



TITANIA'S
· DREAM ·

A world rarity
comprising of asses' milk, ginseng and myrrh.



Piatti dal Pozzo® Cosmetics
Vienna

TITANIA'S

· D R E A M ·

The anti-ageing recommendation by expert
Professor DDr. Johannes C. Huber



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*Interview with Univ. Professor DDr. Johannes C. Huber
on the subject of Titania's Dream®*

*It was your idea to launch a line of cosmetics with a high percentage of asses' milk –Titania's Dream®.
What gave you the idea to use asses' milk for cosmetics in the 21st century?*

J.C.H.: Studying ancient literature. We should still take note of the wisdom of our predecessors' scientists, even if they are from an ancient world, as their knowledge is often the result of experience handed down through the ages. Today, for example, we know that all milk contains particles similar to liposomes that can be easily absorbed by newborn babies. Such absorption is also of great importance to the skin. Liposomes, that are to be found in milk in a comparable form, have been simulated by industry for some time in order to achieve similar success in cosmetics.

What references did you find to asses' milk?

J.C.H.: A large number of writers in antiquity talked about asses' milk. It was also used in Arabic medicine, which is why this ancient knowledge has been kept alive to the present day.

What did the Romans know from experience that scientists have now proven in the laboratory?

J.C.H.: People's wisdom is simply amazing and one of the most fascinating aspects of molecular biology is that it confirms many things that earlier generations knew intuitively. Ancient experience regarding asses' milk was by no means scientific, but simply tried and tested.

But what is so special about asses' milk?

J.C.H.: Bringing up newborn babies is of immense importance to evolution and it therefore stands to reason that breast milk has to be as nourishing as possible, especially in the case of animals living in inhospitable regions. Donkeys are known to be content with the most barren of conditions, and compensate for this fact by producing highly nutritious milk for their foals.

Why is it so difficult to obtain asses' milk?

J.C.H.: If foals are taken away from their mothers, they stop producing milk immediately. Furthermore, donkeys have to be milked by hand, which is a laborious process.



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What do these products hope to glean from the milk?

J.C.H.: Products similar to milk have been used in cosmetics for some time now. The properties of breast milk are what enable the newborn baby to survive and grow.

Why were ginseng and myrrh chosen as the other ingredients for Titania's Dream®?

J.C.H.: Ginseng contains natural plant hormones that have also been used in Chinese medicine for thousands of years. Myrrh is astringent and antiseptic.

How can you explain the fact that men also like Titania's Dream®?

J.C.H.: It could be the scent, possibly because heliotrope is an appealing olfactory sensation for most men.

Is any research currently being carried out into asses' milk at your institute?

J.C.H.: In view of the fact that there have been frequent reports that it has been tried and tested over time and found to be successful, it would also be interesting to analyse asses' milk.

How would you describe your personal role in Titania's Dream®?

J.C.H.: I am not involved financially or in any other way, I was instrumental in launching the project. However, I am happy to continue supporting the project in all medical areas.

Will you be working in the area of cosmetics in the future?

J.C.H.: I am a gynaecologist who is also interested in other areas. As such, I am fully aware that many women consider their appearance and skin in particular to be very important – beautiful skin is usually also healthy skin – which means that often the gynaecologist has to represent the patient's interests. Consequently, it has also become a field of interest for me.



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Facts

Fact: Ever since antiquity it has been known that asses' milk is good for poor health. It has helped in the case of skin, bronchial and bowel complaints and infertility.

Pliny the Elder, *historia naturalis*:

„(...) Taken as a drink, it is extremely effective in restoring the failing strength of the sick that can be described as atrophy, and also for fever without a headache. Mixed with water, linseed flour, chaff and bread, it is an excellent poultice for boils." Pliny also mentions asses' milk as a drink to strengthen the teeth, for painful breasts and colic.

"Asses' milk was thought to be an antidote according to ancient material theory, which stated that certain materials counteracted the effects of others."

Fact: Asses' milk has been used in cosmetics as a face pack and bath additive for thousands of years. Indeed, Cleopatra's beauty tips did not just make Empress Poppea and Joséphine Bonaparte more beautiful.

Fact: In the Middle Ages doctors and scholars knew that asses' milk helped the skin and had a beneficial effect on fertility.

Natural scientist Konrad von Megenberg (1309-1374) wrote in his book about nature: „Pliny says that asses' milk is very white and it also helps to whiten people, and it also says that Emperor Nero's wife bathed in asses' milk.”

Doctor J Hartlieb recommends: „The woman should take a ball of wool and place it in asses' milk for an hour, then tie the wool to her navel while it is still wet and moist and then have marital relations with her husband, and she will soon be pregnant.”

Fact: Nowadays the latest research results prove the tried and tested findings of old.

"In his capacity as a scientific adviser, Professor DDr. Johannes C. Huber, fertility and hormone expert, supports the asses' milk project to the best of his ability. Only he is authorised to disclose any details on his research results."



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Fact

- *Asses' milk is the most similar of all to human milk*
- *Causing fewer allergies than cow's milk, asses' milk is suitable for dermatitis sufferers*
- *In traditional Tibetan medicine asses' milk is also used*

Dioscorides, a Greek physician and pharmacist, praised the cosmetic and prophylactic effect of myrrh, above all after a bath.

Fact: Ginseng is a herb which can adapt itself, which means it has a normalising effect -either stimulating or relaxing as required. An adapting herb generally helps to increase the body's natural resistance. Ginseng smoothes the skin, activates metabolism, and detoxifies.

