



ENERGY HOME

EnH NATURAL HEALTH FOOD RESTAURANT

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PRODUCT CATALOG

NATURAL HEALTH SWEETS

These natural sweets are prepared using dates, figs, cashewnuts, almond, pista and herbs according to the combinations. It contains no artificial colours, preservatives, sugar, milk, ghee etc. They are purely natural (without cooking) which help to cure the disease and strengthen the body. It also nourishes and refreshes the body. It suits all age groups. Consume one a day.

Insullin Energy Laddu	10 Nos.
3-in-1 Herbal Laddu	10 Nos.
Sesame Laddu	5 Nos.
Health Energy Cake	5 Nos.
Hibiscus Cake	5 Nos.
Brahmi Cake	5 Nos.
Soya Health Cake	5 Nos.

Weightless Cake	5 Nos.
Joint Pain Cure Cake	5 Nos.
Cold Cure Cake	5 Nos.
Bhima pusti Laddu	5 Nos.
Madanaboga Halwa	5 Nos.
Trikadugam Halwa	5 Nos.

HEALTHY SNACKS

The healthy sweets are prepared using natural organic jaggery and salts are prepared using rock salt.

Flax Seeds Cake
Dates Cake
Coco Dates
Amaranth Seeds Cake
Peanut kova
Jujube Fruit Pulp
Amla Vadai (Sweet)
Amla Vadai (Salt)

Roasted Channa
Roasted Yellow Pea
Roasted Peanuts
Puffed Amaranth seeds
Roasted snacks
RUSK VARIETIES
Soya Wheat Rusk
Ragi Rusk
Mint Rusk

Chikki / Roll / Balls
Peanuts
White Sesame
Black Sesame
Roasted Dal
Puffed Rice
Flakes puff balls

SOUP MIX VARIETIES

This soup mix is prepared from sprouted dal and cereals with cumin seeds, pepper and rock salt and without adding any preservatives.

Horse Gram Soup
Moong Dal Soup
Neem Flower Soup
Dia Cure Soup

Sleep boosting Soup
Cardiospermum cabum Soup
Ginger Soup
Belly Reduce Soup

Each 50 Gms

NATURAL INSTANT FOODS

Rice Flakes Mix Varieties

These sprouted ready rice flakes mix is tastier natural health food ideal for breakfast, lunch and dinner. This is prepared from sprouted red rice flakes and with respective sprouted cereals or pulses. Soak this mix in water for ten minutes and prepare natural uppuma, kichadi or idly (without boiling) adding raw vegetables, chutney mix powder and consume with coconut chutney. Boiled porridge can also be prepared. Very tasty, nutrients are increased due to sprouting and easily digestable food. Suits all age.

Each 250 Gms

Horsegram Rice Flakes Mix
Moongdal Rice Flakes Mix
Cowpea Rice Flakes Mix
Blackgram Rice Flakes Mix
Samai Rice Flakes Mix

Sambar Rice Flakes Mix
Soya Rice Flakes Mix
Bajra Rice Flakes Mix
Channa Rice Flakes Mix
Oats Rice Flakes Mix

Corn Rice Flakes Mix
Varagu Rice Flakes Mix
Wheat Rice Flakes Mix
Ragi Rice Flakes Mix
Kuthiraivalli Rice Flakes Mix

FLAKES VARIETIES

These sprouted flakes are a good substitute for rice. Soak in water for 20 minutes. Sweet rice can be made with natural jaggery, vegetable rice can be made with vegetables and chutney mix powder. A wholesome food. A good vitaliser for all age groups. Fibre rich easily digestable food.

200 Gms / 500 Gms

Sp. Red Rice Flakes
White Rice Flakes
Red Corn Flakes
Wheat Flakes
Kuthiraivalli Flakes

Bajra Flakes
Samai Flakes
Varagu Flakes
Thinai Flakes
Black Rice Flakes

Samba Wheat Flakes
Mappillai Samba Flakes
Ragi Flakes

ORGANIC RICE VARIETIES

Varagu Rice
Samai Rice
Thinai Rice
Kuthiraivalli Rice
Unpolished Raw Rice
Unpolished Boiled Rice
Unpolished Basumathi Rice

Red Raw Khar Rice
Red Boiled Khar Rice
Organic Raw Rice
Organic Boiled Rice
Organic Jeeragasamba Rice
Organic Mappillai Samba Ric

Samba Wheat Rice
Black/ Kauli Rice
Bamboo Rice
Barley

NATURAL MALT VARIETIES

These natural health mixed are prepared using sprouted grains and herbals.

