

順食  
HOMEODIET

HOMEODIET KITCHEN

顺食厨房





## ACCORDING TO WHO

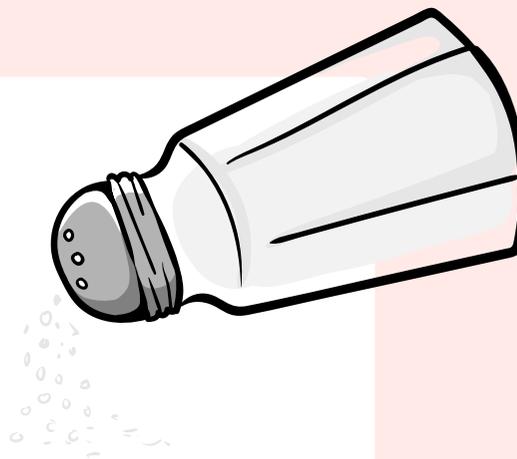
- Worldwide, an estimated 1.28 billion adults aged 30-79 years have hypertension.
- There are more than 460 million people with diabetes worldwide.
- More than 1 billion people worldwide suffers from obesity, including 650 million adults, 340 million adolescents and 39 million children.



## THE PHARMACEUTICAL AND HEALTH CARE INDUSTRIES ARE BECOMING MORE AND MORE DEVELOPED...

Over the past 20 years, although the pharmaceutical and healthcare industries have become increasingly developed, diseases have become more common and younger. It is clear that human efforts to slow down disease have not been very effective.





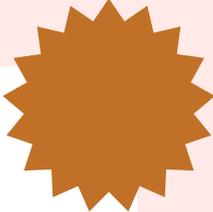
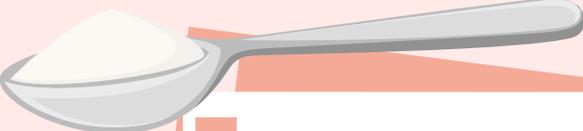
## KITCHEN = FOOD'S FACTORY

You are what you eat.

90% of diseases such as high blood pressure, diabetes and obesity stems from improper diet. Solving the health of all mankind must start with food, and food problems all start in the kitchen.

Solving kitchen problems is the most fundamental solution to slowing down disease.





# SALT, SUGAR AND OIL: THE THREE EVILS IN THE KITCHEN

In today's society, almost all food's are processed in the kitchen. Using the wrong salt, sugar and oil to process food will cause food to spoil and endanger human health.

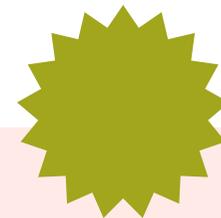
The society currently advocates a diet low in salt, sugar and oil, but this cannot completely solve the problem fundamentally.



# HOMEODIET KITCHEN

## REPLACE YOUR SALT, SUGAR AND OIL

Homeodiet Kitchen advocates that every household should replace their salt, sugar and oil in their kitchen, turning the kitchen into a healthy food factory, so that the food becomes healthier after being processed in the kitchen.



## TRANSFORMING THE 3 EVILS INTO 3 GOODS

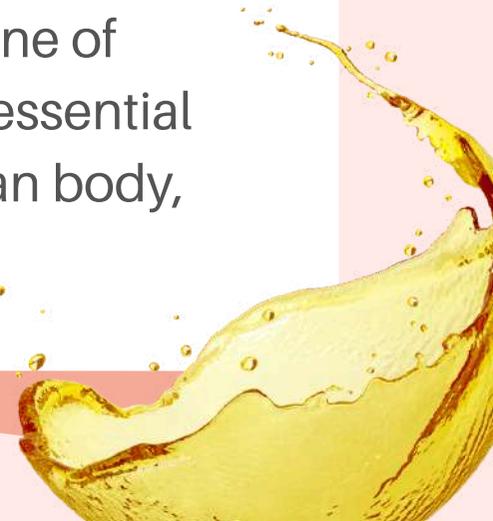
- ✓ Amethyst Bamboo Salt
- ✓ Orii Sweetener
- ✓ Extra Virgin Coconut Oil





# OIL FAT IS A NUTRIENT

Yes, fat is one of the important nutrients for the body. If you pay attention to nutrition and health, you should know that the food we eat every day is divided into six categories, and fat is one of them; in addition, among the essential nutrients needed by the human body, two are essential fatty acids.



