



THAI FREEZE DRY
COMPANY LIMITED

Amalaki: *Phyllanthus Emblica*



Ayurveda, “The Knowledge of Life” is one of the oldest medicinal traditions practiced continuously for over five thousand years. As Buddha traveled through China with his physicians Ayurveda became a pillar of Chinese medicine. Within Ayurveda, Amalaki is the “Great Rejuvenator.” In Sanskrit the word for amalaki translates as “the nurse.”

Amalaki has been used in India as a traditional remedy to treat the blood, bones, liver and the heart. Ayurveda attributes amalaki with the ability to help rebuild and maintain new tissues and improve red blood cell count. Like other adaptogens it has a wide range of properties. It is used to stimulate brain function, assist the body in elimination disorders (used for both constipation and diarrhea), connective tissue disorders, and to protect against heart and nervous system disorders, blood sugar regulation, and strengthen bone and teeth, capillaries and the eyes. Initial research suggests that amakaki may help to inhibit atherosclerosis, carcinogenesis, degeneration from Alzheimer’s, dispels nausea and vomiting, throat congestion and respiratory problems.

Over the past 16 years we have come to understand that timing of the harvest is important. We harvest the amalaki fruit just before it is ripe. This preserves the enzymes that are otherwise used up in the ripening process when they are at their optimum levels.

VITAMIN C: Amalaki is the highest natural source of vitamin C, with approximately 3000 mg per fruit. Amalaki juice contains approximately 20 times more vitamin C than orange juice. This extraordinarily high vitamin C content provides Amalaki with strong antioxidant properties among the other known health benefits of vitamin C. The vitamin C in amalaki is protected from oxidation from heat by tannins which protect and preserve its vitamin C. Naturally occurring vitamin C is more bioavailable and substantially more effective than synthetic vitamin C.

ANTI-AGING: Amalaki is most famous as an antiaging and regenerative botanical. It is the most important of the “*rasayana*” herbs which improve the blood and thereby promote the health of all the tissues of the body. This, in combination with the cleansing and balancing effects of amalaki described below make it a powerful anti-aging botanical.

DETOX: Amalaki cleanses your entire elimination system including intestines and colon, liver, kidney and bladder. According to Ayurveda (and other medical systems) the colon is the “mother of all disease.” When waste products are not properly eliminated, the body gets sick. The accumulated waste products (toxins) interfere with the natural functioning of our body and prevent optimum functioning of our physical systems. “When the sinus is congested, clean the colon. This is the plug at the bottom of the pond.” Throughout India and Asia amalaki is widely used to clear sinus, throat, and lung conditions. Masters of Yoga have used amalaki for thousands of years to cleanse their system in preparation for deep meditation.

BALANCE: In Ayurveda self-healing is achieved through conscious creation of balance (homeostasis). Ayurveda describes the transference of energy into matter and matter into energy. Aberrations in this energy transference create malfunctions in the cells. The remedy is not in the chemistry per se, but in the creation of balance. In fact, when the body is balanced our metabolism slows down (as measured by oxygen consumption), cardiac output (work load on your heart) drops, while blood circulation increases at the same time. Lactic acid levels (a measurement of stress) decrease. In balance, the entire function of our physiology becomes optimized and super-efficient. The essence of healing is embodied in adaptogens, of which amalaki is one of the most potent on the planet.

CELLULAR FRACTION LINE TECHNOLOGY (CFL): Thai Freeze Dry’s amalaki powder is unique and powerful due to the technology used in its processing and preservation. CFL activated amalaki is preserved so as to maintain the full complexity and synergy of the plant as it grows in nature. The healing message is not a function of one or even several key ingredients alone. As we preserve the cellular and molecular structure using CFL we capture the full synergy of the ingredients acting in unison. The process brief for CFL is essential reading for anyone interested to more fully understand this perspective.

The inherent intelligence that amalaki demonstrates in response to intercellular messages which indicate the location and nature of imbalances and in which direction and to what degree an adjustment is required to normalize the condition is critical to its effect as an adaptogen. It is essential that the cellular and molecular structure of the plant is kept intact. This is where CFL surpasses all other technologies for preservation of amalaki.

In most or all other processing of amalaki the first step is to remove the small solid seed at its center. However using CFL the seed is not removed and as the super-frozen whole amalaki fruit flies around

in a whirling vortex inside the product chamber the seeds break and material inside the seeds are released and captured together with the rest of the amalaki fruit. Seeds are powerful. They contain the genetic material that determines the nature of the mature plant.

CFL, the capture of the essence of the seeds, and harvesting with enzymes at their peak levels result in exceptional amalaki powder. An ORAC test by a respected international lab indicates antioxidant levels that are “off the charts.” This test ordered by a food scientist consulting with one of his customers in France demonstrates this point. (link to amalaki ORAC test). The comment by the food scientist upon receiving the test results tells the story:

“One very good news : I got a first result on ORAC analysis of Amalaki ; the result is 3956 Trolox/g or 395 600 Trolox per 100 g, **which makes CFL activated freeze dried amalaki as the best antioxidant of the world. (as far as I know)**. Except for some plant extracts (which are highly concentrated), this figure is extremely high for a non-concentrated food item...”