

Lama essence

- » NUTRITIONALLY BALANCED BIORHYTHMIC PORRIDGE FROM TCM
- » STRENGTHENS KIDNEY YANG
- » SUPPORTS DIGESTION AND IMMUNITY
- » WARMS
- » 100% NATURAL, NO ADDITIVES OR PRESERVATIVES





Lama essence is a 100% natural, harmonising and biorhythmic porridge compiled according to the principles of traditional Chinese medicine (TCM). It respects the nutritional needs and biorhythms of the body, supplying it with the most gently prepared and coordinated essential ingredients at exactly the right moment. All the ingredients are carefully selected, whereby the emphasis is placed on the quality and method of processing in order to maintain their genuine purity and living essence. The porridge is completely free of chemicals, additives and preservatives. Contains no milk or refined sugar.

LAMA ESSENCE

EFFECTS AND USE

- » The porridge warms the body and strengthens its defensive energy layer (immunity). The synergistic composition and effect of the individual ingredients act as a preventive and therapeutic diet that supports kidney and bladder Qi. It does not burden the digestive system.
- » It nourishes the body, provides energy, supports kidney yang and digestive functions, as well as strengthens joints.
- » It helps the body better protect itself from the onslaught of cold and wind.
- » It provides energetically balanced, easily digestible, clean and natural nutrition.
- » It is a source of fibre, protein, complex carbohydrates and fats, with no refined sugar. It benefits specific body organs and fulfils their needs at a given time.
- » A readily available, quick, nutritional, high-quality breakfast or snack for work, school, travel or vacation.



INGREDIENTS

GROUND ROASTED BARLEY

- TSAMPA

Effects according to TCM:

- » affects the spleen-pancreas (strengthens), stomach and gallbladder pathways
- » dissipates heat, removes retained moisture, encourages Qi, cools and nourishes the blood

Tsampa provides physical strength, treats digestive disorders and diarrhoea. By roasting and grinding the grain, it heats up more and better supports yang.

DRIED UNSULPHURISED APPLES (POWDER + PIECES)

Effects according to TCM:

- » removes retained moisture, dissipates heat, strengthens Qi and yin, eliminates toxins

Apples contain a high proportion of both soluble and insoluble fibre, which

promote good digestion and regulate proper blood sugar and insulin levels. They are rich in antioxidants, contain vitamins C, A, group B, magnesium, potassium, calcium, phosphorus and iron. In winter, cooked, baked or dried apples are preferable.

SWEET ALMONDS

Effects according to TCM:

- » strengthens yin, insufficient Qi and blood, initiates energy flow
- » stimulates the lungs, spleen-pancreas and colon

Almonds contain mainly unsaturated fats (omega-9), fibre and relatively high amounts of protein, calcium and vitamin E. They also contain vitamins B, magnesium, potassium, phosphorus and iron. Almonds are the most recommended of all nuts for consumption. They have a very positive

effect on the control of blood glucose and insulin levels. Due to the beneficial fats they contain, they help prevent diseases of the cardiovascular system, as well as support healthy brain function, beautiful skin and hair.

DRIED MISO

Effects according to TCM:

- » strengthens digestion, supports the heart and generally harmonises the body

Pure, genuine miso without soy – only from organic rice and peas, produced according to traditional methods. It has a positive effect on blood and lymph quality, and contains antioxidants. Miso paste has been a staple foodstuff in Chinese and Japanese diets for about 2,500 years. Modern research has shown that consuming it daily lowers cholesterol, alkalis the blood, negates



the actions of certain carcinogens, as well as neutralises the effects of air pollution and radioactive radiation. Miso harmonises digestion, stimulates the excretion of gastric juices, is a source of beneficial amino acids and living enzymes, as well as lactobacilli, vitamins and minerals. Promotes the recovery of beneficial probiotics in the intestines and helps with food absorption. It is a suitable plant source of B vitamins.

DRIED CANE JUICE – PANELA

Effects according to TCM:

- » supports Qi
- » relaxes and harmonises the psyche

100% natural, unrefined dried cane juice, without industrial processing or additives. This is one of the most natural, gentle and healthy forms of sweetener.

