

## The goodness of Ghee (clarified butter)

Ghee is nourishing and healing. Ghee has been known for centuries and is the cornerstone of Ayurvedic medicine. Ghee or clarified butter requires a longer simmering process and is lactose free. It is highly regarded for many things and has a sacred role in Hindu rituals even today. Lamps in many temples are lit with ghee and is considered auspicious.

Ghee became less popular as people shun ghee for low fat and being lean years Ghee has been researched and is gaining popularity. Taken in small beneficial to your health. One study shows that ghee is known to benefit ratio.

Ghee is specifically known to help with Vata and Pitta problems. It acid, a fatty acid with antiviral and anti-cancer properties. Ayurveda made from cow's milk over buffalo's milk .



was in. In recent portions, it can be the HDL:LDL

contains butyric recommends ghee

### **Here are some of the known benefits of Ghee**

- Known to improve quality of skin. Massaging your body with ghee is known to slow the aging process. Take two teaspoons of ghee, mix it with your essential oil and apply to your body.
- It is known to be beneficial for digestion. It lubricates the digestive system and aids digestion and nutrient assimilation. Since ghee is lactose free, it can be consumed by lactose intolerant people.
- It helps balance excess acid in the stomach and repairs the mucus lining of the stomach.
- Ghee made from cow's milk is known to make your mind sharper helping with memory and learning abilities.
- It is known to help with heat or fire burns
- Take one to two teaspoons of ghee first thing in the morning followed by water. This facilitates bowel movement.
- A few drops of ghee in each nostril is also known to help with dry nose and bleeding nostrils.
- Ghee is the carrier oil for herbs as it has excellent penetrating properties.
- Cooking with ghee adds a delicious flavor to the food.

### **How to make ghee:**

Melt one pound of organic unsalted butter over medium heat. Let it simmer for about 30 minutes. Do not cover. As butter melts it separates into 3 layers, milk solids at the bottom, fat on the top, middle is the clearer liquid which is ghee. After the bubbling has softened turn off the heat. Remove the top foam and pour the clear liquid into a jar. Do not cover the jar till the ghee has come down to room temperature. Keep the jar at room temperature. Ghee lasts a long time. Older the ghee, the better it is.

Ghee should be taken in moderate portions to be beneficial and to avoid aggravating of Kapha. It brings an excess of goodness. Explore the goodness of ghee.