

# TAHINI & HONEY

*all natural pure-state spread*

sugar, dairy, gluten & cholesterol free

no added oil, salt, sugar or any chemical nasties

Super sesame just got superlicious! Our new Tahini & Honey pure-state spread combines all the benefits of our original tahini with the delectable goodness of Australian Euclyptus honey — which has been clinically proven to help fight colds and boost immunity.

With a history spanning 5000 years, sesame has long been considered a super seed. It is gluten free, low GI and packed with potent phytonutrients and unique antioxidants to super boost the body's health and vitality. One of the best ways to maximise the power of sesame is by eating a pure-state Tahini — as the nutrients of the seeds are better absorbed once they have been ground into a natural paste. Pure-state foods are functional wholefood products made from just 1 pure, natural ingredient that have a genuine health benefit.

Research shows that eating just 1 tablespoon of pure-state Tahini per day can help naturally lower LDL (bad cholesterol) and improve HDL (good) cholesterol.

## So, what does research show us?

Over the past 20 years, research reports sesame as having over three dozen documented therapeutic properties with the potential to reduce symptoms of diabetes, high blood pressure, gingivitis, multiple sclerosis, kidney damage and even cancer.

Scientifically proven to naturally lower LDL (bad) cholesterol, sesame seeds contain three unique powerhouse antioxidants — sesamin, sesamol and sesamol, which reduce free radical activity potentially reducing the risk of cancer and coronary heart disease.

## Smart food — good for your brain

Sesame is high zinc and magnesium and both these minerals are powerful for brain development. Natural sesame oil found in Mayver's Tahini is a good source of Omega 3 and Omega 6. Omega 3 and Omega 6 are "essential" fatty acids, because they are necessary for health and must be included in your diet (because the human body cannot manufacture them on its own) and play a vital role in brain function as well as growth and development.



## Lowers risk of heart disease

Scientifically proven to reduce cholesterol by up to 15 per cent, sesame seeds contain three unique powerhouse antioxidants — sesamin, sesamol and sesamol all high in phytonutrients and powerful antioxidants, clinically proven to help reduce LDL (bad cholesterol) which leads to heart disease.

## Good for those who are gluten and dairy intolerant

Sesame is naturally cholesterol, gluten and dairy free and offers rich sources of fibre, potassium, calcium, magnesium, sodium and vitamins A and E — creating a powerful brain food for smarter eating so it is great for those who are dairy and gluten intolerant.

## Kids Health

Mayvers Tahini and Eucalyptus Honey is a great way to pack more vitamins, minerals and amino acids into children's diets. They'll love the delicious blend of sweet and savoury tastes on their toast or lunchtime sandwich. Not only will they receive a dairy-free calcium hit from our pure-state sesame seeds, they'll also get help from Eucalyptus Honey in unblocking any stuffed-up noses and soothing any growing pains.

# TAHINI & HONEY

*all natural pure-state spread*

## Quick facts

- Sesame seeds are rich in minerals such as copper, magnesium and calcium.
- Eucalyptus honey is a known decongestant and expectorant – making it an excellent natural alternative to pharmacy cough and cold mixtures.
- Sesame seeds are high in antioxidants needed to fight off the damaging effects of free radicals in the body.
- Eucalyptus honey is also helpful in the temporary relief of minor aches and pains typical of usual cold and flu symptoms.
- Sesame seeds are high in tryptophan – an essential amino acid helpful in regulating appetite, sleep patterns and mood.
- Eucalyptus honey acts on the receptors in the nasal mucosa, helping to relieve congestion associated with colds and flu.
- Sesame seeds contain high levels of phytosterols, which are known to lower blood levels of cholesterol, enhance the immune system and decrease the risk of certain cancers.
- Eucalyptus honey stimulates the nervous system and is therefore effective in combating exhaustion and sluggishness.

## Want to know more?

<http://wakeup-world.com/2012/04/29/open-sesame-10-amazing-health-benefits-of-this-super-seed/>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=84>

[http://www.lef.org/magazine/mag2008/jan2008\\_sf\\_sesame\\_01.htm](http://www.lef.org/magazine/mag2008/jan2008_sf_sesame_01.htm)

<http://www.umm.edu/altmed/articles/omega-6-000317.htm>

### Nutritional composition of tahini FDA tables:

<http://ndb.nal.usda.gov/ndb/foods/show/3766>

### Activity of antioxidants in oils:

Cheung SC, Szeto YT, Benzie IF (March 2007). "Antioxidant protection of edible oils". *Plant Foods Hum Nutr* 62 (1): 39–42. doi:10.1007/s11130-006-0040-6. PMID 17285359

<http://jn.nutrition.org/content/136/5/1270.short>

<http://jn.nutrition.org/content/128/6/1018.short>

### Phytosterols improving blood lipid profiles:

[http://211.76.170.15/server/APJCN/Volume18/vol18.2/Finished/5\\_1398\\_179-186.pdf](http://211.76.170.15/server/APJCN/Volume18/vol18.2/Finished/5_1398_179-186.pdf)

World Confederation for Physical Therapy, Cardiovascular disease, 30 January 2009, [www.wcpt.org/node/33339](http://www.wcpt.org/node/33339)