

## Camel Hump, the treasure of food

### Description

## Camel Hump

It is a myth that the hump is full of water. In many places, the hump is the most prized part of the animal, as it is considered fattier and more tender than the rest of the beast. Camel hump is made of fats. When camels turn fats into ATP during the scarcity of feed, water is produced as a byproduct. Metabolism produces about **110 grams** of water per 100 grams of fat combustion. A hump of a healthy camel with medium size having a weight of almost 40 kg.

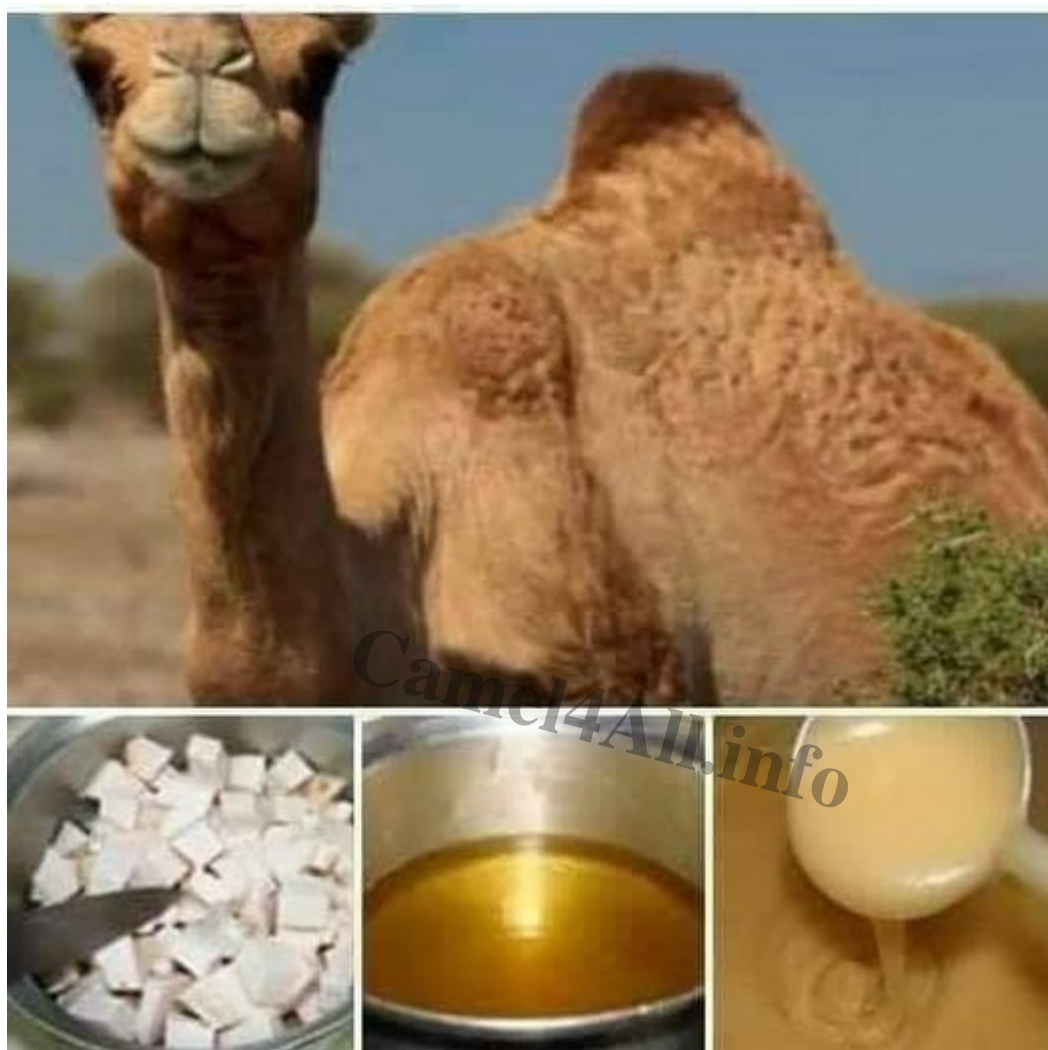
In some traditions, the camel herders's communities cook their food in the camel hump's fats (CHF). Some people eat the CHF raw as a food, energy booster, and dewormer. Some communities including the traditional healers use the CHF for some medicinal purposes by extracting the oil. In recent history, the CHF has been used for cosmetic purposes in many regions of the world.