Natural Sprouted Malt
Child Malt
Body Nourishing Powder

Dia Malt
Slim Malt
Brahmi Malt

ENERGISED COOKED FOODS

These energised cooked food varieties are mostly sprouted, so the vitamins and mineral contents are enhanced by 30%. The food prepared from these are soft, tasty and relishing.

Sprouted Wheat Flour	500 Gms	Mint Dosa Mix	250 Gms
Sprouted Ragi Flour	500 Gms	Solanum Trilobatum Dosa Mix	250 Gms
Soya Flour	250 Gms	Horsegram Dosa Mix	250 Gms
Bajra / Millet Flour	250 Gms	Bajra Dosa Mix	250 Gms
Thinai Flour	250 Gms	Small millets Dosa Mix	250 Gms
Corn Flour	250 Gms	Unpolished Rice Uppuma Mix	250 Gms
Jowar Flour	250 Gms	Unpolished Horsegram Uppuma	250 Gms
Horsegram Flour	250 Gms	Red rice Uppuma Mix	250 Gms
Sprouted Ragi Dosa Mix	250 Gms	Varagu Uppuma Mix	250 Gms
Corn Dosa Mix	250 Gms	Bajra Uppuma Mix	250 Gms
Curry Leaf Dosa Mix	250 Gms	Samai Pongal Mix	250 Gms
Cardiospermum Dosa Mix	250 Gms	Black Rice Uppuma Mix	250 Gms
Moringa Dosa Mix	250 Gms		
Cassia Flower Dosa Mix	250 Gms		

HERBAL CHUTNEY MIX

These chutney mix powders are prepared from sprouted grams and herbs with pepper, ginger and cumin seeds. No oil, red chilly, masala are added. A good side dish for rice, flakes, idly, dosa, chappati and can also be mixed with salads.

Curry Leaves Chutney Mix	Phyllanthus Niruri Chutney Mix (kizhanelli)
Mint Chutney Mix	Solanum Trilobatum Chutney Mix (Thoothoovallai)
Sugar Cure Chutney Mix	Eclipta Alba Chutney Mix (Karisilanganni)
Sesame Chutney Mix	Cardiospermum Chutney Mix (Mudakkathan)
Garlic Chutney Mix	Cassia Flower Chutney Mix (Avarampoo)
Horse Gram Chutney Mix (Kollu)	Alternanthera Sessiles Chutney Mix (Ponnaganni)
Amla Chutney Mix (Nelli)	Brahmi Chutney Mix (Vallarai)
Moringa Chutney Mix (Murungai ilai)	Cisscus Quadrangularis Chutney Mix (Pirandai)
Cumin Seeds / Jeera Chutney Mix	Solanum Nigrum Chutney Mix (Manathakkali)

Medicine Kuzhambu Mix

Narthangai Balls (for Digestion)

SOOJI VARIETIES

500 Gms

Sp. Wheat Sooji

Punjab Wheat Sooji

Samba Wheat Sooji

Corn Sooji

SPICES / CONDIMENTS

Black Cumin Seeds	Dry Ginger	Piper Longum
Omam / Ajwon Seeds	Cinnamon Barks	Chavica Roxburghii/ Kandanthipili
Fennel Seeds / Ani seeds	Spl. Cinnamom Barks	Star Anise
Fenugreek / Menthi Seeds	Tailed Pepper	Hemidesmus Indicus / Nannari
Dry Coriander/Dhani	Black Pepper	Agar Agar
Cinnamon Powder	Cumin Seeds	Vetiver
Dry Ginger Powder	Mace	Rock Salt- Pink / White
Organic Turmeric Powder	Nutmeg	Asafetida Powder
Pepper Powder	Vasambu/	Cardamom
Cumin Seeds Powder	Chithirathai	Clove
Dry Mango Powder	Pachai karpuram	Forest cumin seeds
Dry Garlic Powder	Kokam	Marati Mokku

DRIED ITEMS

Neem Flower	Rose petals
Manatthakkali Vatthal	Dried Hibiscus Flower
Sundaikai Vatthal	Ishapghol Husk (For Constipation)
Amla Vatthal	Lotus Stem (For heart/ B.P Patients)
Amla Chips (With ginger & cumin)	Sabja Seeds (Antioxidant)
Pannir Poo (For Diabetic Patients)	Sugar down seeds (For Diabetics)

