprana organic wheatgerm **ORAC 13.800**

Wheatgerm is the essence of life in wheat. The germs produce a new plant. They are also a storage depot for vitamins, minerals, proteins, healthy omega 3/6/9, fibre and a lot of other good nutrients and anti-oxidants such as lecithin and 800mg alfa-lipon acid per 100g. Sprinkle it into drinks, muesli, soup, yoghurt, sauces, pasta, rice, potatoes and on vegetables, salads and bread (do not heat, add after cooking) or eat it separately – one to six dessertspoons or more per day. They add a delicious sweet flavour to dishes. This special designed bag protects them against oxygen and light. Checked organically by BE-BIO-02. 0% genetically modified and 0% irradiated. **Available in two versions of 400g. Raw: 13,800 ORAC, 100% natural, 100% active enzymes. Amanprana probably is the only one who knows how to produce this raw version. Enhanced: 12,900 ORAC, bitterness removed thermically but not roasted.**

Nutritional value per 100 gr.

Amanprana organic wheatgerm

Calorific value 291kcal/ 1226 kj • Protein 28g • Carbohydrates 24g • Of which sugar 12g • fat 9.2g • Polyunsaturated fatty acids 5.9g • of which omega 3 5.4g • of which omega 6 0.5g • Monounsaturated fatty acids omega-9 1.5g • Saturated fat 1.8g • Fibre 25g • Sodium 5mg • Water 9g • Bovis 11.350 • +30 Yang • Glycaemic Index 40 • Allergen information: contains wheat and is gluten-free **Bovis 11.350, +30 Yang, GI 40**





▲ *If all of us were to eat more vegetarian meals and less meat, we would far better protect the natural riches of the rain forests. If we were not to consume any meat, there is enough agricultural land to feed the growing world population with healthy foods. Amanprana introduces the 1st sustainable and ethical red palm oil*

▲ *The most delicious and healthiest result for sweating onions is obtained when they're cooked in red palm oil. Recipe: heat 1 small spoonful of palm oil over a small flame. Sweat the onion rings until they are a golden brown.*

Amanprana introduces the 1st sustainable and ethical Red Palm oil

Save the rain forest and the biodiversity in Colombia

Amanprana supports the Colombian environmental organisation ProAves via the World Land Trust. It is an organisation dedicated to the preservation of the habitat of birds (for instance, the endangered yellow-eared parrot) and amphibians on the verge of extinction. Its goal is to keep intact Colombia's natural riches and its biodiversity by forcing a halt to indiscriminate and thoughtless deforestation. www.proaves.org

Save 1 tree in the rain forest

Under the aegis of Sir David Attenborough as its sponsor, World Land Trust (WLT) is making an extra effort to protect the rain forest and its 10 million plants and animals. Your purchase of Amanprana red palm oil will help WLT to acquire parcels of land inside the rain forest. One tree will be saved for every litre you purchase. www.worldlandtrust.org

Support human rights in Colombia

The red palm oil from Amanprana is produced by families of small-scale Colombian palm growers in the region of Magdalena and Bolivar. These families were issued with a bio-certificate at the request of Amanprana. The small-scale 'Alliances for Peace' are a model for the economic development of poor communities.

Quality and sustainability go hand in hand

The Alliances receive a premium to help them with their biological endeavours, their education, their health and sustainability. The palm fruit is produced by small-size alliances and shipped to Daabon where it is pressed according to the rules of the art. In short: everybody is happy: you, the growers, and Amanprana.

Healthy and satisfying frying and wokking with red palm oil

Health through red palm oil

Carrots are saturated with beta-carotene. So is red palm oil. In fact, Red Palm contains 10 times more carotenes than carrots. Tomatoes contain lycopene-carotenes. So does Red Palm. In actual fact, Red Palm contains 30 times more carotenes than tomatoes. Red Palm is furthermore very rich in vitamin E (7 kinds). Red palm oil is the richest source of tocotrienols, a specific vitamin E that is 30-times superior in retarding the failing of eyesight and the ageing of the skin through the action of sunlight than are other vitamin E types. Vitamin E and carotenes are natural anti-oxidants that help protect the body, mind, and the skin against the ageing process.

