

UK Product Name Emotional Balance Spice mix Code Name SEMOT  
 Availability Stock item in UK

**Description**

Supports appetite, digestion, assimilation, purification and immunity so that balance, resilience and flexibility are maintained. Nigella supports brain, sexual function and strength.

Add flavour and balance with spices  
 Spices are not just great flavour-enhancers, they come with therapeutic properties as well. Our Churnas are precise blends of spices and seasonings that include all six ayurvedic tastes. Sauté the Churna in Ghee and add to your dishes, add some to soups, stews and sauces as they're cooking or sprinkle over prepared vegetables or rice at the table. Convenient, and mouth-wateringly delicious!  
 Spice Wise

The exotic colours and heady aromas of spices can elevate an ordinary dish into a sublime feast for the sense of sight, smell and taste. What's more, most spices also come with therapeutic properties, so every meal that includes spices can become an experience in enhancing health and well-being. Ayurveda, the ancient system of healing from India, has been singing the praises of spices as "wonderfoods" for thousands of years. Spices are ingredients in many synergistic ayurvedic herbal formulations, and an ayurvedic expert, when giving you advice, is as likely to recommend specific spices to include in your diet as to suggest herbal supplements for you to take.

Cumin balances all three doshas. It especially helps enhance digestion and is an effective toxin-hunter.  
 Turmeric is ubiquitous in Ayurvedic cooking. It contains the flavanoid curcumin, which is known to have anti-inflammatory properties. This all-around wonder spice is said to help detoxify the liver, balance cholesterol levels, maintain resistance to allergies, stimulate digestion, boost immunity and enhance the complexion. It is also an anti-oxidant.  
 Coriander balances all three doshas and is highly appreciated in Ayurveda. It is a cooling spice and contributes the sweet and astringent tastes. Ayurvedic texts suggest that it is good for digestion, whets the appetite, helps maintain resistance to allergies and also helps purify the blood.  
 Dried ground ginger is a warming spice, contributing the pungent taste. It is useful in aiding digestion, enhancing appetite and maintaining the health of the stomach. Black Pepper is an important spice for maintaining health. It has cleansing and antioxidant properties, and it is a bioavailability enhancer -- it helps transport the benefits of other herbs to the different parts of the body. It helps the free flow of oxygen to the brain, helps enhance digestion and circulation and stimulates the appetite.  
 Nigella helps clear toxins from the tissues, supports brain function, physical strength and sexual functions.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/g)
Cuminum cyminum Linn.	Cumin	seed	1	30	300.0
Curcuma longa Linn.	Turmeric	rhizome	2	20	200.0
Coriandrum sativum Linn.	Coriander	seed	2	20	200.0
Zingiber officinale Rosc.	Ginger	rhizome	4	10	100.0
Piper nigrum Linn.	Black Pepper	fruit	4	10	100.0
Nigella sativa Linn.	Kalounji	seed	4	10	100.0

**Contraindications/Precautions** None  
**Over dose and its Management** If there is discomfort discontinue use temporarily  
**Side Effects and Interactions** None known

## Usage

**Age Group** All  
**Dosage Form** powder  
**Method of Use** For use mainly with savoury food. IDEALLY first sauté the spice mix and then add it to food while it is cooking. OR 2) sprinkle the mix on food during cooking or at meal times.  
**How Long to Continue Use?** As required  
**Specific Dietary/Lifestyle Advice**

## Presentation

**Presentation** 150 grams in a white HDPE pot with t/e lid

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<b>Availability</b>	Stock item in UK		
<b>Net Weight grams</b>	150		
<b>Storage</b>	Store in a cool, dry place, tightly closed		
<b>Shelf Life (months)</b>	24		
<b>Regulatory Status</b>	Food		