

What Is Ghee



GHEE IS THE CROWN JEWEL THAT JOINS AYURVEDIC MEDICINE AND INDIAN COOKING.

Ghee is clarified or purified butter. Butter is boiled in a specific way and the lactose components and milk solids are separated and strained to produce this concentrated golden substance, ghee. Hence, no-one is allergic to ghee (including lactose-intolerant people). It is a totally new product from butter after the transformation process.

Ghee is superior a cooking oil that is irresistibly tasty with unique medicinal effects.

Our ghee is prepared by us personally in Bondi Beach. By hand we slowly cook the finest quality grass-fed butter in small batches.

The timing of this cultivated and attentive process is coordinated with the cycles of the moon and planets to enhance flow of consciousness into the highly sensitive, bacteria rich ghee.

The genuine love and mantras (primordial sounds) infused into the ghee throughout the preparation process further contributes to the superiority of our ghee.

BENEFITS:

- Detoxifying
- Enhances Digestion
- Superior and Delicious
- Counters Dryness In The Body
- High Smoke Point Cooking Oil



**HOMEMADE
ORGANIC GHEE**
250ml or 500ml



HOMEMADE GHEE
250ml or 500ml

Wholesale available
Call or email to enquire
or place an order.

BENEFITS OF GHEE

High smoke point - Ghee is a very stable oil with a smoke point of 252 degrees celsius, making it the safest oil and fat to cook with.

Enhances digestion - stimulates digestion, enzymes and helps breakdown food.

Promotes beneficial microbiology - Supports the good bugs to proliferate.

Detoxifying - Pulls toxins out of the tissues, while simultaneously driving nutrients deep into the cells.

Counters dryness in the body - Constipation, stiff bones/joints, osteoporosis, dry skin, etc. Ghee lubricates the organs and the hardened connective tissues, also making the body more flexible.

About Vital Veda

At Vital Veda we have a holistic passion to teach people to effortlessly integrate new habits into their daily life. We are devoted to learning, sharing and radiating the ancient knowledge of the medical science of Ayurveda for everyone to utilise and enjoy, to experience total wellness and bliss.

About Dylan Smith

Dylan Smith is a certified Ayurvedic Practitioner and holistic health educator based in Sydney, Australia. At the Vital Veda he offers consultations, body treatments, detoxification programs and herbal remedies. He regularly travels to South India to continue learning with an internationally renowned family of Ayurvedic doctors.

Aimed at uncovering the root cause of ailments, Dylan has a holistic passion to teach patients to effortlessly integrate new habits into their daily life.



Ayurveda - Aligning You With Nature.

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