Mmmmm!

Red palm oil produces that typical African and Latin-American flavour and gives beautifully golden hues to your dishes: Moambe, rice, stewed onions, potatoes, and eggs sunny-side-up. Tip: red palm oil with spinach is a super-nutritious supplement for the eyes.

100% natural, 100% organic, 100% traceable, healthy and savoury. Available in 325ml and 1600ml volume. **Bovis 11.500, 55 Yang, GI 0**



NACHHALTIG - DUURZAAM
DURABLE - SUSTAINABLE
 info www.noble-house.tk



▼ Most margarines are based on palm oil. The red colour of the palm tree's fruit is caused by carotenes. So how come you'll never find a red margarine? Answer: because margarines are made with refined palm oil. Countless nutrients, among which carotenes, sterols and vitamin E, are refined from the oil and sold as supplements.

▲ Substitute Amanprana's extra-virgin oil mixes Coconut+Olive and Coconut+Olive+Palm for margarine. Kept refrigerated it is always easily spreadable. Deliciously healthy on bread.



The advantages of extra virgin and the disadvantages of refined oil

Organic and extra virgin oils	Refined oils
+ contain healthy nutrients	- rob healthy nutrients
+ nourish the body	- rob vitality
+ give the body life energy	- cause ailments through deficiencies
+ contain more vitamin E, protect against ageing	- rob vitamin E
+ provide minerals like magnesium, iron, calcium	- rob minerals and cause vitality to decrease
+ contain carotenoids, good for skin and eyes	- rob carotenoids, which is bad for skin and eyes
+ do not contain solvents or chemical preservatives (E320)	- contain harmful solvents that tax body and mind
+ supply lecithin for better stimulus transfer	- contain very little lecithin
+ contain plant sterols for a good cholesterol level	- contain very few sterols
+ contain enzymes and help digestion	- rob enzymes
+ supply vascular-protecting polyphenols	- contain very few polyphenols
+ supply chlorophyll, help detox the body and improve oxygen transport	- contain very little chlorophyll, increase the accumulation of toxics and decrease the oxygen transport

Extra-virgin oil mix from 3 different worlds for sandwiches as well as for baking and roasting.

Amanprana's Coconut+Olive and Coconut+Olive+ Palm combine the best extra-virgin oils from 3 different worlds: cold-pressed coconut oil from the Philippines, extra-virgin olive oil from Spain and unrefined palm oil from Columbia. Because natural fats contain unique components, they promote our vitality and health. Use them as your bread spread instead of margarine. Extra-virgin coconut oil is loaded with MCTs and fatty acids. They are easy to digest and have anti-viral and anti-bacterial properties. Extra-virgin olive oil contains many polyphenols. It is well-known as one of the healthy pillars of the Mediterranean lifestyle. Extra-virgin palm oil provides a wealth of vitamin E and carotenes that benefit your body, your mind and your skin. These oil mixes naturally contain many sterols, they don't need to be added. Kept refrigerated, Coconut+Olive and Coconut+Olive+Palm are spreadable straight from the fridge. Use it for baking and stir-frying for guaranteed healthy cooking. And it's delicious too! Available in 325ml and 1600ml.

Amanprana's healthy oils are pure. They contain 0% trans fats.

Cocos+Olive:
Bovis 13,100,
45 Yang, GI 0;
Cocos+Olive+Palm:
Bovis 12,600,
50 Yang, GI 0





▲ Alfred Vogel: 'I am convinced that nature provides us with everything we need for protecting and conserving our health.'

▲ Splitting open the coconut fruit is the start of the production process for both deodorised and extra-virgin coconut oil. From that point onwards, there is not the slightest similarity. Know what you eat.