In the ensuing lines, I shall be very happy to share some very important information related to CHF and its uses in traditional healing techniques.

## **CHF (oil) benefits and uses**

Since ancient times, and throughout history, we found in most folk medicine books that CHF has many important uses. For ages, the traditional healers used CHF as an efficient dewormer.



*Also, CHF is being used for the relief of cold pain (pain without fever), arthritis, and also to treat cold cough, asthma, whitening of the skin (dermatitis), hair care, and fattening (treatment of skiny disease) as well.*

There are many benefits of fat extracted from camel hump on the human body, as can be summarized in the following points

- Eating a spoonful of camel's hump twice a day will clean the human gut from the worms.
- CHF oil is the best moisturizer for human skin, especially in dry and cold weather
- Traditionally, the CHF is crushed and tied to the abdomen of the woman after childbirth. It helps in strengthening the abdominal muscles and prevents the sagging of the abdomen
- If massaged with the CHF oil, the pain in the hands, neck, legs, and vertebral area will evaporate
- Treatment of joint pain and rheumatism, in addition to muscle tension, because it works to relax and get rid of spasms in general
- Application of CHF oil on the skin prevents sunburn and darkening of the skin from the sunshine
- Increasing libido in men, as it increases erection and sexual desire both by eating CHF/oil and application on the organs directly
- Treating respiratory infections, specifically asthma, by eating it on an empty stomach few days (one spoonful of CHF oil)
- Treating cracking and dryness problems in the feet, especially the heels and ankle area

- CHF oil is one of the natural remedies for different hair problems because it nourishes the hair from the roots to the ends, and increases hair density and softness, in addition to treating the problems of baldness, specifically in men. Massaging the hair with CHF oil twice during the week, half an hour before showering will give magic results
- Traditionally it has been used for childbirth difficulties in women among the nomadic people and others

## How to prepare and prepare camel hump fat

2 kg of CHF is cut into small pieces. Put the small slices in the pot over low heat and leave it until the grease dissolves in whole or in part. Remove the pot from the fire when the oil has been released from the fats.

Filter the oil with a piece of Muslin cloth, it is preferred to collect and store the oil in a glass bowl. The oil is kept and used accordingly whenever needed.

## Application of CHF Oil in different situations

### For the treatment of asthma

Mix an amount of dissolved hump fat with a little honey, and eat it on an empty stomach, and before going to bed on a daily basis, it is possible to replace honey with a quantity of Rashad love.

### For hair

Dissolving a quantity of camel hump fat on a quiet fire until it becomes like oil, and then mix it with a little olive oil or coconut oil, and it can also be mixed with any hair cream to treat hair, as it is applied to the hair twice in one week until you get the desired result.

### For the Skinny disease

by mixing equal amounts of dissolved hump fat and flax seeds with sesame and peanuts, and twice the amount of almonds, with an appropriate amount of melted chocolate.

### A specialized CHF product is prepared in the United Arab Emirates

Jamal Bakhit Mohammad Abdulla Al Falasi, 50, in the back kitchen of his home in Dubai's Al Mizhar community, opens a small tub and scoops out some of its yellow wax-like filling with a small spoon, encouraging the journalist to rub it into my hand. "This cream tightens the skin, it has no chemicals. It really works like magic, and" stresses the owner of The Wadak Cream company, "you can use it anywhere on the body. It is very popular with women, especially if they've had children." The details of Jamal's story are provided in the link.

<https://www.thenationalnews.com/lifestyle/wellbeing/emirati-man-uses-camel-fat-to-create-natural-skincare-products-1.890218>

## Acknowledgment

Muhammad, a dear friend, camel lover, and activist shared such valuable information about camel hump fats and their uses.

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