

Kaldpresset pinjekjerneolje fra Sibir



CEDAR NUTS NUTRITION CHART

Nutrient Analysis Source: Custom

1 Yield: (28.000 gram(s))

No. Ingredients: 1

Category: Basic Food

Manufacturer: (None)

Nutrient Goal Template: DAILY VALUES/RDI -
ADULT/CHILD

Percentage of Kcals

Protein 10.0%

Carbohydrate 6.2%

Fat, total 83.8%

Alcohol 0.0%

Table prepared by First DataBank Nutritionist Pro™

Nutrient	Value	Unit	Goal*	% *
Weight	28.000	g		
Kilocalories	186.760	kcal	2000.000	9 %
Protein	1.904	g	50.000	4 %
Carbohydrate	1.176	g	300.000	0 %
Fat, Total	7.056	g	65.000	11 %
Alcohol	0.000	g		
Cholesterol	0.000	mg	300.000	0 %
Saturated Fat	2.626	g	20.000	13 %
Monounsaturated Fat	6.424	g		
Polyunsaturated Fat	7.187	g		
MFA 18:1, Oleic	6.028	g		
PFA 18:2, Linoleic	6.967	g		
PFA 18:3, Linolenic	0.220	g		
PFA 20:5, EPA				
PFA 22:6, DHA				
Trans Fatty Acid				
Sodium	20.160	mg	2400.000	1 %
Potassium	175.840	mg	3500.000	5 %
Vitamin A (RE)	0.840	RE		
Vitamin A (IU)	8.120	IU	5000.000	0 %
Vitamin A (RAE)	0.280	µg		
Beta-Carotene				

Alpha-Carotene				
Lutein (+ Zeaxanthin)				
Beta-Cryptoxanthin				
Lycopene				
Vitamin C	0.560	mg	60.000	1 %
Calcium	2.240	mg	1000.000	0 %
Iron	0.857	mg	18.000	5 %
Vitamin D (ug)	0.000	µg	10.000	0 %
Vitamin D (IU)	0.000	IU	400.000	0 %
Vitamin E (mg)			20.000	
Vitamin E (IU)			30.000	
Alpha-Tocopherol				
Thiamin	0.348	mg	1.500	23 %
Riboflavin	0.062	mg	1.700	4 %
Niacin	1.224	mg	20.000	6 %
Pyridoxine (Vitamin B6)	0.031	mg	2.000	2 %
Folate (Total)	16.240	µg	400.000	4 %
Folate (DFE)	16.240	µg		
Cobalamin (Vitamin B12)	0.000	µg	6.000	0 %
Biotin	300.000			
Pantothenic Acid	0.059	mg	10.000	1 %
Vitamin K			80.000	
Phosphorus	9.800	mg	1000.000	1 %
Iodine			150.000	
Magnesium	65.520	mg	400.000	16 %
Zinc	1.198	mg	15.000	8 %
Copper	0.290	mg	2.000	14 %
Manganese	1.213	mg	2.000	61 %
Selenium			70.000	
Fluoride Chromium			0.120	
Molybdenum			75.000	
Dietary Fiber, Total	2.996	g	25.000	12 %
Soluble Fiber				
Insoluble Fiber				
Crude Fiber				
Sugar, Total				
Glucose				
Galactose	0.000	g		

Fructose				
Sucrose				
Lactose	0.000	g		
Maltose				
Sugar Alcohol				
Other Carbohydrate				
Tryptophan	40.880	mg		
Threonine	102.760	mg		
Isoleucine	126.000	mg		
Leucine	233.520	mg		
Lysine	121.520	mg		
Methionine	57.960	mg		
Cystine	58.800	mg		
Phenylalanine	124.040	mg		
Tyrosine	118.720	mg		
Valine	167.440	mg		
Arginine	630.280	mg		
Histidine	77.560	mg		
Alanine	169.400	mg		
Aspartic Acid	295.120	mg		
Glutamic Acid	551.320	mg		
Glycine	164.920	mg		
Proline	174.160	mg		
Serine	137.480	mg		
Moisture	1.652	g		
Ash	0.633	g		
Caffeine	0.000	mg		

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g = gram; mg = milligram; mcg = microgram; IU = International Units

*Basert på utenlandske verdier

How to use cedar nut oil to heal yourself?

These recommendations have been formulated by:

E.I. Filchenko, M.D.

S.V. Nizkodubova, D.M.S.

V.I. Karpitsky, M.D. and A.G. Petrenko, M.D.¹

Første delen oversatt til norsk:

Publiserte rapporter attesterer den høye terapeutiske effekten av ulike typer oljer i ulike inflammatoriske prosesser. Cedar nøtteolje skiller seg fra andre velkjente kurative oljene ved dens berikede innhold av ulike typer helbredende elementer. Det er et naturprodukt som brukes fra antikken i folkemedisin. Sedernøtteolje inneholder en stor mengde flerumettede fettsyrer, inkludert en betydelig mengde av de fettoppløsende vitaminene E og F, som er kjent for sitt høye nivå av fysiologiske og basiske(anti-acidic) egenskaper. Oljen inneholder phosphatidic fosfor, veldig viktig for kroppslig helse, foruten å være en rik kilde av vitalt viktige mikro-elementer: fosfor, kalsium, magnesium, mangan, kobber, sink, kobolt og jod. Cedar nøtteolje inneholder opptil 5% nitrogenholdige stoffer, hvorav 90% er aminosyrer, 70% av dem uunnværlige syrer - som alle vitner til den høye fysiologiske verdien av oljen.

