

Gaja essence

- » NUTRITIONALLY BALANCED AND SMOOTH PORRIDGE MADE IN ACCORDANCE WITH TCM
- » HARMONIZING AND SUPPORT OF DIGESTION
- » SUPPORT OF THE SPLEEN-PANCREAS AND STOMACH
- » REPLENISHMENT OF ENERGY
- » PURELY NATURAL, WITHOUT ADDITIVES OR PRESERVATIVES





Gaja essence is a purely natural, harmonizing and biorhythm-supporting porridge made according to the principles of Traditional Chinese Medicine (TCM). It respects nutritional needs and key biorhythms of the body - at the right moment, it provides our body with thoughtfully prepared and well harmonized essential ingredients. All ingredients are carefully selected with emphasis on quality ingredients and processing methods that, maintain their purity and living essence. The porridge is free of chemicals, additives and preservatives. It does not contain gluten, animal milk or refined sugar.

GAJA ESSENCE

EFFECT AND USE

- » It is a maximally gentle and smooth porridge made for people with sensitive and weakened digestion. The synergic composition and effect of the individual TCM ingredients act as a preventive and therapeutic food in individuals with weaker chi of the spleen, pancreas and stomach. It is light on the digestive system.
- » It provides energetically balanced, nutritionally complex and easily digestible, pure and natural nourishment. The porridge is mildly warming and is a source of dietary fiber, protein, complex carbohydrates and fats. At certain times of the year, it is especially beneficial to particular body organs and their needs.
- » It strengthens and energizes the body, harmonizes digestion, supports circulation of chi and blood and moistens the intestines. It has anti-inflammatory and anti-stress properties.
- » It supports excretion of digestive juice in the stomach and aids the absorption of food and restoration of beneficial probiotics in the gut.
- » Easily available, it's a quick and nutritionally high-quality breakfast or snack for work, school, while traveling, on holiday, in birthing centers or hospitals.



COMPOSITION

GLUTEN-FREE OATS

Effect according to TCM:

- » supports the spleen, stomach, lungs and colon meridian
- » stimulates chi and moistens dryness

The oat flakes are prepared using the process of malting (steeping, germinating and subsequent drying) which is the healthiest and most digestible form for the human body. Thanks to this process, the unwanted antinutrients (compounds reducing the natural ability of the body to absorb elemental nutrients) are removed. They contain easily digestible, complex carbohydrates, a quite high percentage of protein and easily soluble fiber. Oats should be consumed all year round, but especially in autumn. Oats strengthen the body, help digestion, moisten the

intestines, act against constipation and bloating, normalize blood sugar levels, reduce sensitivity to insulin and prevent cardiovascular diseases. They contain group B vitamins and vitamin E, potassium, sodium, phosphorus, iron, manganese, magnesium, zinc, pantothenic and folic acids.

DRIED PEARS

Effect according to TCM:

- » slightly cooling, support spleen-pancreas, help clear liver
- » harmonize the mind

Pears have a positive effect on the digestive tract and contain vitamins A, C, B group including folic acid, sodium, potassium, zinc, calcium and iodine (support of thyroid gland). They are rich in fiber, supporting proper elimination and cleansing of the intestines by binding unwanted

substances which are then more easily eliminated from the body.

EGG PROTEIN

Effect according to TCM:

- » slightly cooler to neutral nature
- » clears heat and toxicity mainly in the upper portion of the body (neck and eyes)
- » supports yin and strengthens chi

Our egg protein comes from an ecological farm. This makes for a good quality protein that is tasteless, easily digestible and without additives. Eggs ensure the supply of all nine essential amino acids (which the body cannot make) and are therefore a complete source of protein. Egg protein contains a high amount of leucine that supports growth and regeneration of bone muscle and is suitable for regulation of blood sugar.



DRIED COCONUT MILK

Effect according to TCM:

- » neutral, expels coolness
 - » cool the heat in insufficient yin, supports yin
-

100% clean coconut milk without additives (no added sweeteners, starch or stabilizers). Processed from fresh and ripe coconuts by carefully drying it at very low temperatures. This process keeps the most beneficial substances inside the coconut milk. The natural form of fat from coconut milk is beneficial to our health and even though it contains medium-chain saturated fatty acids, these do not burden the gallbladder and therefore, a small amount of coconut fat in its natural state is suitable even for individuals with liver, gallbladder or fat absorption issues.