Fact: Myrrh was used in ancient times as an ointment and highly valued as an ingredient of consecrated oil. In the scriptures Mary Magdalene was said to have been a myrrh bearer. The aromatic gum resin is anti-inflammatory, disinfects and is astringent.

Fact: Asses' milk contains docosahexaenoic acid (DHA), which is one of the essential Omega-3 unsaturated fatty acids. A deficiency in essential fatty acids can lead to a generally poor hair and skin condition, dry skin and itchy scalp.



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Titania's Dream® Cream – anti-ageing treatment for the body

Skin rejuvenation with asses' milk: 11 % in Titania's Dream®. The hand milked asses' milk is a valuable and limited raw material. Asses' milk stimulates the skin cells to renew themselves. Vitamins and antioxidants help to prevent cell decomposition, making the skin firmer. Lactic acid removes dead skin cells and thus speeds up the regeneration process. The skin looks more glowing, and wrinkles are reduced. Milk proteins increase the elasticity of the skin.





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Titania's Dream® Cream – The face cream for the whole body, 200 ml

How does Titania's Dream® Cream work?

Asses' milk has a stimulating effect, reducing wrinkles. The skin retains its elasticity and feels exceptionally soft, smooth and silky.

Myrrh is soothing, anti-inflammatory, disinfecting, and astringent.

Heliotrope: the scent is warm, subtle and gently envelops the skin.

Ginseng smoothes and firms the skin, activates the metabolism and detoxifies, uplifting body and soul.

Use:

Apply Titania's Dream® Cream at least once a day to face and body in a gentle, circular motion. The cream is absorbed quickly and does not leave any marks on fine fabrics such as silk.

Tolerance:

Titania's Dream® Cream is dermatologically tested and suitable for every skin type.



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Profile

Univ. Professor DDr. Johannes C. Huber is a doctor of medicine and theology. He is head of the Clinical Department of Gynaecological Endocrinology and Reproductive Medicine at the University of Vienna at The General Hospital. A member of the Austrian public health council, he also sits on the bioethics committee of the Austrian Federal Government, is a member of various scientific societies and author of over 20 books and some 400 publications. His main interests are identifying adult stem cells, the cryo-conservation of ovaries and research into hormonal and molecular-biological causes of ageing.

He has his own surgery, set up the Centre for Hormonal Cosmetics in Vienna and gives regular lectures in the USA (John Hopkins University and George Washington University).

Selection of his publications:



Klimakterium

Diagnose und Therapie

Autor: Univ. Professor DDr. Johannes C. Huber, 1995



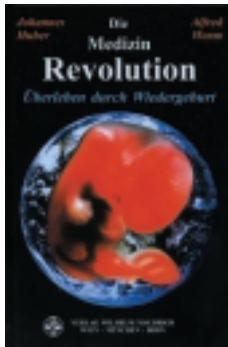
Die Frau im Klimakterium

Eine ganzheitliche Betrachtung

*Autoren: Univ. Professor DDr. Johannes C. Huber,
Professor Dr. med. A. E. Schindler, 1995*



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Die Medizin Revolution
Überleben durch Wiedergeburt
*Autoren: Univ. Professor DDr. Johannes C. Huber
Alfred Worm, 2000*



Frau sein ein Leben lang
Vorbeugung und Heilung frauenspezifischer Erkrankungen
*Autoren: Univ. Professor DDr. Johannes C. Huber,
Alfred Worm, 1999*



Man(n) wird jünger... und attraktiver
Die Checkliste für den Mann
*Autoren: Univ. Professor DDr. Johannes C. Huber
Alfred Worm, 1999*



Länger leben, später altern
Eine Anleitung
*Autoren: Univ. Professor DDr. Johannes C. Huber
Alfred Worm, 1998*



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Die Männermacher

Die sensationelle Wirkung der Hormone auf Vitalität,
Potenz und gutes Aussehen

*Autoren: Univ. Professor DDr. Johannes C. Huber,
Elisa Gregor, 2001*



Geheimakte Leben

Wie die Biomedizin unser Leben und unsere Weltsicht verändert

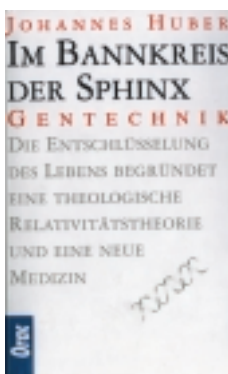
Autor: Univ. Professor DDr. Johannes C. Huber, 2000



Frau sein

Freuden und Leiden der Weiblichkeit

Autor: Univ. Professor DDr. Johannes C. Huber, 1992



Im Bannkreis der Sphinx – Gentechnik

Die Entschlüsselung des Lebens begründet
eine theologische Relativitätstheorie und eine neue Medizin

Autor: Univ. Professor DDr. Johannes C. Huber, 1991



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Hormone für die Schönheit

Haare, Haut, Figur, Gewicht, Cellulite

Autor: Univ. Professor DDr. Johannes C. Huber, 1992



Die Hormontherapie

Gesundheit, Jugendlichkeit, blühendes Aussehen

Autor: Univ. Professor DDr. Johannes C. Huber, 1990



Hormone

Was sie sind und was sie bewirken

*Autoren: Univ. Professor DDr. Johannes C. Huber
Gerti Senger, 1989*