# THE FOUR FUNCTIONS OF FAT



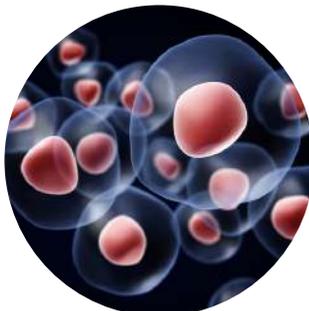
## PROVIDES HIGH CALORIES

Fat is the best energy reserve for our body. Each gram of carbohydrates and proteins can only provide 4 calories, but each gram of fat can provide 9 calories.



## ESSENTIAL FATTY ACIDS

Oils can provide the essential fatty acids needed by the body: linoleic acid and  $\alpha$ -linolenic acid, and can promote the absorption of fat-soluble vitamins A, D, E, and K.



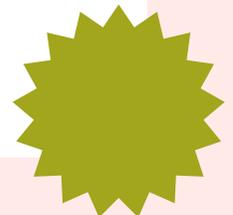
## COMPOSITION OF CELLS

Lipids are an important component of cell membranes. Lipids on cell membranes determine the hardness and fluidity of cell membranes, which in turn affects the flow of substances in and out of cells.



## OTHER

Oil can lubricate the intestines and aid defecation; proper fat can also protect the internal organs and reduce the loss of body heat in winter.



# THE PROBLEM ISN'T OIL; IT'S USING THE WRONG KIND.

## REFINED OIL/CHEMICAL OIL

Refined vegetable oils are oils produced on an industrial scale, including corn oil, soybean oil, rapeseed oil and various blended oils, and can be classified as "chemical oils". There is nothing wrong with the oils in these plants. It is just that during the production and extraction process, they have lost most of their nutrients through high temperature and pressure, and the addition of chemical agents such as deacidification, deodorization, and decolorization.



COOKING OIL



BUTTER



MAYONNAISE



CREAMER



# THE PROBLEM ISN'T OIL; IT'S USING THE WRONG KIND.

## TRANS FATS

Since the structure of processed vegetable oil is very unstable, it needs to be "hydrogenated" to increase its stability. "Hydrogenated oil" is trans fat, which has been proven to be harmful to human health and has been banned by many governments.



COOKING OIL



CANNED FOOD



PROCESSED FOODS



BAKING



# FAT

## THE DANGERS OF TRANS FATS



**CARDIOVASCULAR  
DISEASE**



**OBESITY**



**AFFECTS PREGNANCY**



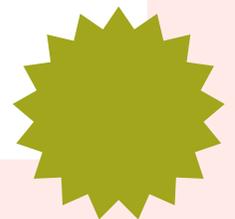
**DIABETES**



**BRAIN DAMAGE**



**CARCINOGENIC**

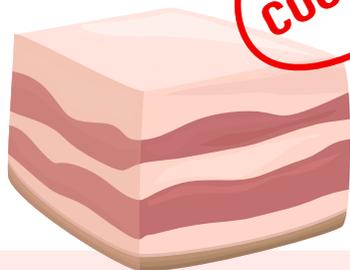


AS LONG AS YOU DON'T USE IT THE WRONG WAY,  
ALL NATURAL OILS ARE "GOOD OILS"

## SATURATED FAT

Usually animal oil

- Stable structure, high temperature resistance



## UNSATURATED FATS

Usually vegetable oil

- The structure is unstable and not resistant to high temperature





# EXTRA VIRGIN COCONUT OIL

## PLANT-BASED SATURATED FATS

- Suitable for vegetarians.
- High temperature resistant, suitable for cooking.





# EXTRA VIRGIN COCONUT OIL

## MCT MEDIUM CHAIN FATTY ACIDS

- Easier for the body to break down, absorb and utilize.
- Not easily accumulated in the body.
- People with unhealthy liver and gallbladder must absorb fats through medium-chain fatty acids.