Huge difference between extra-virgin and organic deodorised coconut oil



▲ Copra with fungi for deodorised coconut oil

Deodorised coconut oil is made of 'copra'. In Asia, small companies dry the coconuts in the sun or smoke it into copra. You can smell the overwhelming copra scent from afar. It is walked on by chickens, birds, goats and dogs. The humid climate and rainfall slow down the drying process, causing it to mould and ferment. The copra is brought to a factory where it is then pressed, refined, bleached and deodorised. Nothing seems to indicate that this deodorised coconut oil originates from stinking, mouldy, unhygienic copra. Amanprana witnessed this in Indonesia, Sri Lanka, the Philippines, ... The high temperatures from the pressing process caramelise the sugars that connect with the proteins (Maillard reaction). Next, the coconut oil, browned in the process, is bleached through carbon filters. Using high-pressure steam, the smell is removed from the oil. The process is cheap because huge volumes can be produced without any consideration for health. After all, the refining process not only kills the fungi and bacteria, it also destroys countless nutrients.



▲ Freshly shaved coconut for extra-virgin coconut oil

Extra-virgin coconut oil starts from freshly peeled and subsequently ground coconuts, immediately left to dry in drying cabinets at a low temperature. The dry shredded coconut is then cold-pressed into extra-virgin coconut oil (VCO extra).

The advantages of extra virgin coconut and palm kernel oil

1. Both coconut and palm kernel oil contain many healthy MCTs. These are medium-length chains of fatty acids that are hardly stored as fat but mainly provide extra energy
2. They are very easy to digest and are particularly suitable for people who have trouble digesting fats.
3. They improve calcium and magnesium intake as well as the intake of all fat-soluble vitamins (A, D, E and K) and of 600 different carotenes as they appear in nearly all vegetables.
4. They improve the intestinal flora, support the walls and aid digestion. There is nothing better for troublesome bowels.
5. They decrease the feeling of hunger and hunger fits, contain fewer calories than other oils and increase the burning of calories.
6. They give you a nice appearance and keep you young.
7. They care for your teeth because of their MCT fats.
8. They lower the glycemic index of food because of which there are fewer mood and sugar level fluctuations. It therefore fits perfectly in a low-sugar diet.
9. They improve endurance and are especially suitable for endurance athletes.
10. They contain large amounts of lauric acid, also capric, caprylic, capron and myristin acids that increase resistance and fight bad beasts*.
11. Ideal as a massage oil, lubricant, toothpaste, natural deodorant and used a great deal for body and hair care.
12. Coconut and palm kernels are ideal carriers for ethereal oils. The molecular structure of coconut and palm kernel oil is far more simple than that of other oils. An ethereal oil mixed with coconut or palm kernel oil as a carrier allows for faster and deeper penetration into the skin. As a result, ethereal oils have a faster and better effect. That effect is further enhanced by caprine, caprylic, caproic and myristic acids from the coconut and palm kernel oil.



▲ *Potato mash with herbs and coconut oil (serves 4):* Ingredients: Amanprana extra-virgin coconut oil; 8 potatoes; fresh herbs such as coriander, mint, parsley, ...; a pinch of cayenne; unrefined salt. Preparation: Boil the potatoes. Meanwhile, chop the herbs (and a clove of garlic if you like), then cover them with the boiled potatoes. Mix well, adding a tablespoon of coconut oil

▲ *Carrot puree with coconut oil (serves 4):* Amanprana extra-virgin coconut oil; 8 potatoes; a bunch of carrots; a pinch of cayenne; a pinch of unrefined sea salt; fresh leaf parsley. Preparation: Boil the potatoes and carrots and mash them up. Add a bit of parsley for colour. Add a tablespoon of coconut oil and a grated clove of garlic if you like. Mix well and serve.

Do we also need saturated fats?

