



STAY HEALTHY  BE NATURAL

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INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

## Mustard Seeds

Mustard plant possesses helpful constituents with various edible parts. The seeds are excellent source of minerals such as magnesium, calcium, potassium and phosphorus. It is a great source of dietary folate and Vitamin A. Mustard leaves or greens are a great source of essential minerals such as calcium, potassium and phosphorus. It is a great source of dietary fiber and magnesium. The adequate amount of vitamin content provided by mustard greens that includes ample amounts of Vitamin K, Vitamin A, Vitamin C and folate.

The seeds of Mustard plant possess ample amounts of nutrients that counteract cancers such as colon, bladder and intestinal cancer. Mustard circulates to form isothiocyanates with aid of enzymes found in mustard. The research found about anti-cancer formula of these substances which is found in seeds that deter cancer cells development and monitor towards forming any cancerous cells. It has ample amounts of healthy phytonutrients called glucosinolates that is effective against cancers. Studies have shown anti-cancer effects of these components that inhibits growth of cancer cells and guards against its formation. Seeds have chemopreventive properties that help to restore levels of glutathione and stimulate induction of apoptosis without affecting normal healthy cells.

Mustard seeds are effective for psoriasis and critical inflammatory autoimmune diseases. The conclusion proved its usefulness for treatment of inflammation and wounds associated with psoriasis. On the basis of research the medication with seeds promotes movement of healthy enzymes such as glutathione peroxidase, super-oxide dismutase and catalase which promotes defensive and treatment action in any illness.

Mustard seeds are helpful for therapeutic healing in contact dermatitis. The studies concludes that utilization of its seeds supports in treating the effects associated to contact dermatitides such as treating tissues and subdual swelling in ear.

Mustard oil is healthy when it comes to use cooking oil. The research have shown the outcome on patients with heart attack with greater results with outcome of lowering the chances of cardiac arrest, lowering in ventricular enlargement and chest pain associated to the diseases.

Mustard seeds have soothing effects in treatment for cold and flu problems. It acts as decongestant that supports in emptying mucus through air passages. Its seeds are considered as warm meal and are valued for its treatment in calming fatigues caused from illness. The mustard seeds are consumed for healing sinus affected problems such as mixing of grind mustard seeds for treatment in emptying the jammed existed in respiratory organs and using it as a mouthwash with drink made of mustard seeds help to soothe sore throat. This plant has warming properties which absorb largely inside tissues and emptying excess mucus storage. These warming properties are associated with hot sensations that might trigger when exposed to tissues that are not concealed in mucus.

The plaster made from mustard seeds supports in treating pains. Mustard contains blooming properties and when applied as plaster, it provides pain relief effects in paralysis of limbs, other muscle problems and rheumatism. Moreover, mustard plaster provides hot sensations and produce painful blistering if spread on naked skin. In order to prevent this, one should use some thin wrapper between skin and plaster.



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Mustard seeds contain preventative properties that help to repel symptoms of toxic on human body. The seeds concoction aids in emptying body mainly in toxin produced by drugs abuse and excess consumption of alcohol.

Mustard seeds have anti-bacterial properties that are helpful for treating laceration which is produced by ringworm. The treatment of paste on skin made of mustard seeds on hygienic skin cleaned with hot water supports healing the effects associated with ringworms

.Mustard plant possesses warm qualities that assist patients languishing from broken nerve. It triggers treatment process by activating nerve and has refreshing outcome towards nerves.

Research has shown those medications of mustard oil supports to lower level of proteins and other glucose.

It assists to lower peroxide activity and triggers healthy metabolism. Leaves of mustard are helpful for diabetic patients. Research shows antioxidant properties of mustard plant which supports to normalize the symptoms of oxygen free molecules and protects from the effects caused due to oxidative pressure in diabetes.

Mustard seeds are beneficial for women during menopausal period. Magnesium with calcium helps to promote bone health and prevent bone damage associated with menopause. It supports to lower magnesium percentage in [bones](#) and insufficiency of magnesium and also aids in lowering the risk of osteoporosis in old women.

### Skin Benefits Of Mustard Seeds

Mustard seeds really are a natural scrub. You can include it either to [lavender](#) or even rose essential oil.

Make use of this mix to scrub the face as well as scrub dead skin.

Mustard seeds, combined with [aloe vera](#) gel, can behave as an excellent mixture to hydrate the skin. It eliminates all impurities through the face as well as feeds it from inside.

Mustard seeds result in a great resource of carotene as well as lutein. Additionally it is an excellent power houses of vitamin A, C and K. Together these types of nutrients allow for a great antioxidant.

These seeds include a fair amount of sulphur that is recognized for its anti-fungal qualities. They assist defend against skin ailment.

### Hair benefits of mustard seeds

Mustard oil, obtained from mustard seeds, is a great source of Vitamin A. Vitamin A is a superb nutrient for hair growth. Additionally it is an excellent stimulant which results in faster hair growth. Mustard seeds include protein, calcium, vitamin A and E, omega-3 and omega-6 fatty acids. Many of these together reinforce the hair from within. Strengthened hair signifies lesser hair fall too. Mustard seeds include fatty acids. They are recognized to condition the hair from deep within. Additionally, it provides hair an excellent shine as well as bounce.