

The Bamboo

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MAHARASHTRA CHAPTER

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MESSAGE

I am delighted to learn that 'The Bamboo' a magazine dedicated to Indian Bamboo industry has been launched. I wish this endeavour and the bamboo industry a great success.

I was highly impressed with the first issue of the magazine that contains a good material to read. Bamboo is indeed a boon for we the humans. It is famous for being eco-friendly and yet multiple utility commodity right from beauty aesthetics to construction activities.

Such publications serve a purpose to sensitize public at large upon such subjects and enhances the involvement of majority in the endeavour and experiments in the field.

I express my solidarity with the industry and everyone who is into in and serving the nation.

Yours,


(Nitin Gadkari)



Nitin Gadkari

Minister

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MAHARASHTRA
CHAPTER



Why is Bamboo Tea good for you?

In Asian folk medicine, the bamboo plant is renowned for its health benefits, with parts of it being used in various traditional herbal medicines throughout India. The tallest shrub in the world, it has been used by generations to remedy various diseases as it contains multiple healing properties. Bamboo is particularly recognised for facilitating digestion as well as the excretory function, and its detoxifying effects on the body. Teas have long been used for delivering medicinal herbs to the sick, to ease pain, or simply to improve general health. Bamboo Tea is a herbal drink made from sun-dried bamboo leaves and has been used as a medicine since ancient times, as well as a refreshing and soothing beverage.

Taste: The process of making bamboo tea is the same as that of other teas. The leaves are picked, dried, and then put into boiling or unboiled water to leach their contents into the brew. The bamboo leaves produce a delicious, healthy infusion of a pale green-light yellow colour, containing numerous beneficial properties. Bamboo tea has a wonderfully mild, thirst-quenching flavour that blends exceptionally well with other teas, or can be enjoyed on its own, with or without a sweetener. Since it is caffeine-free, it can be drunk at night, is suitable for children and for people intolerant to caffeine.

Consumption and Health Benefits

1. Silica: Bamboo tea is rich in silica and other antioxidants, with one leaf containing around 70 per cent organic silica. Silica is an abundant mineral in the body, important for bone and other rigid tissue health that decline as we age. It is a building block of collagen, a protein that the body uses to rejuvenate the skin and joints.

Drinking bamboo tea regularly is said to replenish silica levels that support collagen production to improve bone health, toughen hair and nails, enrich dental health, make the skin more elastic and healthy, and strengthen



thinning hair. It is primarily recognised as an aid to beauty that strengthens nails, and thickens and beautifies hair.

Since it usually takes about two to three weeks of drinking bamboo tea before a difference can be seen in one's nails, and at least a month or so in hair, it is important to stick to a daily bamboo tea habit for 30 to 60 days to see the effects.

The antispasmodic properties of silica in bamboo tea are also claimed to be beneficial in combating respiratory disorders, easing asthmatic attacks, bronchial spasms and nasal congestion. For women, silica is said to promote regularity of menstrual periods and relieve any associated discomfort. It can also help tone stomach muscles, treat gastric problems and indigestion, control intestinal spasms and diarrhoea. In addition to its high silica content, bamboo also contains magnesium, potassium, iron, and copper among other minerals, and at least 17 complementary amino acids.

2. Dietary Fibre: A typical cup of bamboo tea contains one gramme of dietary fibre to aid the body's natural cleansing systems. This can contribute to digestive health, as well as help the body cleanse its bloodstream of harmful LDL cholesterol.

Caution: Despite its health benefits, consumption of bamboo may result in contraindications and side effects in some people. As always, it is recommended to check with a doctor before taking on any dietary supplement or regimen such as drinking bamboo tea regularly.

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