

How to stay healthy ...
With Grandma Remedies

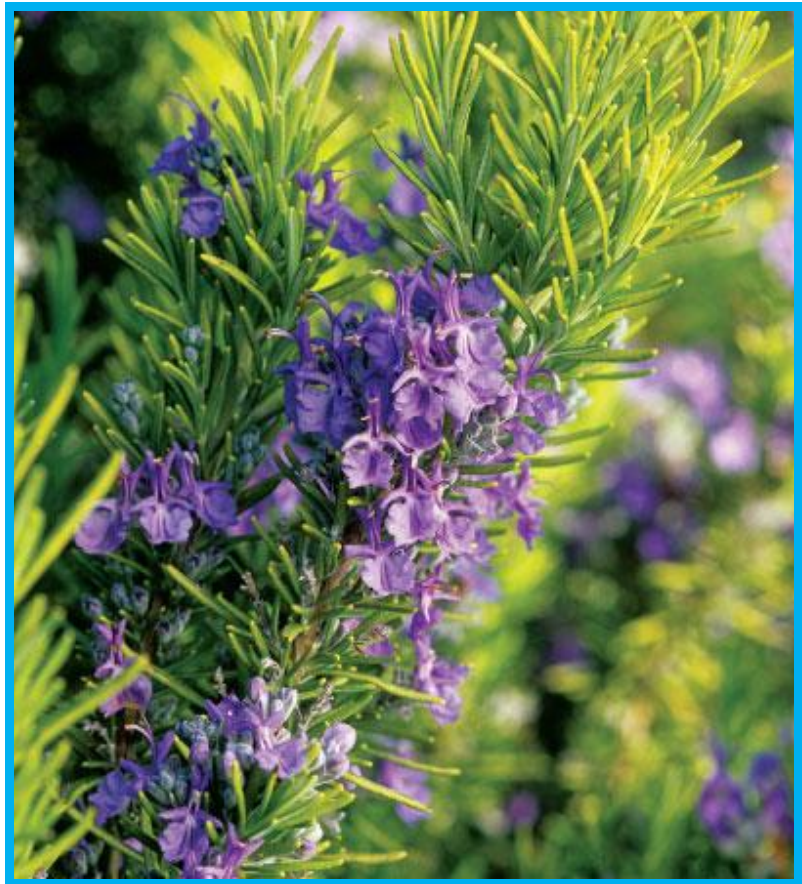


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The Unity

Title	How to be healthy with grandma's medicines... natural medicines
Area	Healthy Diets
Main Target Audience	The end users of the module are: <ul style="list-style-type: none"> • Adults interested in healthy and organic nutrition issues • City Residents • Adult Training Centers
Description of the module and general aims	This module allows the participant to understand: <ol style="list-style-type: none"> (1) Traditional and natural medicine principles (2) Traditional and natural medicine recipes. <ul style="list-style-type: none"> - ingredients characteristics - their health benefits
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed as follows - 8 hours of theoretical training; - 8 hours for visits (farms, processors, markets) - 8 hours of practical work.
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. In this training unit it is intended for the student to acquire knowledge about natural / traditional medicine in a practical way, while learning of the ingredients used in traditional pharmacopoeia. It is intended for the student to get to know about plants and herbs as well as about the preparation of recipes at home.
Competences achieved	Specific competences related to the project theme: <ul style="list-style-type: none"> • knowledge about the health value of different ingredients and herbs; • how to prepare natural medicines for the most common ailments • how to use natural medicines for the most common ailments
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: <ul style="list-style-type: none"> • Theoretical learning /blended learning: <ul style="list-style-type: none"> - face to face; - group discussions - online learning. • Practical learning: <ul style="list-style-type: none"> - workshop – preparing the recipes - self study – exercises

1. Abstract:

This module presents traditional medicinal recipes for the most common ailments and that are proven to work. These recopies, as a practical training component, serve the purpose of teaching ways to use the products to maximize the effects and minimize undesirable effects, contributing to maintain a healthy and balanced body condition.

Keywords: Natural Medicine, Homemade Medicine, Traditional Medicine, Medicinal Plants

2. Introduction

The History of Natural Medicine goes back to the beginnings of the History. Since ancient times people have sought remedies in nature for the relief of their diseases. The beginning of the use of medicinal plants was instinctive and plants were the basis of medical treatments through much of human history. In earlier times there was insufficient information on the reasons for the disease or on which plant and how it could be used as a cure, so everything was based on experience. Over time, the reasons for the use of specific medicinal plants for the treatment of certain diseases has been discovered; thus, the use of medicinal plants gradually abandoned the empirical framework and became based on explainable facts.

