

Maharishi Ayur-Veda Products

Beacon House, Willow Walk, Skelmersdale, Lancashire, WN8 6UR

Engraved Copper Cup

Product information for 14044

Preparation for use

This cup is made of pure copper, which has a tendency to darken due to natural oxidation. It is recommended that you clean the inside of the cup before first use. This can best be done by squeezing the juice of a whole lemon into the cup and adding one tablespoon of salt. Fill it with warm water and allow it to stand until the oxidation is gone. Rubbing the surface with a brush or scourer will speed up the process.

The exterior can be cleaned by rubbing the surface with half a lemon dipped in salt or a scourer.

Wash the cup in water before daily use and use the lemon and salt method to remove discolouration as required.

How to use

Fill the cup with cold water in the evening and leave it overnight. Sip the water slowly after brushing the teeth first thing in the morning.

Benefits

Ayurveda says that use of a copper cup in this way has a purifying effect on the whole physiology.

Water purification by copper

April 2005. Recent research (Reed & Tandon, Northumbria University) has shown that when water is stored in brass vessels for 48 hours the bacteria in the water are killed by the copper leaching into the water. The bacteria only die after 1-2 days. The levels of copper are safe and well below maximum recommended levels.