DRIED SUGAR CANE JUICE

- PANELA

Effect according to TCM:

- » warm nature
 - » supports chi
 - » relieves and harmonizes the mind
-

Purely natural, unrefined dried cane juice, free of industrial processing and additives. It is one of the most natural, gentle and healthiest forms of sweetening.

VANILLA BOURBON

Effect according to TCM:

- » mild warming up, calms and slightly stimulates digestion
-

Purely natural dried vanilla from Madagascar.

DRIED MISO

Effect according to TCM:

- » cooling nature

- » strengthens digestion, supports heart and overall balancing of the body
-

We use pure, real miso without soy - containing only rice and peas of the highest quality – made by a traditional method. It has a positive effect on the quality of blood and lymph and contains antioxidants. In China and Japan, miso paste has been a staple of their diet for almost 2500 years and modern research shows that daily consumption lowers cholesterol, alkalizes blood, disturbs some carcinogens and neutralizes the impact of polluted air and radioactivity. Miso harmonizes digestion, enhances excretion of stomach juices, is source of beneficial amino acids and live enzymes, lactobacilli, vitamins and minerals. It supports restoration of beneficial



probiotics in the intestine and helps with food absorption. It is a good plant-based source of group B vitamins.

DRIED NETTLE SEED

Effect according to TCM:

- » cooling nature, however, due to the drying process rather mildly cooling to neutral

Nettle seeds have a strongly stimulating effect and help with chronic fatigue and weakness. With its great ability to strengthen the immune system, it is known as the Czech “ginseng”. They support digestion (mainly liver and gallbladder), help with inflammation of the urinary tract, small intestine and colon, hyperglycemia, arthrosis and arthritis. They contain vitamins A, B, C, E, potassium, calcium, iron,

chlorophyll and carotenoids as well. They are suitable for all age groups (even pregnant women, breastfeeding moms, or individuals on anticoagulants).

DRIED LEMON

Effect according to TCM:

- » mildly drying and cooling effect, however, thanks to the manufacturing process (drying) it is mainly neutral
- » supports circulation of chi and blood
- » clears heat and moisture, eliminates mucus

Clean powder, without additives, made of the peel and pulp of ecologically grown lemons. It supports digestion by stimulating stomach juices and overall appetite. It contains vitamins A, B, C, D,

potassium, calcium and phosphorus. It improves absorption of iron. It also prevents inflammation and infections, and thanks to its laxative properties, it helps alleviate constipation.

UNREFINED SEA SALT

Effect according to TCM:

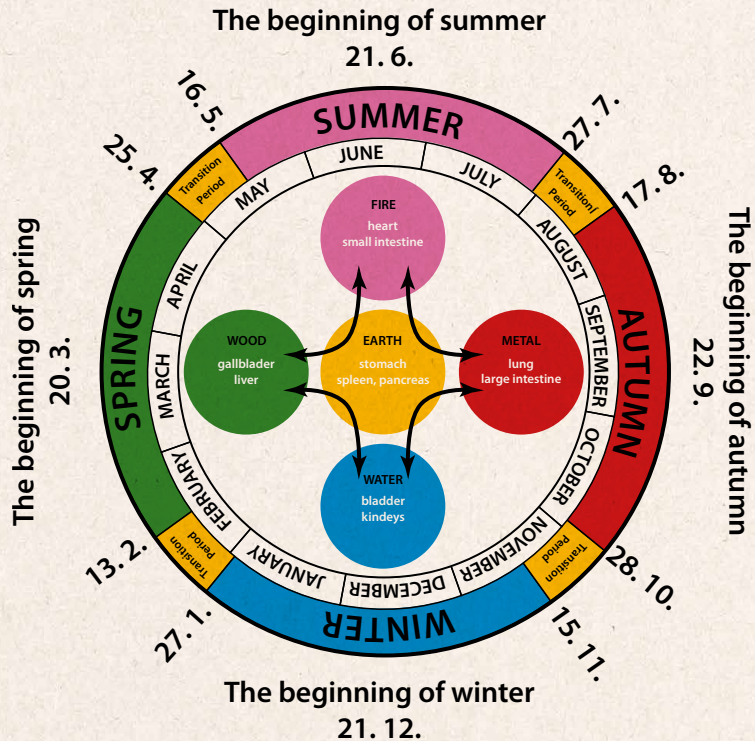
- » cool nature
- » in small amounts it tones the kidneys and support digestion

Unrefined sea salt is full of natural minerals, especially iodine which is insufficient in the soil around us.