By the sixteenth century, the plants were the source of treatment and prophylaxis. Modern medicine uses many compounds of vegetal origin as the basis of tested and approved drugs and herbal therapy operates to apply modern standards to test for the efficacy of herbal medicines that are derived from natural sources. The decreasing effectiveness of current synthetic drugs and the increase on their contraindications make the use of natural drugs popular again. So the use of medicine that is based on plants has become an accepted part of modern medicine. Treatment with medicinal plants stimulates the immune system, making it able to fight disease more holistically. However, it should be borne in mind that the natural medicines may not be sufficient or suitable for all people or all diseases.

In this module some recipes of natural medicines that are used most commonly are presented

It is important to know that "natural" does not mean "harmless". Certain plants that can be found commonly in our woodlands, parks and gardens are dangerous, sometimes mortal, if consumed by humans (every year people die in Portugal due to an improper use of plants and mushrooms most often by lack of knowledge or identification error).

Section I

3. Core contents

3.1. Natural/Traditional Medicine

“Natural medicine and modern medical care are not mutually exclusive”

Homemade / natural remedies are being increasingly used due to several factors which include the pronounced side effects of conventional medicine and the development of resistance of microorganisms to conventional drugs.

The cure with medicinal plants is as old as humanity itself. The connection between man and his search for drugs in nature dates back to the distant past. The awareness of the use of medicinal plants is a result of many years of struggle against diseases in which man learned to collect drugs in shells, seeds, fruits and other plant parts. Modern science has recognized its effects and has included in modern pharmacotherapy a range of products of plant origin, known to ancient civilizations and used over the millennia.

The development of knowledge related to the use of medicinal plants as well as the evolution of consciousness increased the ability of pharmacists and medical doctors to meet the challenges that have arisen that can not be answered adequately by synthetic drugs.

From immemorial times people have tried to find drugs to relieve pain and cure different diseases. In each period, each successive century of the development of humanity and advanced civilizations, the healing properties of certain medicinal plants have been identified, examined and passed on to next generations. The benefits of a society were transferred to another, which updated the knowledge and discovered new properties, to the present day. The continuous and perpetual interest of people in medicinal plants, today culminated in a fashion with a more modern and sophisticated aspect in their processing and use.

3.2. The Mediterranean diet and health maintenance

The Mediterranean diet is recognized as Intangible Heritage of Humanity by UNESCO, and this distinction reveals both its importance in healthy eating, but also its importance as oral tradition of the people.

The traditional pharmacopoeia also reflects the principles of the Mediterranean diet since there are several studies showing that people who keep the Mediterranean diet

are among those whose average life expectancy is among the highest, with lower rates of heart disease and certain types of cancer.

This diet is rich in foods with high concentrations of complex carbohydrates, fibre, vitamins and minerals and numerous antioxidants that protect health. As well the low consumption of foods high in saturated fat and high-calorie foods, which is key to helping prevention of diseases.

Home remedies for colds, cough, throat inflammation, stomach ailments or diarrhoea were usually exchanged between family members. Older generations had invaluable information transmitted to the next generation via matriarchal lines.

3.3. The various uses of plants

The products that are part of the natural Mediterranean Pharmacopoeia, form part of the local landscape and are characterized by being what the land produces and is available for use.

Currently we study the properties of certain foods that can be seen as medicines. The term Nutraceutical (a term formed by combining the words "nutrition" and "pharmaceutical") is used to refer any substance which is considered as part of a food or food that provides health benefits beyond the basic nutritional value found in food. During the last decade, a large number of nutraceuticals has been identified from natural sources, some of which are present in the Mediterranean diet. Depending on the products they can prevent chronic diseases, improve health, delay the aging process, increase life expectancy and improve structures or functions of the body. People's lifestyle has been associated with the development of neuro degenerative disorders, including Alzheimer's disease, Parkinson's disease, multiple sclerosis, meningitis and brain tumour. Extensive research in recent years indicates that nutraceuticals derived from spices such as coriander and garlic target inflammatory pathways and thus can prevent neuro degenerative diseases.

In this module we will deal with some foodstuffs and / or plants present in the Mediterranean diet that can be used as natural medicines or which consumption / use constitutes a health benefit.

