



Monthly Newsletter Oct- 2023

Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

"When diet is wrong, medicine is
of no use. When diet is correct,
medicine is of no
need."



~ Ancient Ayurvedic Proverb

In simple terms, Ayurveda suggests that having good health depends a lot on how well you digest your food. And the key to good digestion is eating a balanced and healthy diet every day.

So, paying attention to what you eat is a really important thing you can do for your overall health.



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PREFACE



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Vidya Gunturkar - Joshi **Founder NMFPL**

Dear Readers, stakeholders, supporters, team MTHF and well wishers, Welcome to the 25th NMFPL newsletter.

Medicinal and aromatic plants, also known as herbal drugs, are plant-based raw materials used for therapeutic, aromatic, and culinary purposes. They play a crucial role in the production of cosmetics, medicinal products, health foods, and various natural health items. The growing demand for herbal healthcare formulations, cosmetic products, and nutritional supplements has led to increased industrial interest in medicinal plants. These plants find applications not only in traditional medicine but also in the nutrition and cosmetics industries. They serve as the foundation for a wide array of products, including herbal remedies, dietary supplements, and cosmetic formulations. In essence, medicinal and aromatic plants have been valued since ancient times, evolving from traditional uses to becoming essential components in various industries.

As part of Nutrimillets' commitment to offering herbal and natural products tailored to the preferences of millennials and Gen X, we are actively working to integrate aromatic and nutritional plants with millets. I will keep you posted on this.

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

Best regards

Vidya Gunturkar - Joshi

HERBAL PRODUCT DEVELOPMENT



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ICAR-DMAPR in Anand, Gujarat.

Mrs. Vidya Joshi, the Founder of Nutrimillets, participated in a three-day hands-on entrepreneurial training program on "Innovative Herbal Food: Bakery and Confectionary Foods using Medicinal and Aromatic Plants" at ICAR-DMAPR in Anand, Gujarat.



In this program, she gained deeper insights into the health benefits of different medicinal plants and their applications in creating bakery and confectionery products.

This training serves as a foundation for Nutrimillets as we gear up to introduce functional foods or nutraceuticals in the upcoming months.

HERBAL PRODUCT DEVELOPMENT

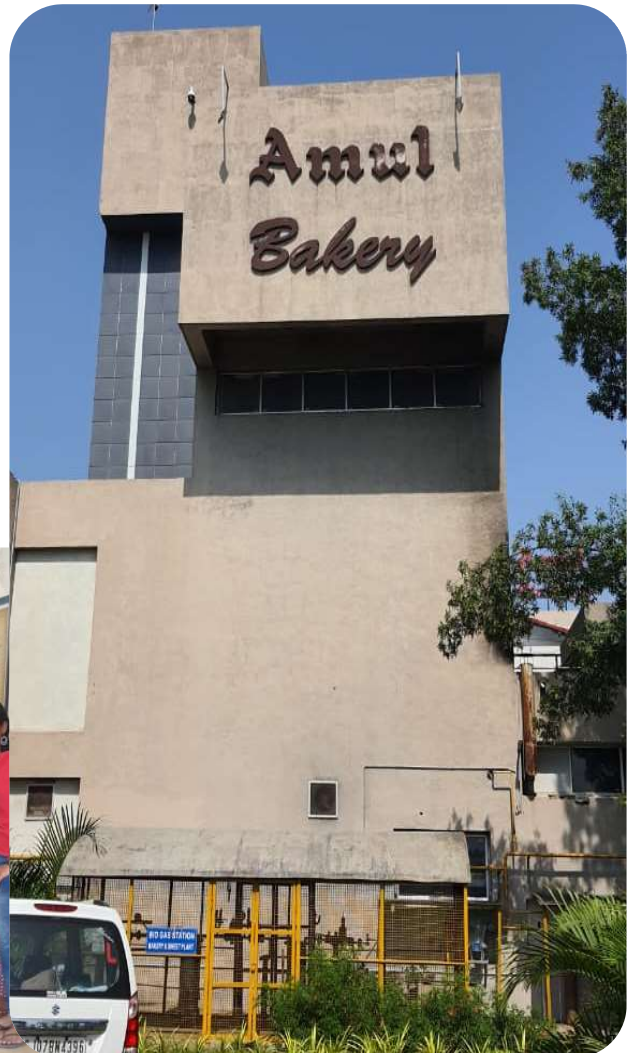


परंपरा का स्वाद, सेहत के साथ

ICAR-DMAPR in Anand, Gujarat.

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Healing Herbs and Spices

Medicine Cabinet in Your Kitchen



OREGANO

Helps soothe stomach muscles



THYME

Relaxes respiratory muscles



MINT

Can ease hiccups



TURMERIC

Anti-cancer



GINGER

Anti-nausea remedy



BASIL

Can relieve gas and soothe stomach upsets



GARLIC

Natural antiseptic



BLACK PEPPER

Helps relieve indigestion



FENUGREEK

Helps flush out harmful toxins



CAYENNE

Can stop a heart attack



FENNEL

Can reduce bad breath and body odor



CINNAMON

Helps lower blood pressure



CLOVE

Anti-microbial



DILL

Treat heartburn, colic, and gas



SAGE

Antiseptic and antibiotic



ROSEMARY

Anti-oxidant



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THANK YOU!!

Let's make it together!!



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