# EXTRA VIRGIN COCONUT OIL

## PROMOTE BOWEL MOVEMENTS

- The medium-chain fatty acids in coconut oil can promote metabolism, stimulate intestinal peristalsis, and help relieve constipation and indigestion.

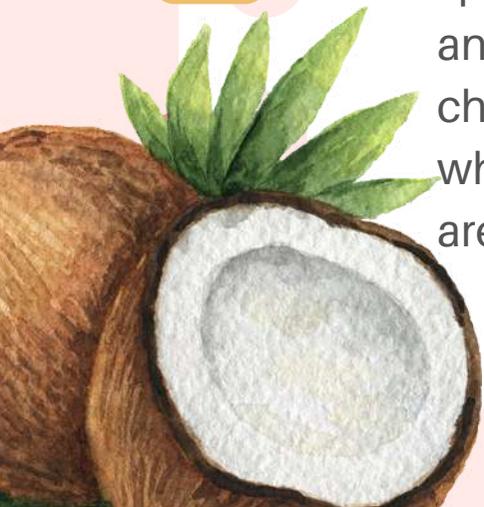




# EXTRA VIRGIN COCONUT OIL

## ANTIBACTERIAL FUNCTION

- Coconut oil contains lauric acid, which has antibacterial and antiviral properties, reduces the risk of heart disease, prevents food spoilage, promotes skin health, and prevents acne. It is suitable for children, the elderly, and those who are weak, lack resistance, and are susceptible to infection.

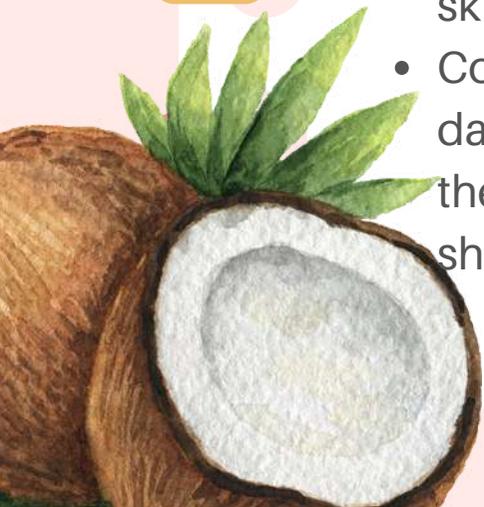




# EXTRA VIRGIN COCONUT OIL

**CAN BE USED EXTERNALLY  
OR INTERNALLY**

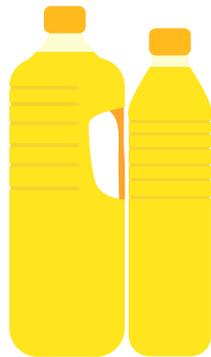
- Used to rinse mouth and absorb oral bacteria and dirt.
- Coconut oil has moisturizing properties and can be used for skin care.
- Coconut oil can help repair damaged hair. Apply coconut oil to the ends of your hair before shampooing.



## HOW TO CHOOSE A GOOD COCONUT OIL?

### REGULAR COCONUT OIL

- RBD Refined Coconut Oil
- Purity 85-95%

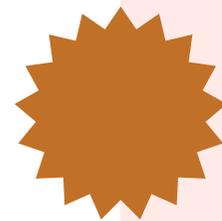


### EXTRA VIRGIN COCONUT OIL

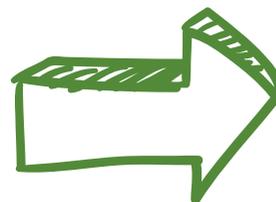
- Extra Virgin Coconut Oil
- Purity 99.9%



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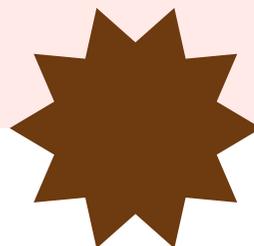


# HEALTHY OIL, HEALTHY LIFE





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**顺食厨房**

