Bull Driven Ghana natural cooking oils

· Use the oil which is region specific.

· Grow the seeds region specific and get the oil extracted by yourself.

· Shelf-life of oil is maximum – 6 months.

· For below the age of 25, Oils (Bulls Driven Wood Ghana Oils) can be used in good quantities. After the age of 25 slowly reduce the Oil consumption and at 60-70 age, use the Oil only where necessary.

- Brain, Liver, Pancreas etc organs are made of Fat in our bodies. So, refurbishing we need to supply constantly naturally produced unadulterated Oils.

· Do not buy any oil that comes in plastic containers and pouches. It contains plastic Nano particles which are dangerous for human health.

· “Fat free- Cholesterol free” such advertisements are only misleading.

· Machine driven and pressed oils generate many dangerous substances that endanger our health.

· Many oil companies in the name of refined Oils are adulterating the edible oils with Mineral Oils that are produced in the Petroleum Industries.

· These companies systematically dismantled local “Ghana oil culture” and village economics in 1980's by saying the locally produced ground nut oil has Aflotoxins, Coconut Oil has Cholesterol , etc…, which are lies to say the least.

**Groundnut Oil**

It is an Anti-viral, Anti-Inflammatory, Anti-bacterial, Anti-carcinogenic.

· It is a natural source of phytochemicals, antioxidants that protect our body from damages caused due to toxins & free radicals.

· Contains extremely high % of Resveratrol -an anti-ageing factor and good for heart diseases.

· If we take three spoons on empty stomach everyday morning, It helps in

- curing Parkinson & Thyroid

- reducing Cholesterol.

- curing Nerve disorders

- curing Paralysis & Alzheimer's

**Coconut Oil**

  · It is rich in lauric acid. It is an Anti-bacterial, Anti-fungal, Anti-bacterial, Anti-viral & Anti parasitic.

· If we take three spoons on empty stomach everyday morning, It helps in

- stimulating the thyroid function

- curing Parkinson & Nerve disorders

- curing Fits and convulsions

- reducing Cholesterol

- curing Paralysis and Alzheimer's

- strengthens the immune system.

- curing Fybroid and liver related issues

- improving sensitive perceptions of children.

· it’s anti-fungal and anti-viral properties helps in curing skin ulcers.

Used in deep fries

### Sesame Oil

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Sesame oil is rich in Vitamin E.

· If we take three spoons on empty stomach everyday morning, It helps in

- curing Fits and Convulsions.

- clearing Liver issues

- curing Paralysis & Alzheimer's

- improving sensitive perceptions of children and hormone imbalances

- curing PCOD and Thyroid,

- curing Fybroid and HIV infections

· its antibacterial, antiviral & anti-inflammatory properties provide protective, nourishing & detoxifying effects on stressed & damaged skin

### Niger seed Oil

· It is a good source of Linoleic, niacin, oleic acid, proteins, and fibers.

· If we take three spoon on empty stomach every day morning, It helps in

- Improving sensitive perceptions of children.

- curing Rheumatism, PCOD, Nerve disorders and Paralysis.

- curing attention deficiency disorder

- curing hormone imbalances.

- curing Alzaimer’s and Parkinson’s,

- curing Fybroid and HIV infections

· helps in curing skin diseases, burns, irritations when applied on skin.

Used as alternate to Ghee

### Castor Oil

· Extracted from crushed castor seeds and boiled at high temperature.

· - it is an antiviral, antibacterial, and has antifungal properties

- it helps in scalp infections & strengthens immune system.

- Prevents the growth of viruses, bacteria, yeasts and molds.

- It helps in cleaning the stomach

### Safflower Oil

· It is a rich source of unsaturated fatty acids.

· If we take three spoons on empty stomach everyday morning, It helps in

- stimulating thyroid function

- reducing Cholesterol and blood sugar

- curing Nerves and mental disorders

- curing Paralysis and Alzheimer's

- curing Parkinson and Paralysis

- curing pancreas related problems

- curing traumatic injuries and breathing problems

- curing Fybroid and PCOD

- curing hormone disorders

- curing skin ulcers

Used in Deep fries

### Flax seed Oil

· It is a rich source of unsaturated fatty acids.

· If we take three spoons on empty stomach everyday morning, It helps in

- Lowers LDL (bad) Cholestrol levels

- Natural remedy for digestive issues

- Supports detoxification and cleansing of the body

- Supportss memory focus and mental clarity

### Mustard Oil

- Beneficial for alleviating joint pain and arthritis symptoms

- Natural Aiding in digestion and boosting immunity.

- Pregnant women and individuals with heart conditions should consult healthcare professionals before incorporating mustard oil into their diet.

- it’s antibacterial properties make it a popular choice for preserving pickles and chutneys

- it's revered for its role in traditional fish preparations

### Neem Oil

- using Ayurvedic medicine for centuries

- anti-inflammatory, antimicrobial, and insecticidal properties

- used in oral care products such as toothpaste and mouthwash (follow proper dilution instructions and consult with a healthcare professional)

- can be applied topically on the skin and hair (Always perform a patch test before using neem oil).

- potent treatment for various skin conditions

- It is a safe and non-toxic alternative to chemical insecticides

- Neem oil has agricultural applications as a natural pesticide and fertilizer

**Mahua Oil's**

- it promotes cardiovascular health,

- boosts immunity

- rejuvenates skin and hair.

- Rich in antioxidants, essential fatty acids, and vitamins.

**Sunflower Oil**

Reducing the risk of heart disease and stroke when consumed as part of a balanced diet.

reducing signs of aging

good source of vitamin E

**Almond oil**

**Rich in vitamins A, D, E and B.**

**Minerals like magnesium and calcium**

**Elixir for Skin and Hair**

**Lower LDL (bad) cholesterol levels and reduce the risk of heart disease**

**Salad dressings**

**Substitute almond oil for butter**