

Re-Think recovery

Good health is a product of good food. As such we are concerned about physical changes in our bodies. Some of which includes; Skin issues (such as dry skin, age spots, wrinkles, and saggy skin), Loss of sexual desire and/or sexual function, Joint discomfort, stiffness, and/or swelling, Weakened muscles, Frail bones, Memory and other cognitive issues, Declining vision and auditory skills, Decreased energy and increased fatigue, A weakening immune system, leaving you sick more and more often, An underperforming circulatory system, A cardiovascular system that just can't support a truly active lifestyle any longer, Hormonal decline, Feeling blue and moody, Dulling, thinning hair, Loss of muscle tone and your youthful figure, Slowed metabolism and perpetual weight gain. Effort is directed on how to provide the needed nourishment for the human cells, as such promote and process organic herbs, spices and foods that contribute to the body's daily requirements to heal certain health challenges as well. We grow some herbs, vegetables, spices, foods and plants with medicinal values. Our processing steps include: Picking flowers and leaves in the mornings for essential oils, selecting and washing all plant materials, drying at required temperatures, milling to required powder size, packaging and labeling finished products.

Biography

Chioma N Adeyemi is currently working in University of Jos at Nigeria. His research interests are Skin issues, essential oils and traditional medicine etc.

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