SOUL and SCIENCE

Black Cumin, Black Raspberry, Chardonnay Grape Seeds, D-Ribose

The healing power of Black Cumin seed was already well known, documented and respected over 3000 years ago. From ancient Egypt to Prophet Mohamed (who said – “the Black Cumin seed cures all diseases, but death”). Numerous cultures throughout history had used the benefit of this seed for healing. These cultures used this seed as a medicine for treating sicknesses like asthma, bronchitis, rheumatoid arthritis, inflammations, digestive problems, contagious infections, pathogen infections, eczemas and general viral infections like cold symptoms or different forms of cancer.

BLACK CUMIN

The Black Cumin (Nigella Sativa) an annual plant, that grows in the oasis of Egypt’s desert. In Persia (Iran) was known as Shuneez, and in ancient Egypt Black Cumin, and in Arabia called the Holy Black Seed. The plant grows similar tiny capsules like the poppy-seed plant, where inside the black cumin seeds are protected with their anis like aromatic smell.

Black Cumin in the history

The Nigella Sativa was used in Greek medicine 2500 years BC., and it had a very important role throughout history especially in the Egyptian healing. Al-Bairouni a scholar as well as Avicenna wrote in their medical doctrine about the significance and the healing properties of this seed in the treatments of particular sicknesses. In ancient healing they used it for fibromyalgia like symptoms, all kinds of infections, skin disorders, cold, female gynaecological disorders and chronic headaches.

The Black Cumin was also used for treating water retention as laxative and for intestinal bloating. One of the seed’s properties is Damascenin that helps relieves cramps and has blood pressure reducing effects. The plant was used for exhortative lactation for women and also was recommended for deworming.
Recent modern scientific researches in many European and other countries around the world proved that the oil known as Thymoquinone, has a very high nutritional value with high amount of minerals, amino acids that helps strengthening the immune system and can remedy one of the most virulent and difficult to treat cancers: pancreatic cancer. The extract does this by blocking pancreatic cell growth, and actually enhancing the built-in cellular function that causes programmed cell death, or apoptosis. (Thomas Jefferson University in Philadelphia). It also has Arginin and Karotin, what turns into Vitamin A in our body and has high fibre content.

The “Black Cumin cures everything but death”- said the Prophet Mohammed and the tiny black seed it was well respected in the Egyptians culture with well documented history on their papyrus-scrolls. King Tutankhamen was fascinated with the Black Cumin so much that his servants all the time had to carry its very expensive oil in a small glass vial. After his death they placed a full amphora containing Black Cumin oil into his tomb. The legend says that the secret of Queen Nefertiti and Cleopatra’s beautiful silky skins were the result of the use of Black Cumin oil.

At the eastern cultures it is a well know medical plant and the oil pressed from the seeds recently also gained scientific interest around the world. Dr. Peter Schleicher and Dr. Lutz Bannasch discovered that the Black Cumin oil is an excellent remedy for many types of skin and allergy diseases, like atopic eczemas, neurodermatitis, psoriasis, asthma.

Since ancient times they well respect the black cumin’s root for its refreshing and pleasant qualities. In many cultures Black Cumin is a well known healing herb and still in many today it’s been used as an eastern spice to maintain healthy, synergic body functioning.

Black Cumin today

Modern science thoroughly examined and studied Black Cumin oil and discovered properties that positively affect our metabolism, particularly the high amount of Essential Fatty Acids that are gently able to reduce without any side effects several types of skin problems and help healing severe joint and nerve related infections.

First of all the high level content of Linoleic acid in it and the nourishment of its psychological affect that makes Black Cumin oil in important our everyday consumption.

From the essential fatty acids prostaglandin will be created in our body. These lipid compounds have many roles in our body’s healthy immune functioning. Regulate our blood pressure and opens the arteries allowing steady blood flow in our veins. Modern scientific studies back’s up and explains all century’s old written chronicles about the Black Cumin oil.
Black Cumin in our diet

It’s been used as a spice in baking, pickling, or in meal supplements.

Successful treatments

* Cold and flu: speeds up the healing time and fights cold and flu like infections, strengthens the immune system and almost completely eliminates these types of infections.

* Bronchitis, asthma: the essential fatty acids create prostaglandin that are act as anti-inflammatory and are anti-allergic in our body.

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* The Black Cumin oil helps to open up the bronchial arteries help supply the lungs with nutrition and oxygenated blood, loosens the phlegm on the mucous membranes that is an important part of treating asthma.

* Allergies: neutralize the oversensitivity properties of the allergenogenic.

* Fungal infections: (Candida albicans), neurodermatitis, psoriasis, internally or externally the Black Cumin oil is a natural remedy for fungal or bacterial infections, and has very unique antiviral properties. Reduces skin irritations and helps to heal the infected skin to generate healthier surface. Helps to create healthy gut-flora, reduces intestinal bacterial infections and stabilize your digestive system.

* Rheumatoid Arthritis: the Black Cumin acts as a localized anti-inflammatory around the joints.

BLACK RASPBERRY

It can be found in the wild of the outskirt of forests, roadsides and shady parks. Grows in lose, moist sandy soil and withstand frost well.

* The leaves are used as herbal medicinal supplement contains Gallic and Ellagic acid, flavonoids and fruit acids.

* Well known as blood sugar herb for diabetes and stabilize and restore insulin glucose level.
* The herbal tea made from it for rinsing is anti-inflammatory, to treat stomatitis and ulceration of the mouth and gingivitis.

* Distilled or diluted with boiling water excellent remedy for treatment of iron insufficiency, and helps with general and aging related diarrheal.

