

health benefits of mastiha.

Mastiha is a resinous sap produced from the mastic tree (*Pistacia Lentiscus* var. Chia). It is a natural, aromatic resin in a teardrop shape that falls on the ground in drops from superficial scratches induced by cultivators on the tree's trunk and main branches.

The mastic tree is an evergreen shrub that grows very slowly and becomes ready for cultivation after 40-50 years. Lentisks and similar varieties of this tree family are plentiful in Mediterranean countries, but only in the southern part of Chios, possess the unique characteristics of the ground and microclimate that produce the precious mastiha "tears". Any attempt to extend the cultivation beyond this limit has failed.

Mastiha has been used by Greece's physicians and pharmacologists, Hippocrates, Galinos, and Dioskouridis since antiquity. The three praised mastiha for its medicinal uses and prescribed it for their patients suffering from stomach and digestive ailments and oral infections.

**Today mastiha is considered a superfood.
Its health benefits are plentiful.**

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oral hygiene

Brushing with mastic essential oil-containing toothpaste on a daily basis reduces plaque buildup, as well as swelling, redness, and bleeding of the gums, in people with gum disease. Mastiha also prevents tooth decay, fights dental plaque & gingivitis by acting against *Streptococcus mutans* and *Porphyromonas gingivalis*.

Mastiha is also a natural breath freshener available in mouthwash and chewing gum.

gastrointestinal

Chios mastiha contributes to a healthy gastrointestinal system when 1g per day is consumed. It helps reduce stomach acid protecting the lining of the stomach and intestine, improving symptoms of indigestion, including stomach pain, upper abdominal pain and heartburn.

Chios Mastiha contributes to eradicating *Helico-bacter pylori* and relief from heartburn and digestive problems in general. It is also proven to lower inflammation in the digestive tract, helping ease Crohn's and inflammatory bowel disease symptoms.

dermatological

Mastiha has antiseptic, antibacterial, antioxidant, and anti-inflammatory properties. Used in skincare, it has cleansing, revitalizing, moisturizing, softening and healing properties. Its beautiful and mild scent gently lingers on the skin for hours after its use.

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