INDIAN CINNAMON (TRUE)

Effects according to TCM:

- » warms not only the digestive process, but the whole body
- » promotes blood production, initiates blood flow and Qi

It is very important to use real cinnamon (*Cinammomum verum / zeylanicum*) because only this contains substances beneficial to the body. It contains calcium, magnesium, iron, phosphorus, potassium, zinc, selenium and vitamins C, E, K, as well as very important antibiotic components such as eugenol, rutin, quercetin, catechin, tannins and salicylates. With regular use, true cinnamon strengthens the immune system, is an antioxidant and has anti-inflammatory effects. It supports the health of the cardiovascular system, increases the sensitivity of cells to glucin and decreases the

rate of its entry into the blood, and therefore the secretion of insulin. It has a very beneficial effect on cholesterol adjustment. Promotes digestion and dissolves mucus during colds.

GROUND ELDER

Effects according to TCM:

- » supports kidney yang and the body's defensive energy layer
- » strengthens spleen-pancreas Qi, removes retained moisture

Ground elder is suitable for bladder and bowel infections, diarrhoea diseases. Helps with sciatica, rheumatism, cleanses the blood. It strengthens digestion, for example, also when eating cereals with dairy products.

DRIED LEMON

Effects according to TCM:

- » promotes the circulation of Qi and blood



» dissipates heat and moisture, removes mucus

Pure powder from dried peel, including the pulp, of organically grown lemon, without additives. Supports digestion – stimulation of gastric juices and overall appetite. It contains vitamins A, B, C, D, as well as potassium, calcium, phosphorus. Improves iron absorption. Prevents inflammation and infections, thanks to its laxative properties helps relieve constipation.

CARDAMOM

Effects according to TCM:

- » initiates Qi movement, drives out cold, expels mucus and moisture
- » stirs up the digestive process, i.e. promotes digestion (bloating, constipation, stomach cramps)
 - └ especially spleen-pancreas, colon and stomach

» strengthens lungs and opens airways

Cardamom is the third most expensive spice in the world – after saffron and vanilla. It improves the digestibility of meals, has significant antioxidant and antibacterial effects, promotes the reduction of high blood pressure, positively affects blood sugar and insulin levels.

CLOVES

Effects according to TCM:

- » initiates Qi movement, drives out cold
 - » strengthens yang of the spleen-pancreas and kidneys
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Cloves warm the stomach and digestive process, relieve muscle, joint, tooth and abdominal pains, especially bloating, flatulence and indigestion, as well as support the cardiovascular, immune and

respiratory systems. It has antimicrobial, antibacterial and anti-inflammatory effects.

UNREFINED SEA SALT

Effects according to TCM:

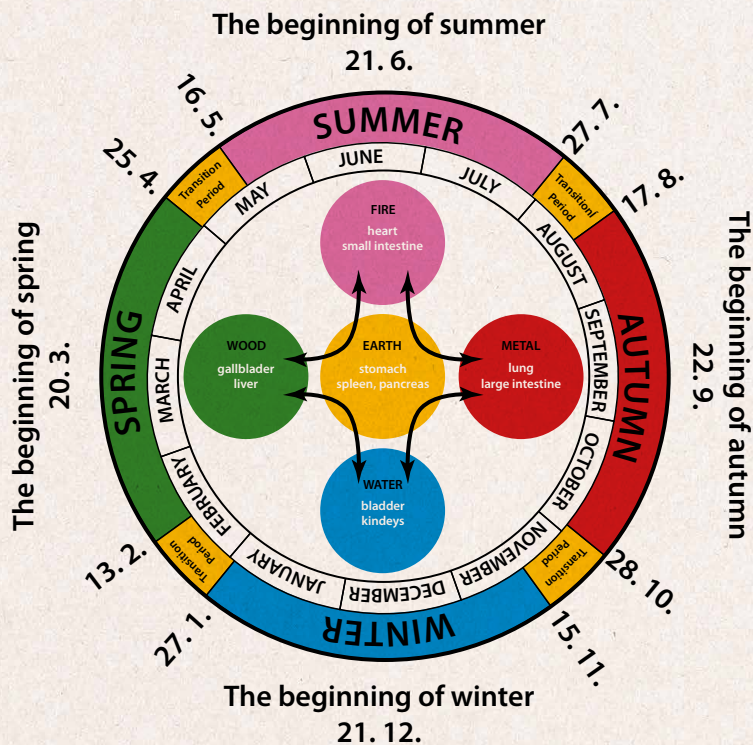
- » in small amounts it tonifies the kidneys and supports digestion
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Unrefined sea salt is full of natural minerals, especially iodine, which is in short supply in the soil around us.



