



LUXURY OF FREEDOM

Benefits of Sea Blackthorn



The Sea Buckthorn is becoming increasingly popular for its impressive range of healing properties! Sea-Buckthorn is a thorny shrub that grows near rivers and in sandy soil along the Atlantic coasts of Europe and throughout Asia, where it has been used for centuries in traditional medical applications. The leaves, flowers, fruits and oils from the seeds are all used for remedies.

Lowers blood pressure

In natural medicine, there are many uses and indications for the Sea Buckthorn. Leaves and flowers are utilized for arthritis, GI ulcers, gout and skin rashes and irritations. Tea made from the leaves contains vitamins and minerals, antioxidants, amino acids, and fatty acids. The tea is typically used for lowering blood pressure and serum cholesterol, prevention and treatment of diseases of the blood vessel, and for increasing immunity.

Cardiovascular benefits

Buckthorn is a supplemental source of vitamins C, A, and E, beta-carotene, minerals, amino acids, and fatty acids. One recent study suggests that Sea Buckthorn seed oil may be effective for assisting in weight loss. Chinese researchers have completed a study suggesting that Sea Buckthorn oil extract can lower cholesterol, reduce angina and improve heart function in patients with cardiac disease. Research on Sea Buckthorn as it relates to weight loss, cardiac disease and cholesterol levels are ongoing and appear to be promising based on initial results.



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Smoothes skin and improves sight

Sea buckthorn berries are used for preventing skin infections, improving sight, and slowing the aging process. The tea is commonly applied to sunburns to reduce swelling and irritation while promoting healing.

Source: www.herbwisdom.com

BIG BERRY Recipe

Sea buckthorn Curd with Raspberries



Ingredients

½ cup Sea buckthorn purée
3 eggs
½ cup sugar
10 tablespoons butter

Preparation

1. Bring the purée, sugar and egg to the boil during constant whisking.
2. Pour in a blender and blend with the butter and chill.
3. Serve in a mini tartelette pastry and top with fresh raspberries.