Garlic (*Allium sativum*)

Clinical evidence of the value of garlic, both on the prevention and the treatment of many diseases, is justified both by its content of minerals and vitamins and for its therapeutic effects as well as by the presence of some substances capable of reducing the levels of lipids and blood cholesterol. Garlic also functions as a hypotensive agent that helps control blood pressure without causing side effects. It has Selenium - a mineral that protects the

heart, preventing the formation of atheroma, which leads to clots, and normalizing blood pressure.

The garlic also has allicin, alina, both with antibacterial and anti-inflammatory effects.

- Prevents coronary and circulatory diseases. Hypotensive effect due to peripheral vessel expansion especially the legs, eyes and brain. Recommended for treating cerebral sclerosis.
- Prevents heart attacks
- Reduces blood clotting
- Reduces blood pressure
- Prevents platelet aggregation; useful in atherosclerosis and thrombosis.
- Anti-bacterial, viral and fungal infections (such as *Candida albicans*).
- Reduces the risk of cancer of the stomach, gastric, and others.
- Reduces sugar and glucose levels, aiding in the treatment of diabetes.
- Hypo-cholesterol effect (lowering cholesterol).
- Soft anti anthelmintic effect (treatment of intestinal parasites).
- Expectorant effect.
- Rubefacient and vesicant in external use.

It is also used to combat arthritic problems, including in external use, and in chilblains and warts. In some places it is used also as a preventive of cancer.

Garlic contains fructosanos (chains of fructose molecules) in abundance which gives it a clear diuretic action. It contains vitamins A, B1, B2, C, an amine of nicotinic acid, choline, hormones, alicetofina I and II sulfocianic acid, iodine and traces of uranium. This complex composition causes the garlic to have a very diverse action in the body.

Olive Oil

Olive oil is a widely used product in the culinary of various countries, is extracted from the olives, grown mainly in the Mediterranean region. Since thousands of years ago that the oil is present in food and is also from antiquity that the medicinal properties of this miraculous oil are recognized. Egyptian women realized that olive oil was an excellent emollient for skin. In turn, the Greeks used the oil extracted from the olives to massage, believing that it had effects on the health of the body and the mind.

Today we know that our ancestors were right. In addition to serving as a spice, leaving other foodstuffs tastier, olive oil has many medicinal properties derived from its composition because it has vitamins A, D, K and E, and antioxidants, which slow the aging of cells. The most striking is that even though is a food rich in fat and calories, the oil

contributes to the reduction of blood cholesterol levels and also for the reduction of fat accumulation in the abdomen area.

These benefits occur for its richness in monounsaturated fats, helping to reduce bad cholesterol. Studies published by the American Diabetes Association showed how the regular consumption of olive oil helps prevent fats that accumulate in the belly. It's not just an aesthetic issue, but also a health issue because fat cells that stick to belly hinder the production of insulin by the pancreas, causing diabetes. Other diseases are also related to the accumulation of fats, such as high blood pressure and cardiovascular problems. Therefore, olive oil intake is highly recommended by medical doctors and nutritionists.

To take advantage of these properties, experts recommend consuming 2 tablespoons of olive oil daily. It is important to remember that olive oil cannot be subjected to high temperatures, as with heating it loses its main properties.

Dairy thistle (*Silybum marianum*)

Liver protector helps the liver cells to regenerate more rapidly, has essential oils and in poultices reduces pain associated with varicose veins and facilitates healing of leg ulcers.

Coriander (*Coriandrum sativum*)

Stimulates appetite and combats indigestion, have anxiolytic activity, has anti nociceptive effect, improves memory, and also reduces cholesterol.

Peppermint (*Menta x piperita officinalis*)

Peppermint contains Vitamin A and Vitamin C, is used as a topical analgesic, has anti-inflammatory and soothing properties, helps relieve stomach and normalize gastrointestinal activity, increases the bile levels and their solubility, inhibits the growth of micro-organisms (Candida albicans, Herpes simplex, Staphylococcus aureus, Pseudomonas aeruginosa and influenza A and other viruses, etc.), prevents congestion of blood in the brain and stimulates circulation.

Lemon (*Citrus limon*)

Lemon has a high level of Vitamin C (which increases the immunological activity), stimulates appetite and has a slight antibacterial and antiviral effect and is particularly important during colds and flu because its mucolytic qualities allow anti-inflammatory effect. It helps to increase the resistance of the veins and arteries and regulate blood pressure, and it is also effective in reducing calcium deposits (kidney stones or bladder).