The Gaja essence porridge is a part of two unique concepts: therapeutic nutrition based on the five elements of Traditional Chinese Medicine and Regeneration in the Energy Pentagram®. The porridge belongs to the element of Earth and the spleen-pancreas and stomach which it nourishes, strengthens and harmonizes.

According to the principles of TCM, it corresponds with the season of late summer which typically has colder mornings while the character of the weather is slowly changing to autumn. Particularly in those days, it is key to start eating a slightly warming or thermally neutral food (warm cereal porridge, soup - broth). The biggest emphasis should be put on the first food of the day. Unfortunately, in today's hurried time breakfast is the most underrated and neglected. The often recommended cold food (such as yogurt, milk etc.) gradually weakens our immune system and the overall chi.



TIME SCHEDULE OF SEASONS ACCORDING TO THE PRINCIPLES OF TRADITIONAL CHINESE MEDICINE

Apart from late summer (mid-August to late September), the element of Earth also belongs with the transitional seasons which occur always during the changing of the seasons and last for 18 days. During this time, chi returns to the

organs of spleen-pancreas and stomach and therefore it is specifically important during this time to support these organs. The Gaja essence porridge, is however, suitable for use all year round.



TIPS FOR YOU

To increase the nutritional value, you may customize the taste of the porridge by adding ingredients according to the current needs of your body.

» NUTS AND SEEDS

Good source of omega-3 unsaturated fatty acids.

» FRUIT

For the given season best lightly cooked or steamed.

» YOGURT/CURD CHEESE/SKYR

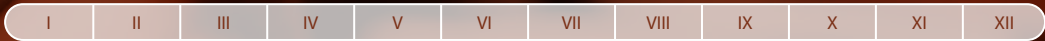
For increased demand in children or athletes. We recommend caution in individuals with weak digestion.

» CHOCOLATE

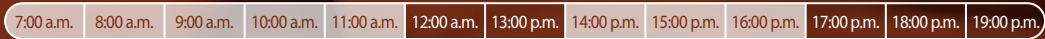
Improved attractiveness of the porridge mainly for children, with moderation and emphasis on quality (minimum 70 % cacao).




YEARLY SCHEDULE



DAILY SCHEDULE



 recommended season and time of use



EFFECT ACCORDING TO TCM

Gaja essence strengthens the chi of the spleen-pancreas and stomach. It contributes to the normalization of digestive processes and therefore strengthens the body as a whole. You get easily absorbed nutrients that are easily processed while maintaining the adequacy of the food.



PRODUCT SUITABILITY

Gaja Essence is suitable for all age groups, and especially for individuals with digestive issues, allergies and intolerances. It's ideal for busy managers, athletes, children, students, elderly or hospitalized people and those in birthing centres.



SPECIFICS OF USE ACCORDING TO TCM

The Gaja essence porridge is suitable for year-round use. If you would like to amplify its effects, you may consider the season belonging to the Earth element, which is late summer or the transitional periods during the year (see figure „Time schedule of seasons according to the principles of Traditional Chinese Medicine“). It is at this time that the porridge may significantly support the spleen-pancreas and stomach.



PREPARATION AND USE

Ideal as a nutritious breakfast and a morning start, it also serves well as a tasty snack during the day. Pour approximately 60 g of porridge in a bowl and add boiling water or plant milk (160-180 ml). Let it rest for 2-3 minutes under a lid. The thickness of the porridge may be adjusted to your preference by adding water.



CHARACTERISTICS OF ENERGY

The porridge has a slightly warming nature with a significantly strengthening effect. When consuming it we may achieve a positive energy balance despite the weakened spleen-pancreas burden caused by inappropriate food.



SUITABLE COMBINATIONS WITH ENERGY PRODUCTS

Gynex, Mycopan, Stimaral, QI drink