Lama essence porridge is part of two unique concepts: therapeutic nutrition according to the five elements of TCM and regeneration in The Five Element Regeneration®. The porridge falls under the element Water and the organs of the kidney and bladder, nourishing, strengthening and harmonising them.

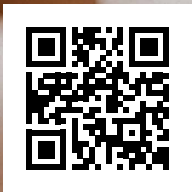
According to the principles of TCM, the element Water corresponds to the winter season. It is during these days that it is crucial to eat warming dishes (warm grain porridge, soups and broths). The greatest emphasis should be placed on the first meal of the day. Unfortunately, breakfast is the most underestimated and neglected meal in these busy times. Often recommended and consumed cold foods (e.g. yogurt, milk, etc.) gradually weaken our immunity and overall Qi.



SCHEDULE OF SEASONS ACCORDING TO THE PRINCIPLES OF TCM

During winter, our body places high demands on defensive Qi, i.e. immune protection, and the increase in outdoor coldness corresponds to the need for a yang (warming) diet. This is about

balancing the outdoor cold with a warm diet. Lama essence porridge is suitable for use during the winter and whenever you feel an internal coldness in the body or a need to warm up and strengthen.



TIPS

To increase the nutritional value of your porridge and improve the taste, you can add ingredients according to the current needs of your body:

» NUTS AND SEEDS

Suitable source of omega-3 unsaturated fatty acids.

» FRUIT

For the given period, preferably homemade compote or boiled/dried fruit.

» QUARK/SKYR

Add to the prepared, still warm porridge for a higher proportion of protein and a better feeling of satiety. We recommend small amounts and caution in individuals with weakened digestion.

» CHOCOLATE

When diversifying the attractiveness of the porridge, especially for children, moderation and an emphasis on quality are in order (minimum 70% cocoa).



ANNUAL SCHEDULE

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
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DAILY SCHEDULE

7 h	8 h	9 h	10 h	11 h	12 h	13 h	14 h	15 h	16 h	17 h	18 h	19 h
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● recommended time period and time of day for use



EFFECTS ACCORDING TO TCM

Lama essence is excellent for strengthening the body on cold days. By supporting yang of the kidneys, it strengthens the joints and helps good digestion. Its ingredients complement each other in such a way that the overall effect of the product is not only to strengthen, but also to nourish and improve the body's ability to defend itself against cold and wind in particular.



PRODUCT SUITABILITY

The porridge is suitable for people of all ages. Ideal for busy managers, athletes, children, students, senior citizens and those who are hospitalised for whatever reason.



SPECIFICS OF USE ACCORDING TO TCM

Lama essence porridge is especially suitable for use in winter or at any time on colder days throughout the year. It serves very well if there is a physical inclination towards chills or a cold. We recommend adjusting use according to the physical needs and the current thermal state of the body.



PREPARATION AND METHOD OF USE

Ideal as a nutritious breakfast and start to the morning, and also as a tasty snack throughout the day. Into a bowl, pour roughly 60 g of porridge, adding about 200 ml of hot vegetable (or high-quality animal, ideally unpasteurised) milk (90°C). Add a little butter or coconut fat. Cover it and let it stand for 4–5 minutes.



ENERGY CHARACTERISTICS

The porridge warms the kidneys and digestive process and supports the defensive energy layer.



SUITABLE SUPPORTING PRODUCTS

Renol, Mycoren, King Kong, Fytomineral, Smilax officinalis, Tribulus terrestris.