

WINNER



INDIA 5000
WOMEN
ACHIEVER
AWARDS
2021



परंपरा का स्वाद, सेहत के साथ

Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

Monthly Newsletter
Dec-2021

NutriMillets® for winter

Hemant and Shishir Ritu (Winter) Food



- Winter crops like jawar, bajra, maize and millet like ragi should be consumed
- Dairy foods like cow milk, butter, ghee and edible oils are recommended.
- Products of sugarcane like sugar, jaggery are good for use.

NutriMillets® products – Perfect blend of Ayurveda and modern nutrition

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PREFACE

Vidya Gunturkar - Joshi
Founder MTHF

Dear Readers, stakeholders, supporters, team MTHF and well wishers,
Welcome to the sixth MTHF newsletter.

Year 2021 is about to say good bye and year 2022 is on the door step. Year 2021 was full of challenges for everyone of us.

We felt the pain of losing the opportunities, faced a sorrow of loosing my father in law and a good friend cum advisor, struggled with the logistics and product availability across the counters. But with your support we could bounce back in the game and focusing on delivering products.

I also thank you for making our first corporate box a great success. We are launching product boxes for Physicians, Gynaecologist, Paediatrics and Fitness trainers. We are optimistic that we will get a good response for it as well.

Our new year resolution is to explore the export opportunities and enter the nearby markets and malls. We also expand in team size and product line. I will keep you posted on the developments

I thank you for your support and wish you all a very happy, prosperous and joyful new calendar year.

Please do write us to share the feedback on the newsletter on milltes.treats@gmail.com.

Best regards

Vidya Gunturkar - Joshi

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CORPORATE GIFT BOXES



We thank our esteemed buyers for this support!
It was possible only because of your support and belief in
our products.
Thank you for the opportunity!!





VOCAL FOR LOCAL AN AYURVEDA PERSPECTIVE PART 1



Ayurveda isn't only about the medicines and diets, it's a comprehensive view of leading a healthy lifestyle and considers the earthly and universal factors as well.

Just like the flora and fauna of any given geographical unit, human being is also a constituent of the ecosystem in that unit. In this regard, being subjected to the same climatic conditions, he also shares same existential struggles as the other species of flora and fauna.

In light of this fact, it's but natural that the food derived by man from such local resources has the highest degree of conformity with his own bodily tissues, in comparison to the food derived from the sources which are alien to his own habitat.

By eating local foods, one deepens its roots with the land, to the local laws of nature. In turn, it makes our immunity, digestion, ability to fight infection stronger and adds more variety to your diet.

Ayurveda strongly recommends consuming food and medicines, derived from locally grown crops, fruits or animals, in healthy and diseased states respectively.

Ayurveda has beautifully summarised this principle in the concept of **Deshasatmya**.

To be continued....

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COOKING WITH NUTRIMILLETS®

NUTRIMILLETS® VITAMILLS

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0% Gluten | Rich in Protein | High Fibers

200gm Health mix powder
Preparation time – 1 minutes

Ingredients

NutriMillets® Vitamills –

Made from Jowar, Bajra, Ragi flakes, honey.
Jaggery, Dates, Dry fruits, Milk and cocoa.

RECIPE

1. Take out hot / cold milk in a glass
2. Add 1 table spoon of Vitamills to it and stir well. No need to add sugar.
3. Once the Vitamills is completely dissolved then enjoy the tasty millet drink full of health benefits

VITAMILLS ADVANTAGES

- No Maltodextrins
- No sucrose / sugar
- Full of vitamins, fibers and proteins
- No additives





RITUCHARYA - WINTER



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Recommendations
from Ayurveda

Ritucharya





**Hemant
Ritu-Prewinter**
(Mid October to Mid December)

DO's:

- Preference for sweet, sour and salty diet is advisable.
- Consumption of milk products like ghee and curd should be more.
- Intake of honey and lukewarm water is advised.
- Heavy nutritious diet is recommended.
- Oil massage is advisable.

Don'ts:

- Bitter, astringent and pungent foods to be avoided.
- Fasting is not advisable.
- Use of cold water during this season is not recommended.

Recommendations
from Ayurveda

Ritucharya





**Shishir
Ritu-Winter**
(Mid December to Mid February)

DO's:

- Preference for sweet, sour and salty food should be more.
- Consumption of milk products like ghee and curd should be more.
- Intake of honey and lukewarm water is advised.
- Nutritious diet is recommended.
- Oil massage is advisable.
- Protection against cold is important.

Don'ts:

- Bitter, astringent and pungent foods to be avoided.
- Fasting is not advisable.
- Use of cold water during this season is not recommended.

* images courtesy google

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THANK YOU!!

Let's make it together!!



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<https://nutrimillets.business.site>