

順食
HOMEODIET

HOMEODIET KITCHEN

顺食厨房





ACCORDING TO WHO

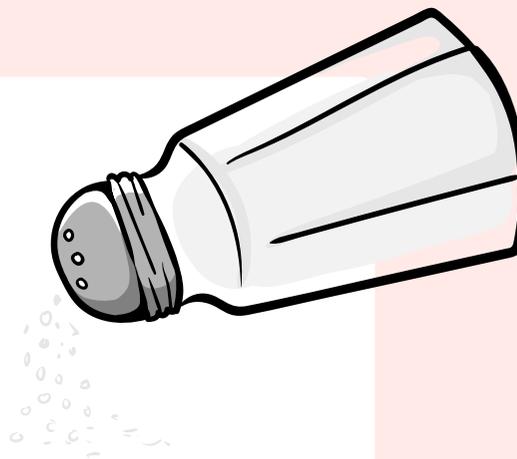
- Worldwide, an estimated 1.28 billion adults aged 30-79 years have hypertension.
- There are more than 460 million people with diabetes worldwide.
- More than 1 billion people worldwide suffers from obesity, including 650 million adults, 340 million adolescents and 39 million children.



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.

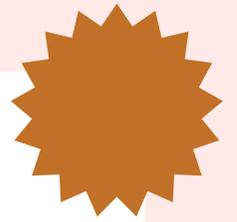
Solving kitchen problems is the most fundamental solution to slowing down disease.



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.

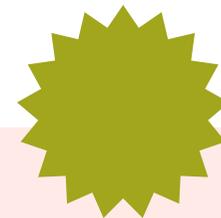
The society currently advocates a diet low in salt, sugar and oil, but this cannot completely solve the problem fundamentally.



HOMEODIET KITCHEN

REPLACE YOUR SALT, SUGAR AND OIL

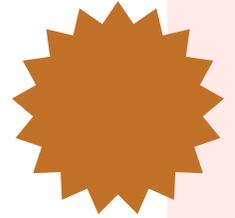
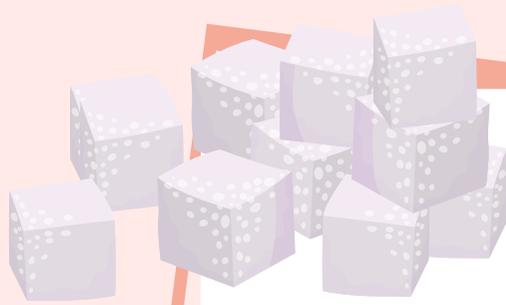
Homeodiet Kitchen advocates that every household should replace their salt, sugar and oil in their kitchen, turning the kitchen into a healthy food factory, so that the food becomes healthier after being processed in the kitchen.



TRANSFORMING THE 3 EVILS INTO 3 GOODS

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





WHERE DOES SUGAR COME FROM?

Sugar occurs naturally in fruits, vegetables, grains, and dairy products. When you eat these foods, you are consuming sugar. It is okay to consume these natural sugars because sugar is a type of carbohydrate that the body uses for energy.

These plant foods also contain high amounts of fiber, essential minerals and antioxidants, while dairy products provide protein and calcium. These foods digest slowly, and the sugars in them provide a steady supply of energy to our cells.



THE PROBLEM ISN'T SUGAR; IT'S CHOOSING THE WRONG KIND.

ADDED SUGAR

In today's society, we eat sugar not only to provide energy for the body, but also to satisfy our taste buds. Therefore, sugar is added to many foods, including bread, cereals, beverages, and other dishes. This makes it easy for us to consume too much sugar, and the harm caused by excessive sugar intake is unimaginable.



WHITE SUGAR



BROWN SUGAR



COCONUT SUGAR



ROCK SUGAR



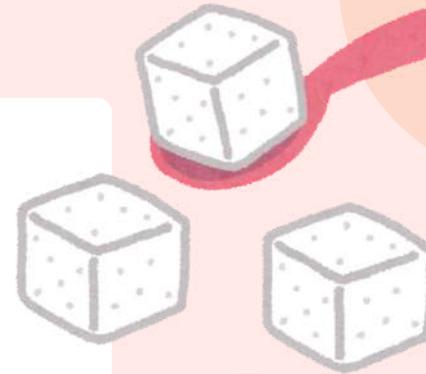
EFFECTS OF TOO MUCH SUGAR

Raises triglyceride levels, blood sugar (diabetes), and blood pressure (hypertension), increasing the risk of chronic diseases such as heart disease and diabetes.



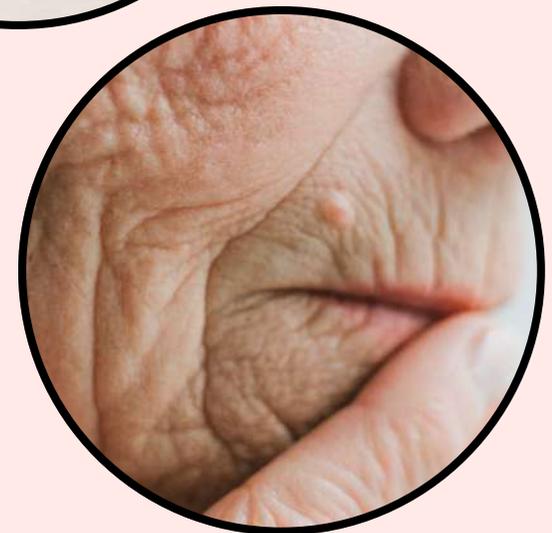
EFFECTS OF TOO MUCH SUGAR

- Leads to weight gain and obesity.
- Increased resistance to insulin.
- Increased chronic inflammation in the body.
- When combined with obesity and insulin resistance, your risk of cancer increases.



EFFECTS OF TOO MUCH SUGAR

Accelerates the aging process. When sugar reacts with proteins in your body, it forms compounds called advanced glycation end products (AGEs). This can damage collagen and elastin.



ORII SWEETENER

奧麗糖

1:1 REPLACE
WHITE SUGAR

Orii Sweetener is the best alternative on the market. Used in cooking or baking, it delivers a flavor that is 99.99% close to that of white sugar.



PURE NATURAL PLANT FORMULA

MONK FRUIT EXTRACT + ERYTHRITOL

Lowers
blood
sugar

Anti-
aging

Lowering
blood
lipids

Rids
"Heatyness"
Moisten
Lungs

Cough
relief and
phlegm
reduction



PURE NATURAL PLANT FORMULA

MONK FRUIT EXTRACT + ERYTHRITOL

- Erythritol is a natural active substance that is widely present in nature. It is found in fungi such as seaweed and mushrooms, and fruits such as melons and grapes.



順食
HOMEODIET



Zero Carbs



Zero Sugar



Zero Calorie



Zero Glycemic



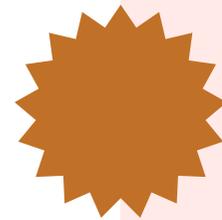
Zero Coloring



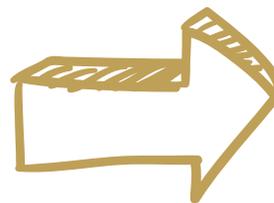
Zero Chemicals



順食
HOMEODIET



HEALTHY SUGAR, HEALTHY LIFE





順食
HOMEODIET



HOMEODIET KITCHEN

順食廚房

