

GOOD OLD OIL

Nowadays everybody is getting puzzled and confused about choosing right oil for daily use. Most of the ads in the market revolving around sunflower oil only with different brand names claiming it is heart friendly. In recent years, younger generation may not be familiar much with our age old traditional oils like sesame oil. Sesame oil is also called as gingelly oil or til oil is rich in vitamin E and B. It is a good source of minerals like calcium, manganese and phosphorous and promotes healing. It contains high amounts of polyunsaturated fatty acids and decreases high blood pressure.

Because of its antioxidant property, it decreases cholesterol and good for heart. It acts like a sedative, relieves mental fatigue and promotes sleep when it is used for head massage. It is having laxative nature, relieving constipation. When applied topically on to the skin it is acting as an excellent moisturizer and an emollient. Because of its natural antibacterial, antiviral and anti-inflammatory properties it keeps away the skin and tooth infections. Hence, it can be used by one and all without any hesitation for regular cooking.

However, it is not preferred for deep frying.

Let us once again say OLD IS GOLD

JPRHC