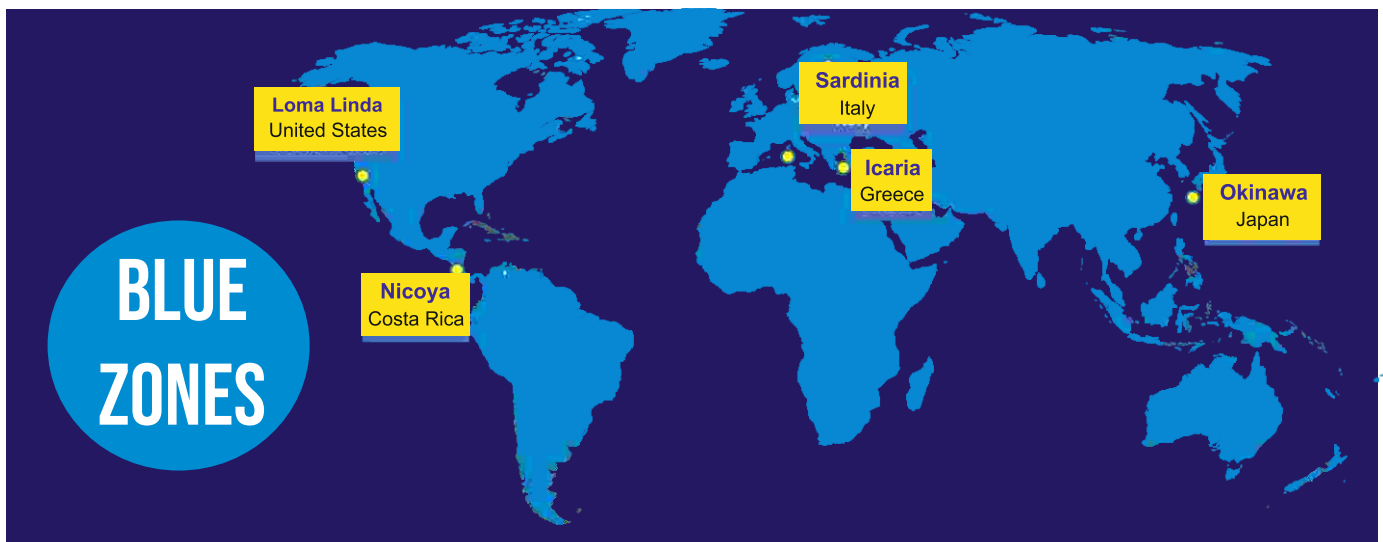


**100 years Life
Blue Zone Science**

FEONNAA VITAMIX

**The Formula Based on
Blue Zone Food Habits**

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Why do we get sick?

According to Ayurveda, all ailments, mental or physical, are caused by the imbalance of the doshas. Endogenous causes of the disease include internal variations of the doshas, and exogenous causes refer to injuries caused by factors from outside. As per Ayurveda every person is made up of five great elements. Each person is influenced by by certain elements more than others because of their natural constitution (Prakriti), which is categorized into three doshas:

- Vata Dosha - where the air and space elements dominate
- Pitta Dosha - where the fire element dominates
- Kapha Dosha - where the earth and water elements dominate

An imbalance in any of these doshas causes illnesses. The Vata dosha is the most important of the three doshas. This is because if Vata becomes imbalanced for long enough, it can also cause the other two doshas (Pitta or Kapha) to become imbalanced. The main cause of our illness is Vata dosha get aggravated and disturbed other dosha & create sickness.

Why VATA Dosha get imbalanced?

Foods can make wonder to our body, starting from providing right nourishment to protecting from any diseases. The root cause of all diseases, are wrong food choices & undigested waste material deposited within the digestive track & colon. According to Ayurveda, undigested food & waste material aggresses VATA (air). This aggravated vata when mixed with PITTA (Fire) & KAPHA (Water), create imbalance of elements within the body & this situation creates different types of medical diseases. Continuous deposition of waste & undigested food materials with in the body creates harm to the mucus membrane presence in blood vessel & other organs. These destroyed mucus membrane deposited as Ama and pass through blood within different organs like poison.

We are what we eat?

The food we eat literally becomes who we are, and influences our physical, mental and even emotional well-being. A poor diet has been proven as a cause of conditions such as hypertension, heart and blood vessels diseases, obesity, and diabetes. Nutritious food choices not only contribute to optimal brain health but can actually be a tool for supporting and even improving cognition.

Focus:

It starts with food choices. It is necessary to incorporate certain nutritious foods into their daily or weekly meals—foods that often are not even found on the shelves of convenience stores or on the menus of fast-food restaurants across the country. We should change our choices of foods and experiment with food recipes that contain plant based ingredients & “whole food”, would be one that is made of a single ingredient, raw, cooked, ground, or fermented, and not highly processed, nutrient-dense, fiber-rich whole foods.