Each oil, plant, animal and human being is composed of saturated, and mono and polyunsaturated fatty acids. We have more than 30 different types of fatty acids each of which fulfils its specific function. This is why variation in extra virgin oils is as important as variation in fresh vegetables and fruit. In a healthy food pattern, there should be twice as many healthy fats as proteins. Most health organisations advise that 30% of our calorie intake should come from healthy fats, equally divided amongst the three kinds. A third of these healthy fats should therefore come from saturated fats. It was long assumed that saturated fats did not fulfil any specific function but rather had a negative effect on health. This assumption belongs to the past. Research over the last 15 years has sufficiently demonstrated the specific role of saturated fats. Saturated fats: 1) are essential for the intake of magnesium and calcium, 2) protect the omegas, 3) surround and support our ticker*, 4) are the only fats in our air pump* and ensure improved respiration, and 5) strengthen our resistance. Now we know that: 45 to 50% of the fat in breast milk is saturated, people in France, Polynesia, Thailand and the Philippines, whose diet is rich in saturated fats, have healthy vascular systems. Saturated fat, like in coconut and palm kernel oil, is the safest fat because it cannot oxidize. Saturated fat gives fewer opportunities to wrinkles and ageing.

**Legislation prevents us from calling things by their proper names*

For a healthy deep-fry, roast or stir-fry, use extra-virgin coconut oil

Extra-virgin coconut oil is the safest oil for deep-frying or heating. It is healthy oil and barely loses its healthy properties, even when heated frequently. Rich in saturated fats, it hardly becomes toxic. Provided that it is filtered on a regular basis, the same oil can be used for deep-frying for

up to two years. Coconut oil is easily digestible, delicious and gives a soft flavour to your dishes or French fries.

Choose Amanprana and support the Fair Trade coconut project



In the Philippines, Amanprana started a cooperation with Peter Paul and with Ecocert. Ecocert is a French organisation certifying organic and fair trade produce. Peter Paul is one of the very first coconut companies that became independent after the Spanish oppression. It employs 2,000 people while 305 small farmers from the Lezon province supply the organic coconuts. In 2009 we started a joint fair trade project that pays 3% of our purchases into a cooperation fund. That money is used for education and health care, for environmental care, it supports a coconut seed programme and pays towards a better infrastructure for the farmers, workers and suppliers. It is also used to fund an incentive programme for the workers. In addition, the price we pay for the coconuts exceeds the common price by 10%. The project includes an education programme for the workers' children and acquaintances. 40 students will participate in 2010. Peter Paul also maintains a local hospital that is open to its employees as well as the community.

Available in 325ml and 1600ml.
Bovis 13,700; 70 Yang; GI 0.





▲ Sesame and sunflower oil are often used for oil pulling because they are cheap. But they oxidise too quickly because of the oxygen in your mouth when oil pulling. Amanprana uses three extra virgin oils. Coconut oil, which is antiseptic, has a fine molecular structure (can pass through anything), and has stronger suction. Olive oil is rich in chlorophyll, which will rapidly reduce mouth odour. And hemp oil has a therapeutic effect and tastes good.

Amanprana mouth oil for oral hygiene and detox

Oral hygiene

When brushing your teeth, only 60% of the tooth surface is effectively cleaned and only 10% of the entire oral cavity. Our mouth contains up to ten billion micro-organisms (bacteria, viruses, fungi and protozoa). They can cause inflamed gums and are partly responsible for plaque and cavities. Poor oral hygiene gives these micro-organisms the opportunity to make their way into our bloodstream through tooth abscesses, cavities and gingivitis. There they can cause damage to every organ and every cell (focal infections). Especially in case of low immunity, fatigue, an unhealthy diet and stress. Thus Hippocrates already suggested that arthritis may be cured by pulling a bad tooth. If streptococci (bacteria) attack the heart valves, this is called endocarditis. When bacteria attack joints, this can turn into arthritis; nephritis when they affect the kidneys. Good oral hygiene will drastically reduce the chances of focal infections and thus prevent the serious consequences of an infection. The relationship between inflamed gums and teeth and infections of the lungs and airways has been extensively demonstrated. Pregnant women with gum disease are 7.5 times more likely to give birth to premature or underweight babies. Gingivitis can cause intestinal problems. More than 200 studies have demonstrated the relationship between diabetes and gum disease. Brushing your teeth is not sufficient.