DRY FRUITS AND NUTS

Almond / Badam	Apricot	Green Raisins
Roasted Almond	Dry Apricot	Raisins / Dry grapes
Almond Gel	Figs	Black Raisins
Cashew Nut	Black Dates	Angoor Raisins
Pista	Seedles Dates	Vannila Parts
Roasted Pista	Dry Dates	Cocobeans
Walnut	Saffron	

SEVAI VARIETIES

These sevai varieties are wheat based and from whole grams. Delicious uppuma, payasam can be made.

Ragi Sevai	Lemon Sevai	200 Gms
Wheat Sevai	Tomato Sevai	
Millet Sevai	Rice Sevai	
Corn Sevai		

ORGANIC SEEDS

Flax Seeds
Sunflower Seeds
Pumpkin Seeds
Cucumber Seeds
Watermelon Seeds
Black Sesame Seeds

Sesame Seeds
Alfalfa Seeds
Amaranth Seeds
Lotus Seeds
Chia Seeds

50 Gms
100 Gms
KGS

NATURAL COOKING OIL VARIETIES

Cold Press Sesame Oil
Cold Press Peanut Oil
Cold Press Coconut Oil
Cold Press Virgin Coconut Oil

Cold Press Sunflower Oil
Cold Press Flax Seed Oil
Cold Press Olive Oil
Cold Press Mustard Oil

NATURAL JUICE VARIETIES

These juices are prepared using honey, palm sugar and lemon. No sugar and No preservatives.

Hibiscus Juice
Nannari Juice
Aloe vera Juice

Amla Juice
Keora Juice

NOODLES VARIETIES

These noodles varieties are prepared from wheat flour and respective flours. Rich in taste and flavour.

Ragi
Horsegram
Moongdal
Soya

Wheat
Mint
Jowar

Tomato
Barley
Corn
Millet

ORGANIC GRAINS / PULSES

White Soya Beans
Yellow Soya Beans
Moong Dal
Channa
Raw Peanut
Roasted Peanut
Horse Gram
Black Horse Gram

Ragi
Jowar
Red Jowar
Masoor Dal

Wheat
Samba Wheat
Bajra/ Millet
Kichadi Dal
Toor Dal
Channa Dal
Rajma
Double Beans

HERBAL COFFEE / TEA VARIETIES

These herbal coffee varieties are prepared from a combination of herbs. Enriches and refreshes the body. Boil a spoon of powder with two spoons of natural jaggery with a glass of water. Filter and drink.

50 Gms

Health Energy Coffee
Brahmi Coffee
Tulsi Coffee
Hibiscus Flower Coffee
Cassia Flower Coffee
Lotus Flower Coffee
Tribulus Terrestris Coffee
Dry Coriander Coffee
Dry Ginger Coffee
Glycyrrhiza Glabra Coffee
Withania Somnifera Coffee
Diabetes Cure Coffee

Cold Cure Coffee
Sleeping Coffee
Herbal Coffee
Slim Coffee
Joint Pain Cure Coffee
Ulcer Cure Coffee
Constipation Cure
Green Tea
Black Tea
Sugar Down Tea
Lemon Grass Tea
Rosemary Tea
Memory Green Tea

HONEY BASED ITEMS / SWEETENERS

Kolli Hills Honey
Coorg Hills Honey
Honey Amla - Packet
Honey Amla - Bottle
Honey Bael Fruit
Honey Terminalia Fruit
Honey Figs
Honey Dry Fruits & Nuts
Honey Ginger

Honey Neem Flower
Honey Garlic
Natural Organic Jaggery
Palm Sugar
Spl. Palm Sugar
Palm Sugar Powder
Palm Jaggery
Brown Sugar
Stevia

OUR PUBLICATION BOOKS

Natural Food & Healthy Life
(English / Tamil)
Fasting
(English / Tamil)
Jeevatharam

OTHER PUBLICATION BOOKS

Naturopathy Books
Yoga Books
Accupressure Books
Accupuncture Books
Magnet Therapy Books
Pyramid / Fenushui / Vastu Books
Diet / Health Food Books
Herbals / Disease Cure Books

DISEASE CURE SQUASHES

These squashes are prepared with honey and herbs. Consume a spoon of squash twice a day with fruit juice one hour before food. Cures disease and vitalises the body.

