

THE ROSEHIP PROTOCOL
No: 18



THE ROSEHIP POWDER VITAMIN “C”

A “Rosehip” is the fruit that grows on the blossom of a wild rose called wild Dog Rose or *Rosa canina*. This rose grows mostly in Europe and parts of north west Africa and western Asia. Once the flower has bloomed and all the petals have fallen off, the hip is picked and used for a variety of health preparations. The wild dog rose is the most often cultivated scrambling briar rose used and it can grow up to 10ft tall and has a white very fragrant flower.

Rosehips are one of the best sources of Vitamin C, they have 50% more Vitamin C than most citrus fruits, including oranges. Rosehip is also high in folate and contains vitamins A, B3, and E along with flavonoids, carotenoids, betasitosterol, fructose, malic acid, tannins, magnesium, zinc, copper and numerous other phytochemicals.

Rose hip has been used traditionally to treat a range of conditions including diarrhoea, bladder infections and diabetes. Rosehip powder has amazing anti-inflammatory properties and is a recognised anti-oxidant. Rose hip is also able to reduce chemotaxis, which is the transportation of immune cells into tissue. This serves as both an anti-inflammatory and immunosuppressive mechanism.

The fruits, and occasionally seeds, of dog rose are either ground up into a powder or made into tea, then supplemented to treat rheumatic diseases like osteoarthritis and rheumatoid arthritis. It improves joint health by reducing pain and stiffness.

Preliminary evidence also suggests rose hip may provide benefits to people with diabetes, as well as high blood pressure and cholesterol. It's hypothesized that rose hip may have an anti-obesity effect, but this claim needs to be confirmed through research. Rose hip alleviates joint pain through its immunosuppressive effects. The immune system can contribute to rheumatic diseases. An inflammatory cytokine called Interleukin 1-Beta (IL-1 β) causes cartilage cells to produce proteins that digest and break down joint tissue. In moderation, this process encourages cell turnover, but in excess, this process contributes to long-term joint tissue degradation, which is what causes joint problems. While rose hip doesn't reduce IL-1 β levels in the blood, it interferes with its ability to activate catabolic proteins.

Raw Rosehip powder is a potent natural remedy and healer for common ailments. Just for example Raw Rosehip powder helps in the treatment and prevention of the common cold. It contains more Vitamin C than an orange! How to take Rosehip? Raw Rosehip powder has amazing anti-inflammatory properties and it also works like a charm on skin since it's a highly recognised anti-oxidant. You see many topical creams and oils on the market, however to feel the real benefits its best eaten as close to its natural state. When you eat well on the inside you will shine on the outside!

DISCLAIMER

Always consult your health care professional for guidance for all medical conditions. Nothing "quoted" above by the "research scientists" and "scientific records" from ancient and recent publications should be considered as medical advice. It is information that is available in the public domain, and is for information and education purposes only.

We make no medical claims as to the benefits accruing from the use of Kalaya Zeolite

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