Using Amanprana mouth oil will contribute to optimum oral hygiene. The essential oils of clove, cinnamon and oregano in combination with coconut oil are sufficiently antiseptic in order to prevent rampant growth of these organisms. There are two types of mouth oil: 'Menta' with mint and 'Foeniculum' with fennel. They have a long-lasting flavour and provide fresh breath. Use approximately one teaspoon (5ml) to rinse and gargle for 2 to 5 minutes. For good oral hygiene, repeat this every time after brushing your teeth.

▲ Our body is the actual hero. It provides for its own recovery. Not the oil. Oil pulling, however, can set forces in the body in motion. And oil pulling is just a part of our health. A healthy lifestyle and healthy diet are indispensable to achieve this. Recommended reading: 'Oil Pulling Therapy, all disease starts in the mouth. Detoxifying and healing the body through oral cleansing', by Dr. Bruce Fife.

'Oil pulling' to detox

Two thousand years ago the Ayurvedic medical texts, 'Charaka Samhita' and 'Sushruta's Arthashastra', mentioned the practice of oil pulling. The Ayurvedic practitioners cleansed their mouth by gargling with vegetable oil. Not only for oral hygiene but also to nurse their body back to health. It is suggested that more than 30 different ailments could be remedied with this. Thanks to Dr. Karach the practice of oil pulling has been reintroduced. During a conference in Ukraine he presented a paper on this practice to a group of cancer specialists and bacteriologists.

Oil pulling is an Ayurvedic detox technique which consists of pulling and pushing the oil inside the mouth and between the teeth. By doing so, oil pulling extracts toxins and microorganisms from your body. The body has a chance to heal itself. Oil pulling sets the meridians (energy flows) in the body in motion and can dissolve blockages. The tongue is a detoxification organ. A white tongue indicates that the body wants to detoxify. Oil pulling accelerates and activates the detoxification.

Swish approximately one tablespoon (15ml) of oil through your mouth for 20 to 30 minutes. Suck, press, chew, wash, pull and gargle the oil. From left to right, top to bottom. Do not swallow the oil but spit it out. Oil pulling should be performed on a weekly basis and daily during a detox treatment. Preferably do it in the morning, after brushing your teeth and on an empty stomach. If you pull oil several times a day, then it is recommended that you do it before a meal.

Ingredients: aromatized oil mixture: 49.2% olive oil^{XB}, 40% hemp oil^{XB}, 9.2% coconut oil^{XB}, 0.6% cinnamon^{SB}, 0.4% clove^{SB}, 0.4% mint^{SB} (in Menta), 0.4% fennel^{SB} (in Foeniculum), 0.2% oregano^{SB}. ^X=extra virgin oil, ^S=essential oil, ^B=BE-BIO-02. 100% organic, 100% active, 100% natural, 100% love. Available in bottles of 500 ml.





▲ Only when you can safely eat it can you safely apply it to your skin. This is the Amanprana motto. The skin fulfils a protective but also an absorbing function. Body-care products are partially absorbed by the body. Amanprana feeds, protects, moistens, and purifies the skin and makes its way into every cell inside our bodies. Plus, the fragrances are divine.

▲ Essential oils are called 'essential' because they are indeed that, "essential" for the life of the plant. The oil purifies, detoxifies, transports oxygen and waste substances. Essential oils bind with heavy metals and toxic substances and are active components in their removal. Inside our bodies, they may function as neuro-transmitters, steroids, enzymes, and as messenger-molecules.

A treat for your skin As well as for within



Dana Van Oeteren, designer of the Amanprana cosmetics product line: "Anyone can interpret the Amanprana care products in his or her own and unique manner. For instance, they may evoke a certain ambiance and feeling that is a very personal one, depending on the applications intended for the products in question. They not only work in a nutritious sense and restore the balance between the elasticity, smoothness, and moisture content of the skin, they also offer enormous emotional support. Each individual ingredient with its specific properties is fully absorbed into, and used by, our body to do its job within the smallest cell inside that great and complex structure."