Slim Squash	Aloe vera Squash	Health Plus Squash
Gas Release Squash	Kidney Stone Remover Squash	Belly Jelly Squash
Heart Health Squash	Nervousness Cure Squash	Eye Power Squash
Cold Cure Squash	Constipation Cure Squash	Hair Growth Squash
Liver Guard Squash	Pitham Cure Squash	Bone Strength Squash
Ulcer Cure Squash	Siranjeevi Squash	Fat Fighter Squash
Madhana Boga Squash	Memory Power Squash	White discharge Cure Squash
Joint pain Cure Squash	Piles Cure Squash	Pneumonia Cure Squash
Menstruation Cure Squash	Body Cooling Squash	

Others: Kayakalpa Tonic, Blood promotion, HB promotion Syrup

AMIRTHAM / JAM VARIETIES

These amirtham varieties are prepared under sunlight(no boiling) for 48 days with honey and herbals. Cures disease and energise the body.

Ginger Jam	Aswaganthi Amirtham	200 Gms
Couples Jam	Brahmi Amirtham	500 Gms
Rose Gulkanth Jam	Cold & Astham Cure Amirtham	
Sugar Cure Jam	Jeevamirtham	
Joint pain cure Amirtham	Sathavari Jam	

HERBAL OIL VARIETIES

These oils are prepared with herbs and best quality oil. Helps to cure disease without any side effects.

AB Herbal Hair Oil	100 ML	Eye & Sinus Cure Oil	100 ML
Body Cooling Oil	100 ML	Floral Eye Drops	20 ML
Body Massage Oil	100 ML	Multi Purpose Oil	100 ML
Eye & Brain Power Oil	50ML	Neem Oil	100 ML
Joint Pain Cure Oil	100 ML	Castor Oil	100ML
Foot Crack Cure Oil	50 ML	Belly Slim Oil	100ML
Curry Leaf Oil	50ML	Back Pain Cure Oil	100ML
Lice Cure Oil	50 ML	Vapourising Oil	100ML
Dandruff Cure Oil	100ML	Muscles Pain Cure Oil	100ML
Ulcer, Asthma, Sinus Cure Oil	100 ML	Foot Pain Relieve Oil	100ML
Mosquito Killer Oil	100 ML	Foot Corn Cure Gel	100ML

DISEASE CURE HERBALS

These disease cure herbal mix powders is a combination of herbs according to the disease. Consume a teaspoon of powder twice a day one hour before food. Cures disease without any side effect.

50 Gms

Weight Less	Nine - In - One Herbal Mix	Beautiful Body
Sugar Less	Sugar Cure Water Powder	Spl. Weightless
Cold Cure	Sugar Down Powder	Diabetes Cure
Joint Pain Cure	Thyroid Cure	Spl. B.P. Cure
Lungs Guard	Liver Strength	Urinary Cure
Ulcer Cure	Pitham Cure	Eye Power Plus
Piles Cure	Head Ache Cure	Intestinal Worm Remover
Constipation Cure	Heart Health	Kidney Stone Remover
Spl. Cold & Asthma Cure	Hair Removing Powder	Cholesterol Less
Knee Swelling & Vatha Cure	Blood Urea Controller	Health Energy Mix
Gall Bladder Stone Remover	Urine Urea Controller	Fever Cure
Ladies Over Bleeding Cure	Spl. Constipation Cure	B.P. Cure
Menstruation Cure	Breast Milk Stimulator	Voice Improvement
Psoriasis Cure	Sperm Cell Promotion	Low B.P. Control
Gas Release	Diarrohea Control	Astta Surnam

HERBAL POWDERS

50 Gms

Cynodon Dactylon	Phyllanthus Niruri
Solanum Trilobatum	Solanum Jacquini
Phyllanthus Emblica	Tulsi
Centella Asiatica	Adhtoda Vasica
Eclipta Alba	Acalpha Indica
Wedelia Calendulacea	Deloxi Elata
Aegle Marmes;ps	Moringa Olifera
Cardiospermum Halicacabum	Curry Leaf
Mukia Maderaspatana	Tribala
Syzygium Jambolanum	Alternanthera Sessiles
Terminalia Chebula	Neem Leaf
Foenum Graecum	Nilavembu
Gymnema Sylvestre	Herbal Water Powder
Trikadugam	Bacopa Monnieri
Plantain Stem	Cissus Quadrangularis
Aloe Vera	
Nannari	

