

FARM FRESH

Superior medicinal herbs and smart foods.



HOLY BASIL, OCIMUM SANCTUM

Holy basil, *Ocimum sanctum* / *Ocimum tenuiflorum* has been used for culinary and medicinal purposes for thousands of years in India and S.E. Asia. Its distinct cooling mellow “peppery” flavor distinguishes it from other varieties of basil.



THAI FREEZE DRY
COMPANY LIMITED

www.thaifreezedry.com

Health Benefits

1

Soothes physical, mental and emotional stress.

7

Soothes your respiratory system

2

Balances adrenaline, cortisol and corticosterone stress hormone levels.

8

Contains Vitamins A and C

3

**- Enhances mental clarity
- Weight Loss**

9

Lowers Bad Cholesterol

4

**- Skin Health
- Anti-bacterial
- Anti-viral
- Anti-diabetic**

10

**- Anti-Aging effects
- Detoxifying Agent**

5

Antioxidant activity as a result of inhibiting cyclooxygenase function

6

Eugenol, a major component of holy basil's volatile oil is a strong antioxidant



The aroma of holy basil is a blend of peppermint, cloves, licorice and lemon. This flavor and aroma make holy basil an essential ingredient for Thai cooking. In addition to its culinary use, holy basil is a medicinal herb in the category known as "adaptogens" that help to balance your body. When you are in balance (homeostasis) your self-healing abilities are at their highest levels. To assure the highest Quality and Bio-Activity we at TFD use our Cellular Fraction-Line Technology (CFL) to provide The Worlds Purest, Full Spectrum Super Food Powders.

INTERESTING FACTS

- The antimicrobial essential oils contained in holy basil are efficacious in confronting a wide range of infections ranging from malaria, typhoid, flu and acne.
- The Hindu name for holy basil is “Tulsi” which means “the incomparable one.” Tulsi holds a special status in Hindu mythology where it is considered sacred.
- Modern clinical research and scientific studies are verifying many of the medical claims of the ancient masters.
- Aromatic compounds found in holy basil (particularly eugenol) combat stress and enhance mental clarity. Additionally triterpenic acid and caryophyllene (a primary terpene) found in holy basil enhance the body’s adaptive stress response.
- Daily supplementation of holy basil has been shown to significantly reduce corticosterone levels helping the body to handle stress, elevate mood, and improve mental clarity.

In-Depth Look

1

Adaptogens are the precious gemstones of botanical medicine. Ancient traditions gave them spiritual significance and made amazing claims of supernormal healing abilities based on their consistent extraordinary results.

The wide range and depth of healing abilities of adaptogens is due to their ability to promote homeostasis (balance) throughout the body. Chronic stress contributes to a wide spectrum of health problems.

Holy basil enhances the body's ability to function optimally in the face of physical, mental and emotional stress.

The primary adaptogenic metabolic pathway taken by holy basil is to balance adrenaline, cortisol and corticosterone stress hormone levels.

While a certain level of stress is healthy, chronic (on gong) stress is damaging and requires therapeutic intervention.