Amanprana puts health before all else

Our Amanprana cosmetics line boasts of 100% natural ingredients that have been very carefully selected on the basis of their fragrance, their functionality, and their qualitative properties. No superfluous preparations have been used and no isolates or chemicals added, thus preserving the hundreds of valuable components and promoting a synergy of the elements. Only then do we derive the full benefit of their healing and energizing powers. The processes and the fragrances of plants are determined by hundreds of fractions and, by isolating these, we destroy their natural mutual cohesion and detract from their restorative qualities, as not infrequently experienced in the perfume and cosmetics industry. Amanprana contains hundreds of natural substances that are complementing one another... interactively neutralizing, buffering, and harmonizing.

Natural intelligence and vital power

Our Amanprana day oils, body oils and scrubs all contain vital energy and power (Prana) as the basic oils have been cold-pressed. The essential oils

possess a kind of "homeostatic intelligence". They first fulfil that function inside the plant and subsequently do the same inside the human body. They turn an acidic body more basic and possess the intelligence to destroy harmful bacteria and preserve the beneficial ones. In contrast to antibiotics, they reinforce the immune system and also neutralize viruses and moulds. The Amanprana care products really do possess this kind of "homeostatic intelligence".

The aromatherapy pioneers Gatefossé, Maury, Buckle, Clarke, Tisserand and Price have presented sufficient evidence that essential oils will via our skin affect our entire body and our mind. Via the hair follicles and sweat glands they penetrate into the blood vessels and the lymphatic system. When you massage essential oil into the skin of your hand, that oil becomes absorbed into the bloodstream within circa 30 minutes, and one hour later it can already be found in the urine. Within circa 12 hours, the oils have penetrated every cell in our body. At the same time, they can bind with dermal fat cells to be released when the body needs them.

Violet glass protects the valuable ingredients

Sunlight is composed of visible light (rainbow colour-spectrum) and invisible light (ultraviolet UV-A and infra-red). In visible light, essential oils lose their smell and healing qualities. In contrast, invisible light conserves and activates the oil molecules. Violet glass then offers the solution: it allows penetration by invisible light while completely blocking visible light. Brown glass and plastics are not capable of this feat. Violet glass is therefore preferable for the preservation of quality, taste, and smell.

Glass tubes inside the bottles

Monomers of all sorts of plastics migrate inside fats, oils, and oil-rich products. They disturb the hormonal balance and even the minutest particles are carcinogenic. For that reason, we at Amanprana do not insert plastic but rather glass tubes inside our bottles.





▲ Amanprana offers a unique choice of fragrances and products that can be used as “day oil”, “body oil”, or “scrub”. All contain a qualitative base of cold-pressed extra virgin almond oil and extra virgin olive oil. Our almond oil is made of 98% intact sweet almonds from Andalusia that are pressed in-house by our own personnel. Our olive oil is an extra virgin olive oil purchased from the Brothers Catalan in La Rioja, rich in chlorophyll, anti-oxidants, and smooth of taste and

fragrance. These basic oils have been enriched with red palm oil, full of 4 tocotrienols (Vitamin E) and a broad spectrum of carotenes all dedicated to protecting the skin. They are the forces that provide it with the nutrient and restorative components a healthy skin needs and deserves, and they form an excellent base as carriers of the fragrant essential oils. 100% natural, 98 to 100% organic, 100% active, and 100% edible (except for Pazzionata which is inedible, but comes with 100% love).

Amanprana Day Oil, Body Oil, and Scrub

Day oil to pamper your face and as a natural perfume

Available in: Jasminum, Rosas, Nerolina, Lavandula, Pazzionata, Vanilla, Torso, Babynero, and Babaluna. Treat your face with our “Day Oil”. Take care of your facial skin since it loses its smoothness, moisture content, or elasticity through contact with outside influences. Rub some “Day Oil” on your neck, across your cheeks, and even across your ears, and let its unique perfume waft around you. Or use it to massage your hands and feet and via this route let the essential oils penetrate to carry out their supportive tasks.