In English:

Published reports attest to the high therapeutic effectiveness of various types of oils in various inflammatory processes. Cedar nut oil is distinguished from other well-known curative oils by its enriched content of various kinds of healing elements. It is a natural product used from ancient times in folk medicine. Cedar nut oil contains a large quantity of polyunsaturated fatty acids, including a significant quantity of fat-dissolving vitamins E and F, which are known for their high level of physiological and anti-acidic properties. The oil contains phosphatidic phosphorous, very important to bodily health, besides being a rich source of vitally important micro-elements: phosphorous, calcium, magnesium, manganese, copper, zinc, cobalt and iodine. Cedar nut oil contains up to 5% nitrogenous substances, of which 90% are amino acids, 70% of them indispensable acids — all of which testifies to its high physiological value.

Clinical tests of cedar nut oil have been conducted on patients at the Tomsk Scientific Research Institute of Balneotherapy and Physiotherapy. The aims were: to demonstrate the healing effectiveness of a given drug in both internal and external applications through sonic phonophoresis, to determine the dynamics of subjective and objective indications, to study the influence of cedar nut oil on the nutritional, secretory and excretive functions of the stomach and liver, to study its anti-oxidant properties, to work out the methodology of application to treatment, to determine its level of tolerance by patients under various prescribed methodologies.

The following methodologies were used for this purpose:

1. General clinical blood research (aspartate aminotransferase, alanine-aminotransferase, alkaline phosphatase, antioxidant activity, methane-dicarboxic dialdehyde).
2. General blood and urinal analysis,
3. Follicle-stimulating hormone with targeted biopsy.

4. Duodenal intubation with research into the chemical properties of bile.
5. Determination of the secretory function of the stomach.
6. Ultrasonic examination of the bladder, kidneys and pancreas.

The study comprised 30 patients under observation. Of these 25 had chronic erosive ulcers of the gastric mucosa, duodenal ulcers with accompanying cholelithiasis of opisthorchosis etiology; the remaining five had chronic cholecystitis with chronic gastritis with a reduced secretory stomach function.

Two of the thirty subjects had reactive pancreatitis, while four had chronic hepatitis outside active procedures. With all 30 subjects motor dyskinesia of the bowels was observed.

Subsequently the subjects were prescribed a programme of treatment: one teaspoon of cedar nut oil three times a day over a two-month period. As a result of this treatment stomach pains were completely eliminated in all patients. Symptoms of dyspeptic disorder (nausea, heartburn, regurgitation and vomiting) were not to be found in a single patient. In 28 of the subjects a normalisation of bowel functions took place. According to follicle-stimulating hormone tests conducted 20 days after the treatment, ten of the subjects had experienced full recovery from ulcers and gastritis along with a reduction in inflammation of gastric mucosa and duodenal ulcers, as well as a reduction in ulcer size for the remaining 15 patients with erosive mucous stomach ulcers. There was a 50% reduction in the number of cases of fixed duodenal reflexes, according to endoscopic and laboratory tests. In evaluating the laboratory tests there was an indication of some reduction of acidity in the stomach juices in subjects with previously high acidic levels. The quantity of bilious discharge from the gall bladder doubled.

Thus, on the basis of the results obtained, one may conclude that cedar nut oil has a healing effect, meets a favourable reaction with patients, and can be applied to the treatment of digestive disorders. It is especially effective in curing erosive stomach and duodenal ulcers. During the remission stage one can apply phonophoresis of cedar nut oil to the projection area of the pathological process for a full and lasting healing effect. When diluted with milk, the cedar nut oil has an anti-inflammation effect in treating cholecystitis and hepatocholecystitis.

TREATMENT METHODOLOGY:

1. Cedar nut oil is prescribed for 30 minutes or 1 hour before intake of food over a period of 21–24 days, with unhurried swallows of a teaspoon at a time three times a day. This is recommended for ulcerations located in the stomach or duodenum.
2. Cedar nut oil is prescribed for 1 hour before intake of food, diluted with milk (1 : 1) according to the method described above. This is recommended when ulceration is combined with chronic cholecystitis.
3. Cedar nut oil is prescribed internally according to variant № 2 with the following prescription of cedar nut oil phonophoresis. An ultrasound of the epigastrium is prescribed in a dosage of 0.2–0.6 Bt/cm² in either pulse or continuous action over a period of 2–4 minutes, as well as of the paravertebral zone (intensity of 0.2 Bt/cm²

over a period of 2 minutes). Before the ultrasound the patient drinks 1 glass of boiled water. This is recommended when the ulceration is combined with chronic pancreatitis

4. In the case of post-excision disorders on account of ulceration, the treatment method may also be applied to patients operated on for cancer of the stomach.

INDICATIONS:

1. Patients with erosive ulcers of the stomach and duodenum.
 2. Patients with cholecystitis and hepatocholecystitis.
 3. Patients with endogastritis or bulbitis.
 4. Patients with chronic pancreatitis.
 5. Patients with post-excision disorders on account of ulceration.
- There are no known counter-indications to application.

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