

HOW IS KACHI GHANI MUSTARD OIL BETTER?

BENEFITS & USES



KACHI GHANI IS THE MOST POPULARLY USED FORM OF MUSTARD OIL AND IS EXTRACTED THROUGH THE COLD PRESSED METHOD.

THE TERM “KACHI GHANI” MEANS UNREFINED OIL. IT IS A MILLION TIMES BETTER THAN THE REFINED OILS AS THEY HAVE THE ESSENTIAL NUTRIENTS WHICH ARE LOST WHILE REFINING THE OILS.

THIS TYPE OF OIL IS NATURAL IN FLAVOR AND HAS A LOT OF ANTIOXIDANTS AND NUTRIENTS RETAINED IN IT.

IT HAS AN EDGE OVER OTHER OILS DUE TO THE OPTIMUM RATIO OF OMEGA-3 AND OMEGA-6 FATTY ACIDS AND LOW CONTENT OF SATURATED FATS.

IT ALSO HAS A LOWER CONTENT OF MONOUNSATURATED FATS AS COMPARED TO OLIVE, FLAXSEED, GRAPE SEED, AND PEANUT OILS.

A photograph of a field of yellow mustard flowers. The flowers are in various stages of bloom, with some showing dark centers. The background is a clear, light blue sky. The text is overlaid in a bold, orange, serif font.

**ALSO KNOWN AS
WONDER OIL**

REDUCES THE RISK OF CANCER

Helps prevent stomach and colon cancers.

HAS CARDIOVASCULAR BENEFITS

The good fats in mustard oil lower your risk of developing heart disease by 50%. It reduces bad cholesterol levels and increases good cholesterol levels in the body.

IS A NATURAL STIMULANT

It improves digestion and appetite by stimulating digestive juices and bile in the liver and spleen.





STIMULATES SENSATION IN THE MUSCLES

Just massage some mustard oil on the affected area, and you will slowly start gaining some sensation in your muscles.

RELIEVES COLD AND COUGH

It contains a heating property that clears up the congestion in the respiratory tract.

EASES JOINT PAIN AND ARTHRITIS

Mustard oil also contains large amounts of omega-3 fatty acids, which act as an anti-inflammatory to ease joint stiffness and pain associated with arthritis .

IT HAS ANTIBACTERIAL, ANTIFUNGAL, AND ANTI- INFLAMMATORY PROPERTIES

Studies have proved that mustard oil has all the above three properties

BENEFICIAL FOR ASTHMA

Attacks can be prevented by swallowing a mixture of mustard oil and honey or rubbing it with camphor on your chest.

BOOSTS BRAIN FUNCTION

The high concentration of fatty acids present in mustard oil is known to boost brain function and help treat depression. They are also said to boost memory and improve cognitive functions in the brain.





INNUMEROUS BENEFITS FOR HAIR & SKIN

Apart from promoting overall health, it also has various benefits for hair & skin :

- Removes tans, darkspots & lightens the skin tone
- It acts as a natural sunscreen & has anti-ageing effects too
- Stimulates hair growth, prevents premature graying, gets rid of dandruff



**TAKE CARE OF
YOURSELF**

KACHI GHANI MUSTARD OIL CAN BE EASILY LABELED
AS ONE OF THE HEALTHIEST OILS IN THE MARKET.

IT IS EASILY AVAILABLE IN THE MARKET AND SOLD
UNDER MANY BRAND NAMES.