Body and Massage Oils for a balance between mind and body

Available in: Jasminum, Rosas, Nerolina, Lavandula, Vanilla, Aceite de Almendra, Babynero, and Babaluna. Treat your whole body with these oils, after shower or bath, and preferably on still-moist skin in order to let them penetrate more readily. Or use as massage oil to rub away those



daily stresses. It stimulates the blood circulation, thus providing the tissues with fresh blood and hence with extra oxygen and nutrients. Likewise, the lymphatic system

is being stimulated and the removal of waste products promoted. Do not neglect our “Aceite de Almendra”, a qualitative extra virgin almond oil with extra virgin red palm oil and wheat germ oil. Ideal to effortlessly remove make-up. Ideal also as base to create your own body or massage oil. Add 0.5 to 3% of your favourite essential oil.

Scrub for an attractive and soft skin

Available in: Jasminum, Rosas, Nerolina, Lavandula and Vanilla) for a very smooth and soft result. The composition of nutrient oils and coconut (blossom) sugar (Gula Java) creates a pleasant and smooth “scrub” that turns the skin super-soft. Use this scrub during showers and gently or vigorously massage the skin to remove dead cells from the upper dermis and to stimulate blood circulation. The more water you use during the scrubbing, the softer the skin will feel to the touch. Use less water and the scrub will remove more dead cells and enhance the blood circulation, making the skin feel even smoother. Then rinse the body with warm water and dab dry with a towel. Give the oil a chance to further penetrate and just enjoy the pleasant fragrance and the smooth touch.

♥ Relaxing: Lavandula, Rosas, Jasminum, Pazzionata, Nerolina, Babaluna, Babynero ♥ Invigorating and refreshing: Torso, Nerolina, Rosas, Pazzionata, Vanilla ♥ Balance and emotional support: Rosas, Lavandula, Jasminum, Torso, Nerolina, Babaluna, Babynero, Vanilla ♥ An undisturbed night’s rest: Lavandula, Jasminum, Pazzionata, Rosas, Babaluna, Babynero, Vanilla ♥ A sense of security: Pazzionata, Jasminum, Vanilla, Babynero, Babaluna ♥ Aphrodisiacal: Pazzionata, Jasminum, Rosas, Vanilla

98,32-100% organic, 100% active, 100% natural, 100% love. Day oils: 50ml, Body oils: 200ml, Scrubs: 300g. www.noble-house.tk for 23 pages of additional information and ingredients.





▲ Nothing is as sensitive as the skin of babies, toddlers, and little children. Especially for them we have created a day and body oil that is even milder. With somewhat fewer essential oils. Amanprana selected for their sensitive skin essential oils that are specifically adapted to their age and needs. Obviously 100% organic, 100% active, 100% natural, 100% edible and – do we need to even mention it? - 0% chemical.

Day Oil for their face Body Oil for their body

“Don’t put on your skin what you can’t eat.” This advice may sound a bit weird but certainly makes good sense! Well-known baby products you can buy in pharmacies contain artificial aromatic odour additives and other chemicals. If we have to make a considered choice for our babies and toddlers, then Amanprana is the obvious one. The compositions of extra virgin almond oil, extra virgin red palm oil, and essential oils feed, protect, soften, and moisten the skin. The dosage of essential oil is adapted to the children’s age. Amanprana has developed 2 kinds: Babynero for babies and Babaluna for toddlers. Both are available in a day oil (specially for the face and as a natural fragrance) and a body oil (with a softer smell).

Babynero: baby care

The skin of babies and toddlers is naturally more sensitive. Babynero is a sunny, smiling, and warm oil that may be used for babies and for all ages thereafter. Rub your baby’s entire skin with this oil after its bath to keep the skin soft and supple. Massage your infant and thus create a strong parent-child bond from the very outset. Scientific studies teach us that infants experience a strong need for warm and loving contact, which will also promote their speedier development and their sense of happiness. Put a dab of Babynero on a cotton pad to rub the baby’s sensitive inner thighs.