Honey

Honey contains about 200 substances, including amino acids, vitamins, minerals and enzymes, has bactericidal activity against many microorganisms, accelerates wound healing, has anti-inflammatory and protective effect on gastrointestinal infections caused by bacteria and rotavirus. Honey has been commonly used for treating wounds before the advent of antibiotics but even today, despite the variety of existing antibiotic creams, in some cases, honey may be more effective in treating poorly healing wounds that resist to conventional treatments. By removing moisture from the wound through its high sugar content, honey inhibits bacterial growth and proliferation and blocks the passage of harmful external contaminants. And, as is inexpensive, can be the ideal choice in countries without access to modern medicines for the treatment of wounds. Studies have shown that burns covered with honey heal faster and with less pain and scarring than the burns treated with conventional medicines. There are already on the market curative solutions honey-based for wound care.

Oregon (*Origanum vulgare*)

Relieves diarrhoea and flatulence, its essential oils fight stomatitis and pharyngitis, reduce cough, relieve sore throats and reduce toothache.

Parsley (*Petroselinum crispum*)

Prevents kidney stones, has diuretics and anticonvulsants effects, stimulates appetite and the production of saliva and gastric juices. In poultice relieves pain and swelling associated with sprains. 15g a day ensure the needs of important vitamins. In high doses can be toxic.

Section II

4. Put into practice

4.1. From theory to practice

Presented the principles of Natural Traditional Medicine, we will go to the practical part of how to use the plants and how to consume or apply them on the body. Many home remedies are better when fresh ingredients are used, although some medications may be stored for some weeks in suitable containers, often in cold weather.

There are different forms of preparation which vary according to the intended purpose and are also conditioned by the characteristics of the products:

- **Infusion:** water is heated to boiling and then poured on top of the plant material in a container that can be a cup, sometimes is left to stand for a few minutes and finally it is drunk.
- **Decoction:** In the process of decoction, the herbs are boiled with water to extract the active ingredients from the plant. Generally, this method is used for tougher parts of the plant such as root, stem and the shell. During preparation, the herb is mixed with water in a container that is brought to the boil. The mixture is boiled for a few minutes, normally less than 5 minutes, but can reach 15 minutes, with the container partially capped. After boiling strain the material and is ready to drink.
- **Juices:** are obtained from fresh plant material squeezing the fruit, leaves or roots, and must be consumed immediately.
- **Cooking and bathing or washing:** it is a prolonged cooking of the plant material (during several minutes, far more prolonged than the rapid boiling of tea) and then with the water wash up the affected area or allow to cool slightly this water then dip the affected area in this lukewarm water.
- **Gargle:** do a prolonged cooking of the plant material (as above), allow to cool a little and then make up the throat gargle with this water.
- **Application of soaked rags:** make a long cooking of the plant material (as above), then soak up cloths / wipes (some people refer linen cloths) in that hot water and apply these cloths on the affected area. Keep soaking the cloth in the hot water when they cool down.
- **Vapours:** do a long cooking of the plant material (as above), then this water is placed in a container (bowl, bucket, bowl), and the person places he affected area over it and receives the vapours released by the hot water.

- **Poultice or plasters:** the plant material is applied directly to the affected area and kept there with a patch, a cloth, handkerchief or a bandage.
- **Direct application:** the vegetable material is applied directly to the affected area, but unlike the above, the application is not too long and not is bind.
- **Syrup:** The plant material is typically boiled for a while with honey or sugar resulting in a thick liquid which is usually taken with a spoon (soup, tea, one or a few tablespoons per day, often before eating). It can be stored in a container to consume until is gone.
- **Maceration:** the plant material is placed in a liquid (water, alcohol, spirits) that is put up to stand for a while; in some cases when using alcohol or spirits the solution can be stored in a container (jar) for many months or even years; often the resulting liquid is used to frictions in which the liquid is placed and rubbed into the affected area.
- **Smokehouse:** the plant material is burned (in the fire or coals), the vapours of the burn are allowed to spread around the house, or the person or its cloths are placed to receive these vapours.

4.2. Application of herbs for treatment

1

Respiratory System

Colds and Flu States

- **Carrot Syrup**

2 medium carrots

4 table spoons of brown sugar

Start by peeling the carrots. In a bowl or cup, cut carrots to very thin slices and cover the bottom of the bowl, then add a spoon of sugar and continue the process alternating carrot slices and sugar until finish the carrots. Wait a few hours until the carrots begin to pour its juice. One to two tablespoons every day is holy remedy for the cough to go.