* It kills bacteria and helps to heal and recover faster from short or long lasting urinary infections.

* Blocks the formation of kidney stones.

* Cures gout.

* Study Shows Reduction in Colon Cancer Risk. Research conducted at the University of Illinois and published in the journal Cancer Prevention Research shows that a diet supplemented with black raspberries lowered the incidence of colorectal cancer by 45%.

* Lowers blood pressure and increased blood volume.

* Contains estrogens and fito-estrogens that helps to fight cancer and helps people whose immune system unable to utilize the synthetic hormones they digest with their medications.

**CHARDONNAY GRAPE**

The most powerful components are in the red and black grape seeds. There is a large amount of potassium in them and the most important antioxidants called resveratrol which is the most potent anti-aging agent found in SOUL. This is in the oil and the protein in the seed and under the skin of the seed where also numerous minerals and a large amount of vitamin C and bioflavonoid stored.

The potency of antioxidants in these seeds has been in medical researches since 1969 in Europe and in the USA. They discovered that the bioflavonoid extracted from red grape seeds are neutralize the free radical damage in human cells. Free radicals are damaging the cell membranes and are able to dissolves them and the results are cellular destruction that is responsible for early aging.
Free radicals are able to attach their molecules to the tissues of any organs or organisms, like our skin, which becomes inflexible, rough and wrinkled. This process is responsible for the formation of tumours in our body.

It is well known that in France they consume a large amount of red wine, however also known that among the French people the coronary heart diseases way less than any other countries around the world. Doctors recommend a glass of good quality red wine a day, where the extracts of the red grape seeds can be found. The antioxidants in this can help to reduce the arteriosclerotic vascular disease, what is the cause of - hardening of the arteries - is the leading cause of heart attacks, stroke, and peripheral vascular disease.

Not only that it reduce the risk of cardio vascular disease, but long term use of it will reduce and stabilize the cholesterol level. There is over half a million medical studies has been done around the world on arteriosclerotic vascular disease, and still the origin of why is this happening haven’t been found yet. However it is generally accepted theory that it is linked to high level of cholesterol.

In reality the high density cholesterol is a part of regular functions in the body. So therefore for the arteriosclerosis the cholesterol is not alone responsible, but the low density cholesterol LDL and the triglycerides and lipoproteins. This LDL cholesterol is that collects in the walls of blood vessels causing heart attack, stroke and memory loss, etc. Scientists in the USA, France, China and other countries studied and proved that the seeds of the red grapes that is loved so much by the French people contains Resveratrol antioxidant that reduces the blood LDL cholesterol level and increases the level of high density cholesterol.

**Recommended use for:**

* reducing the blood’s lipid level
* as a strong antioxidant helps prevent arteriosclerotic vascular disease
* prevention and treatment of many types of cancer
* general health preserving capability and fights off free radicals
* maintains the normal functioning of blood cells, that helps with trombocites and the free flow of blood in the arteries
* increases the cells (DNA) normal healthy functioning
* prevents heart attack, stroke and cardiovascular disease
* controls the blood’s cholesterol level
* prevents the formation of deep vein thrombosis

* prevents and cures several different types of allergies

* corrects and can reverse the general degeneration of the eyes and macular degeneration

* helps with memories and slows down the aging process

* increases the stress tolerance level

* can be taken orally to preserve the skin's youthful appearance and qualities, prevents aging, wrinkling and helps the natural regeneration

* good for treating inflammations, rheumatoid arthritis, fibromyalgia and joint problems

D-ribose

It can be found in nature a five carbon sugar molecule that can also be found in all living cells, even in the virus that contains RNS. It is not an essential nutrition because our organs are able to make it from other source of nourishments in our body, mostly from glucose. The ribose is essential for the body and an important building part of ATP- (Adenosine Triphosphate) molecule and all nucleotide (DNA, RNS). In the RNS can be found as ribose and in the DNA as dezoxi-D-ribose.

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Water soluble, sweet material and it is a part of nutritional products of athletes. The reason is; the body has to manufacture enormous amount of ATP every day and to be able to do that it needs ribose. Our everyday food intake contains ribose but not nearly enough we need. Our body using synthesis to create it from other sources however it is requires large amount of energy and this process is limited. The non-athletic person this synthesis has no significance as this is a fast cycle, however with athletic people who work out regularly studies show that their ATP level significantly drops to such radical level that 3 days after their exercise routine is still measurable in comparison to what they had before. The key importance is the D-ribose for the ATP level to stabilize faster, to increase their athletic performance and decrease the time of regeneration.
**Why should we use it?**

It speeds up the ATP synthesis. Large quantity ribose helps in certain sickness of the manufacturing of ATP. D-ribose helps to protect the heart especially the heart muscles, increases the energy and metabolism of the heart. Increases our physical strength and helps to burn fat. Eases the symptoms of certain disease and decreases the negative effects of certain treatments after, like chemo.

In every single cell (except red blood cells) there lay several tiny organs called Mitochondria. They are like little "factories" in each of the cells of the body that are responsible for making 95% of the body's source of energy. The cells in the body, and especially in organs such as the brain, heart, muscle, kidneys and liver, cannot function normally unless they are receiving a constant supply of energy.

They convert oxygen, and the sugar, fat and protein from foods to useable essential energy called Adenosine Triphosphate (ATP) that is used by the body to drive the various reactions essential for body functioning, growth and development.

**Without this ATP, we would die, having no "power" left.**

Clinical studies prove that it's regenerating the heart muscles' nucleotide level and corrects the mitochondrial functions.