▲ Preventing, reducing, or smoothing out stretch marks after pregnancy. Expectant mamas can take full advantage of, and fully benefit from, the salutary effects of this oil to pamper their swelling bellies with this calmative and well-balanced oil that promotes the elasticity and suppleness of the skin and can maintain the emotional equilibrium in better balance. This oil works to retain the skin’s elasticity and thus lessens the possibility of subsequent stretch marks (available in Day Oil and Body Oil)

Babaluna wellness for toddlers

With its essential oils of lavender, camomile, rosewood, and rose, Babaluna is a very interesting oil to pamper toddlers and young children with. From 18 months onwards, this oil can provide the child’s vulnerable skin that is all too often exposed to all sorts of influences from the outside with the needed care. This treatment serves especially well the dry and sensitive areas through its calmative and soothing effect that promotes the healing of damaged skin, for instance, in case of rashes, acne, eczema, and other skin affectations. Babaluna also works wonders emotionally through its calming influence.

From their very childhood years, youngsters have to cope with a great number of outside stimulants. They need to absorb, in a very short period of time, a host of new information that they must explore and accept and learn to process. All of this will turn even the smallest child uneasy, which is then evidenced by irritability, sleeplessness, and stress. Use this oil to calm down nervous upsets and to restore emotional equilibrium by its harmonizing and relaxing qualities for mind and body. Use it after showers or baths or take time for a relaxing massage in order to bring back complete restfulness. This also is a recommended calmative oil before bed since it can promote a very restful night. (available in Day Oil and Body Oil)

100% organic, 100% active, 100% natural, 100% love. Available as Day oils (50ml) and as Body oils (200ml).





▲ Amanprana donates 1% of its turnover to Red Sea operations. We have sponsored “A Night Of The Oceans”, fundraising campaign for Sea Shepherd to protect and to cherish the oceans. Mr. Dos Winkel, Ambassador of the Sea, and the Sea First Foundation could already count on our support.

Amanprana and Save the Sea

STOP overfishing: 70% of all fish is overfished. Only 3% of fish varieties are currently not endangered. **STOP** illegal fishing: The fishing limits are too high to help fish stocks recover. Furthermore, one in two fish is caught illegally. **STOP** cutting the mangrove forests for shrimp farms. Mangrove forests are an important breeding place for fish; they also protect islands and coral reefs. **STOP** the corals from disappearing as a result of the rising sea temperatures and the destructive fishing practice of bottom trawling. **STOP** painful killing methods. Cod and herring die from asphyxiation which can take anywhere between 20 to 60 minutes. Many fish are gutted alive and are in pain for 10 to 50 minutes. **STOP** the bycatch. For each fish that is caught, another one is killed as a result of bycatch and thrown back into the water. Every two minutes a dolphin, tortoise or whale loses its life in the nets of fishermen. **STOP** the fishing subsidies. Fishermen vote but fish don't. There are too many people working in the fishing industry at present. According to the WWF, the majority of fisheries subsidies cause severe harm to the sea environment. **STOP** fishing practices that destroy nature. Trawling nets destroy the bottom of our seas. Scientists suspect that 98% of sealife takes place on the bottom of the sea. **STOP** industrial fishing in Africa and the Pacific. Europe is the largest plunderer and Charles Clover calls fishing rights for Africa “neo-colonisation”. **STOP** overconsumption of plastics. Plastic doesn't disappear. It ends up in the soil, in the air or in the sea. Scientists estimate that there is 6 times more plastic than plankton in the oceans. Plastic parts act as xenoestrogens. Female snails exposed to certain chemicals develop a penis. **STOP** the reckless deep sea fishing that empties the seas from fish. 1500 scientists are asking to put a halt to deep sea fishing. **STOP** polluting the oceans. The North Sea was once one of the richest and clearest fishing areas. It is now an industrial mud pool and its bottom an empty desert. **STOP** fish farms. They are huge polluters of ecosystems and consume way too much fish flour made from small wild fish. **STOP** sushi and sashimi with tuna. WWF estimates that the Atlantic blue fin tuna will have disappeared from the seas by 2015 if we don't. Read more about Save the Sea on www.noble-house.tk

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