

Sparkly Teeth

Get strong and healthy teeth with a fresh feeling. Time-tested ingredients like Neem, Triphala and Pomegranate come together in Himalaya Herbal Organique Toothpaste – a great way to clean your teeth and promote healthy gums. Neem, twigs of which were used traditionally to clean teeth, gives this formulation its sparkle. Pomegranate helps promote healthy gums. Triphala has mouth-freshening and astringent properties. The toothpaste is free from Sodium Lauryl Sulphate (SLS), Fluoride and Saccharin. Organique by Himalaya® uses certified organic ingredients grown in rich, naturally-nurturing soil, without the use of toxic or persistent chemical pesticides or herbicides. www.himalayausa.com



Love Ghee

Ayurveda often recommends Ghee (Clarified Butter) in one's diet to optimize health and enhance vitality; to improve fertility, mental function, voice and complexion. Ghee contains fat-soluble vitamins like Vitamin A, D, E and K which are very important for maintaining good health. Previously dismissed because ghee contains cholesterol, it is now believed that dietary cholesterol plays an important supportive role in human physiology. Pure Indian Foods makes organic ghee from cow's milk. They make their ghee only on the waxing (Shukla Pakshha) or full moon (Purnima) days which are considered auspicious in the Vedic system. Their six flavors of herb- and spice-infused ghee products will tempt your palette. Their potent medicinal ghee preparations called *ghritas* are made using time-honored methods passed down over generations that allow both water and fat-soluble constituents from the herbs to infuse within the ghee. www.pureindianfoods.com