Fresh Fruits:

Like apples, apricots, bananas, berries, dates, grapes, melons, lemons, mangoes, oranges, peaches and plums.



Fresh Vegetables:

are considered sattvic, like beats, carrots, celery, cucumbers, green leafy veggies and sweet potatoes.



Whole Grains:

Like rice, whole wheat, oatmeal and barley are sattvic in nature. Sometimes the grains are lightly roasted before cooking to remove some of their heavy quality.

Legumes:

Like split moong beans, split peas, organic tofu, bean sprouts, lentils and aduki beans are considered sattvic If well prepared. In general, the smaller the bean the easier to digest.

Vitamix :

Vitamix contain lots of soluble fibre, essential nutrients and health boosting Phytochemicals, Omega-3 fatty acid with help in restructuring of Dna and reform your gene expression with which you can delay aging aged base diseases, prevent cancer, improve cell behaviour prevent DNA Damage, protect you future generation & protect you child to born without any fatal or birth disorder.

Blue zone taught us, we can live even better and longer life without any serious health issues & doctor's frequent interference. However we can enjoy longer life only by maintaining healthy living style & taking superfoods ontime. Dr. Samir Kumar Dhara is a strong believer that "Food is our Medicine & Medicine is our Food. So his intensive research & extreme control over Indian Ayurveda & it's medicinal usage present VITAMIX that gives you longer & healthier life through

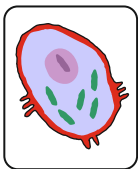
FEONNAA VITAMIX

D-Toxification



Helps in removing toxins from cell and improve functions of body organs by accelerating cellular detoxification.

Cellular Nourishment



Vitamix is a cellular foods made with high-quality bio-available plant nutrient to maximize the absorption and effectiveness of Nutrition in body.

DNA Protection



Vitamix contain lots of soluble fibre, essential nutrients and health boosting Phytochemicals, Omega-3 fatty acid with help in restructuring of DNA and reform your gene expression with which you can delay aging aged base diseases, prevent cancer, improve cell behaviour prevent DNA Damage, protect you future generation & protect you child to born without any fatal or birth disorder.

Hormonal Balance



Vitamix packed with several nutrient dense and Phytochemical rich super foods like protective antioxidants Flavonoid, vitamins and minerals etc. This plant based Ancient super food is amazingly beneficial for you to balance your hormones, manage stress, protect cell damage, improve sex life, improve fertility, protect from cellular damage expand life span.

Goodness in it ?

- ✓ Phytochemical
- ✓ Antioxidant
- ✓ 13 Essential Vitamins
- ✓ 21 Essential Minerals
- ✓ 9 Essential Amino Acids
- ✓ 1 serving of Vitamix provide 10000 ORAC units of daily recommendation.
- ✓ Soluble Fibre



Pure Green Super Matcha helps in Cleansing, Detoxifying, improve digestion, support healthy bones, Prevent Cancer cell etc.



Novel Silver White Vitamix balance hormonal Function, Support Nervous system, Promote healthy blood circulation, Hormonal balance, improve fertility, improve egg quality, increase sperm count, improve sexual life.








Vibrant Color Golden Latte promotes Healthy heart, support eyesight, protect & rejuvenate Skin, Deep sleep, Stress Relief, Reduce inflammation,

Super Matcha

Super Nutrient

WHAT MADE IT BETTER?

 Camellia sinensis	Boosts brain function. Prevent premature ageing
 Ceylon cinnamon	Protect from bacterial & fungal Infection
 Moringa oleifera	Anti depressant Clearer Skin
 Medicago sativa	Prevent Kidney Stone & Fight leukemia
 Plantago ovata	Increase Bone Density. Improve gut health

BENEFITS:

- ✓ Reduce cell damage.
- ✓ Prevent chronic disease.
- ✓ Help to clean Liver by reducing harmful enzyme Level.
- ✓ Improve Brain function & Attention power
- ✓ Boost memory & improve reaction time.
- ✓ Effective to lower the risk of skin, lung, Liver & prostate cancer.
- ✓ Reduce LDL Cholesterol Level.
- ✓ Decrease Heart diseases.
- ✓ Help to increase metabolism

INGREDIENTS :

Moringa Oleifera, Triticum Aestivum, Plantago Ovate, Withania Somnifera, Piper Nirum, Medicago Sativa, Ceylon Cinnamon, Camellia Sinensis.

WHO CAN TAKE THIS:

- Suffering from severe Indigestion.
- Frequent health breakdown
- Suffering from low libido & mood swing
- Experiencing frequent weight gain.
- Frequent viral & fungal infection
- Low immunity.
- Experiencing renal dysfunction.
- Suffering from Acne & Pimple .