AND MANY MORE

PRODUCTS HELP TO REMOVE WASTAGE FROM THE BODY

Enema Cane
Eye Wash Cup
Nose Cup/ Ceramic Nose Cup
Stainless steel nose cup
Rubber Cuttler
Ladies Nossle
Tub Bath Tub
Herbal Shampoo
Herbal Bath Powder
Fragrant Bath Powder
Ladies Bath Powder
Mehandi Powder

FACE PACKS

Herbal Mud
Abinaya Face Pack
Orange Peel Face Pack
Kollihills Face Pack
Sandal Wood Powder
Rose Water
Kasthuri Manjal
Herbal Hair Dye
Lice/ Dandruff Pack
Mud Pack Belt
HAND MADE SOAPS

PYRAMID ITEMS

Copper Pyramid
Copper Yantra Pyramid
Brass Pyramid
Brass Maha Meru
Fiber Pyramid
Pyramid Strips

Pyramid Thorana
Pyron Strips
Wish Pyramid
Pyramid Generator
Sleeping Yantra Pyramid

MAGNET ITEMS

Super Power Magnet
High Power Magnet
Low Power Magnet
ENT Magnets
Copper Magnetic Jug
Magnetic Water Stand
Star Magnet
Sticker Magnet

Head Ache Cure Magnetic Belt
Diabetes Cure Magnetic Belt
Blood Pressure Control Magnetic Watch
Magnetic Mala
Magnetic Bracelet
Magnetic Back / Hip Belt
Magnetic Knee Belt cum Fomentator
Ear Magnet

SUJOK ITEMS

Sujok Finger Ring
Special Sujok Finger Ring

Sujok Hand Ring
Sujok Leg Ring

ACUPRESSURE ITEMS

Acupressure hand roller
Acupressure leg roller
Acupressure balls
Acupressure Mat
Acupressure Face Roller
Finger Accupressure
Acupressure Twister
Acupressure multi rod
Acupressure Wooden chappals
Acupressure Rubber Chappals
Acupressure Spring Chappals

Acupressure Multi Dolphin Massager
Acupressure Dual Massager
Acupressure Eye Massager
Acupressure Massager Comb
Acupressure Body Massager
Acupressure Vibrating Machine
Acupressure multi Roller
Acupressure Spine Roller
Acupressure Charts
Acupressure Magnetic Mat
Acupressure Shoe Sole

ACUPUNCTURE ITEMS

Acupuncture Pipe Needles
Acupuncture Sujok Needles
Acupuncture Copper Needles

Mokkcha in Different Varieties
Needle injector
Acupuncture points Chart

CRYSTAL ITEMS

Crystal Malas
Crystal Braslet
Crystal Pendants
Raw Crystals
Crystal Pyramids

Crystal Balls
Crystal Lotus
Crystal Mahameru
Crystal Tree

MERCURY ITEMS

Mercury balls (Different sizes)
Mercury Siva Lingam

Mercury Ganesha
Mercury Mahameru

VASTU / FENUSHUI ITEMS

Baguva Mirror (Metal)
Baguva Mirror (Wood)
Concave Mirror
Chinese Coins
Fenushui Symbols
Tortoise
Chinese Bell
Magnetic Compass

Laughing Buddha
Yantra Pyram
Bath Yantra
Sleeping Pyramid
Swastika in metal & plastic in diff. sizes
Om in metal & Plastic in diff. sizes
Wind chime bell

POOJA MATERIALS

Organic Kumkum
Organic Turmeric Powder
Organic Vibudhi
Sandal Wood Powder

Instence Sticks
Rose Water
Dhoop Powder
Javadhu Powder/ Perfume

LAMP WICKS (THIRI) VARIETIES

Cotton Lamp Thiri
Lemon Lamp Thiri
Plantain Stem Thiri
Lotus Stem Thiri
Vellarugu Thiri
Navagraha Thiri
Vilva Root Thiri

Vilva Bark Thiri
Sesame Bark Thiri
Figs Bark Thiri
Astothra Lamp Thiri

YOGA ITEMS

Yoga Mat
Yoga Mat (cotton)
Yoga Chart
Yoga Dvds
Yoga Books

AGNI HOTHRA SET

**All these products could sent through courier by
depositing the money in the bank account.**

**For more details
contact us.**

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