

My AP Business Principle relates to the company's primary reason for existing. No different than manufacturing a bus and it is like playing Mozart in the park.

It has a purpose, a system and product, for an awaiting public.

My initial business delivery system is mango bi-products.

Sebastian Jules



The secret behind longevity is actually your life style and the way you handle your routine in a day to day scenario.

If you dig deep enough, you will know that living longer is actually a curse if you are not healthy. Or, you are not doing things properly.

If you want longevity, there are some healthy products or diets that can help you out in gaining essential materials for your body to ensure the optimal living standard.

When it comes to longevity you may need to consider the mango bi-products and their viable components along with other enhancing nutrients



Mangos, which are mostly from tropical countries have more than 1,000 varieties and every part of the mango tree attains nutrients.

The seeds of the mango are exceptionally useful. The kernel is a representation of 45-85% of the seeds, whilst in the dry form it has about 7-15% of crude fat. The scientists are also really interested in mango seed benefits. They are rich sources of stearic/oleic, macromolecular antioxidants, and proteins that your body requires. (Haydé Azeneth Vergara-Castañeda et al., 2019).

It has been stated that the seeds of the mango fruit, along with its peel and other by-products are exceptionally good for health endurance. They also have a higher amount of amino acid which is proof of all the stated benefits and components. (MHA Jaharul et al., 21 March 2015).



The Bioavailability of Micronutrients in Plant-Based Foods is also Effective for Longevity in One's Own Self

You can prolong healthy longevity with:

- Zinc and Iron
- Calcium
- B-Carotene

(This is not an exhaustive list and relates to the cooking processes and health factors on slide 7).

Food acidulants are known to increase the amount of B-Carotene, zinc, and iron availability. During the heating process, the presence of garlic and onion prevents oxidative destructions. (Kalpana Platel & Krishnapura Srinivasan, 2016).



- Zinc and Iron

You will find iron and zinc to be the least present in plant foods. The bioavailability of iron ranges from 7.1% (present in the pearl millet) to 15% (found in rice). Zinc is present mostly in grains (chickpeas, a source of fibre), or pulses (lentils). A source of fibre also includes; rye, berries, pears, nuts and seeds. Acids i.e. limes, are well known to have a significant enhancing influence on iron bioavailability.

- Calcium

The most important source of calcium is finger millet and legumes (29.3%) which is the diet of a vegetarian.

- B-Carotene

B-Carotene is found in meat so people may prefer plant based foods. Mango, melon, papaya, broccoli, carrots and squash are rich in B-Carotene. Stir-frying green leafy vegetables/peppers enhances the bioaccessibility of B-Carotene. The plant based diet attains organic and sustainable goals.



Are Cannabis Terpenoids Relevant to the Effect of Cannabis?

Taming THC is the potential cannabis synergy and terpenoid entourage effects are also exceptionally noticeable for longevity. Terpenoids are actually synthesized in the secretory cells inside glandular trichomes that concentrate in the female flower fertilization. Terpenoid components (aroma and flavonoid) in a concentration above 0.5% are considered a pharmacological interest. Also, plants are better healers than just drugs.

B-myrcene (mango) is a common mono terpenoid in cannabis.

D-limonene (lemon) is another mono terpenoid and is common to the lemon and other citrus and is the second most widely distributed terpenoid in nature.

CBD modulates the psycho activity of THC and reduces its adverse profile.
(EB Russo, 2011),



Enhancement of Bioavailable Micronutrients and Reduction of Antinutrients in Foods with some other Processes also Result in Longevity Because of Health Factors

In vegetables and cereals (rice), you will most probably find polyphenols and tannins. These affect protein availability like copper, iron, and zinc.

In comparison to that, phytic acid is considered one of the major storages of Phosphorus, around 85% maximum in the plants. Oil, seeds, cereals, and hard shelled fruits are also rich in phytic acid.

Cereals are known to reduce the amount of phytic acid and the improvement of nutrition.

Some processes make the nutrition or substances that contain them ineffective i.e. soaking, fermentation, germination and cooking. (Müge Hendek Ertop I & Müberra Bektaş², 2018).



Last but not least, you might not be aware of this phenomenon but it is considered one of the best methods for longevity.

Yes, we are talking about the Citrus Limon Phenomena.

Citrus limon burn is a tree with evergreen leaves and yellow edible fruit. The main raw material of citrus limon is the fruit, particularly the essential oil and juice obtained from it.



The citrus limon fruit stands out as having well known nutritional properties and can be valuable for antibacterial, antifungal, anti-inflammatory, anticancer and cardioprotective activities.

Citrus occurs naturally in areas with a warm and mild climate. It was a plant that formed as a result of a combination of two species: *C. Aurantium* and *C. Medica*.

The most important group of bioactive components in both fruit and juice (Ph 9), determining their bioactivity are flavonoids limonoids.

Citrus limon has a large quantity of Vitamin C which boosts the immune system and provides a detoxification process in the human body. The liver as well as the kidneys are cleaned from toxins and waste. Adding a little juice to water or squeezed over food, will be of great benefit. (M Klimek-Szczykutowicz, 2020).

Thank you