HOW TO USE:



Take 1 heaped spoon of Vita mix powder








Mixed it with 1 cup warm normal water, then drink it in the early morning on empty stomach.



Super Nutrient Vitamix

Loaded with
antioxidants

WHAT MADE IT BETTER?

 Withania somnifera	Promote Mental Health, Improve stamina
 Chlorophytum Borivilianum	Increase sperm count, Improve female's fertility
 Asphaltum Punjabianum	Slow down aging Boost physical & mental performance
 Zingiber officinale	Provide relief from menstrual cramp Fight against infection
 Piper nigrum	Uplift Moods Improve Metabolism

BENEFITS:

- ✓ Reduce stress.
- ✓ Reduce nausea & boost energy.
- ✓ Increase muscle strength.
- ✓ Enhance immune system.
- ✓ Boost testosterone & improves fertility.
- ✓ Reduce inflammation & improve bone health.
- ✓ Regulate blood pressure & Blood Sugar level.
- ✓ Improve digestion & treat ulcer.
- ✓ Lower Cholesterol Improve heart health.

WHO CAN TAKE THIS:

- Suffering from low energy.
- Suffering from weak immune
- Suffering from low libido
- Feel fatigue all day long
- Feeling post – sport fatigue.
- Experiencing Inflammation & arthritic pain
- Suffering from disturbing sleeping pattern



Ingredients :

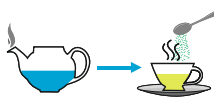
Chlorophytum Borivilianum,
Withania Somnifera,
Zingiber Officinale,
Asphaltum Punjabianum,
Piper Nigrum



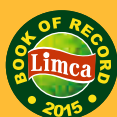
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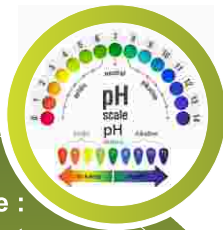
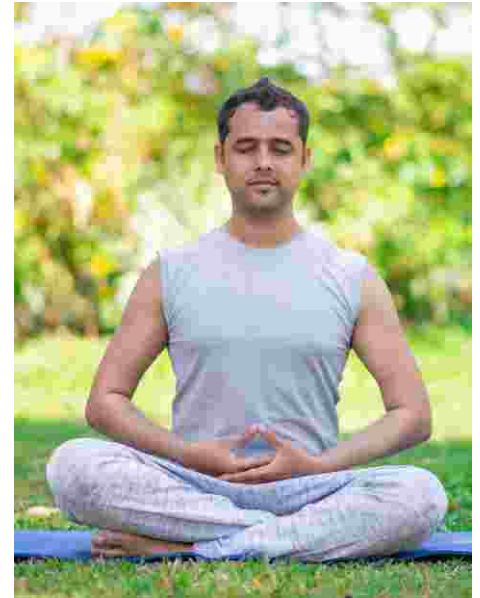


Mixed it with 1 cup
warm water or normal
water, then drink it in
the evening on empty
stomach.



FEONNAA VITAMIX

Human body is a nature made living organism. Our body is completely aligned with all natural events. So all Natural phenomenon has a significant connection & impact on our body, with it's chemical & hormonal changes happened time to time. In Ayurveda Shastra it is found that our body, different organs & systems also function differently during Sun rise, Sun set and even different time period. Some Organs & systems are more active during day time while others are more functional during night time. Considering this ancient & ever green theory Feonnaa has designed 3 different multi herbs composition and combined in single product for it's best use to give your body the ultimate dose of natural treatment. This unique formula can boost the activities & functionalities of human body, organs & systems to get the utmost benefits round the clock. So, Vitamix is not just a product it the secret for you LIFE TRANSFORMATION.



B - Balance :
Vitamix meets your nutritional need, increases energy, improves the way your body functions, strengthens your immunity system and prevents weight gain.

C - Cleansing :
Vitamix is the balance mix of those Indian herbs, that cleans out the damage cell, flushes out all toxins & free radicles, Stimulates liver to flush out toxin, improve circulation & functions of all organs.



A - Activation : Multiple natural high quality herbs leads to certain cell to become more mature cell. It also helps to stimulate regeneration of new & healthy cell.

**Cell Damage Through Oxidative Stress:
Vitamix as Defensive Barrier**



D - Defence :
Active agents available in Vitamix, helps to boost immunity, strengthen cell, increase WBC count, Slow down aging, reverse biological age of all organs & cells thus by this process it helps to create a defensive barrier around your body so that you can live a disease free long life.



FEONNAA VITAMIX

Feonnaa Vitamix

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Dr. Samir Kumar Dhara

Managing Director

Lamina Research Center Pvt. Ltd.