- **Flu**

Infusion of Mullein White + Horehound + Herb-bear + Coltsfoot+ Veronica: 1 pinch of each plant to a pint of water. Boil for 2 minutes and leave to infusion for 15 minutes. Take 3 to 4 cups daily.

- **Headaches**

Infusion of Lemon Balm: 20g of leaves for 1 liter of boiling water. Leave to infuse for 15 minutes. Drink 2 cups a day sweetened with honey.

Infusion of a preparation containing 10 g of each plant: Queen of the Meadows (Flowers) + Willow Bark (bark) + official Valerian (root) + Lavender (flowers) + Butter Rose (*primula elatior*) (flowers): Use 1 or 2 pinches of the above mixture in a cup of water. Boil and let steep 10 minutes. Drink 2 or 3 cups per day

Infusion of Valerian + Butter Rose (*primula elatior*) + *Thymus serpyllum*+ Thistle + Verbena: 1 or 2 pinches of each plant in 1 liter of water. Boil for 1 minute and allow to infuse 15 minutes. Drink 2 or 3 cups per day.

- **Laryngitis**

Infusion of Elecampane (*inula helenium*) + Escabiosa + Agrimonia + *Hippophae rhamnoides*: 1 pinch of each plant to a pint of water. Boil for 2 minutes and infuse for 15 minutes. Take 2 to 4 cups daily.

Infusion of 15g ginger rhizome in 1 liter of cold water. Leave for 15 minutes to infuse. Drink 2 cups a day.

Gargles of Large Malva infusion (leaves and flowers): 20 g for 1 liter of cold water. Boil for just 1 minute. Leave to infuse for 10 minutes. Gargle 5 times daily.

Gargles of sauge (sheets): 20 g for 1 liter of cold water. Boil for 15 minutes. Leave to infuse for 10 minutes. Gargle 5 times daily.

- **Bronchitis**

Infusion of Eucalyptus: 10g of dried leaves for 1 liter of water. Leave to infuse for 10 minutes. Take three cups per day.

Coltsfoot Infusion: 10g of leaves or flowers to 1 liter of boiling water. Leave to infuse for 10 minutes. Take three cups per day.

Infusion of Pansies: 10g of roots for 1 liter of cold water. Boil 3 minutes and infuse for 15 minutes. Take 2 hot cups a day.

Infusion of pine shoots: Let to macerate in cold and then boil 3 minutes and allow to cool. Take three cups per day for 8 to 10 days.

- **Asthma**

Infusion of Coltsfoot flower: 10g of flowers for 1 liter of boiling water. Leave for 15 minutes to infuse. Filter and take four cups per day.

2

Circulatory System

Regulation of blood pressure

- The consumption of 3 to 5 raw garlic per day appears to have a regulatory effect in blood pressure.
- Infusion of olive tree leaves: Place the olive tree leaves in a cup and cover with boiling water. Let cool properly covered, strain and drink immediately afterwards, to ensure a higher concentration of the active ingredient. It is recommended to take 3 to 4 cups of this tea per day.

Regulation of blood pressure, arrhythmias and circulatory insufficiencies stabilization

- Infusion of White Hawthorn: Place 1 teaspoon of dried leaves and flowers of White Hawthorn in a cup and cover with boiling water. Let cool properly covered, strain and drink immediately. It is recommended to take 3 to 4 cups of this tea per day for at least for 4 weeks.

3

Digestive and Liver System

Flatulence

- Infusion of Celery + Juniper + Angelica archangelic+ Wild Pennyroyal : 1 pinch of each plant to a cup of water. Boil and leave to infuse for 20 minutes. Take three cups per day.
- Infusion of Angelica-archangelic: 10g of root for 1 liter of cold water. Boil for 2 minutes and infuse for 15 minutes. Take three cups per day.
- Infusion of anise-green: 10g of crushed seeds for 1 liter of boiling water. Leave for 15 minutes to infuse. Take 2 cups a day.

Diarrhoea

- Infusion of Horsetail: 20g of herb for 1 liter of boiling water. Take 1 or 2 cups a day before meals.
- Infusion of oregano: Pour a cup of boiling water over 3 tablespoons of dried oregano. Let to infuse for approximately 15 minutes and then strain. Take 2 to 3 cups per day.

- Infusion of Strawberry: 15g of plant for 1 liter of boiling water. Take 2 cups a day.
- Loquat bark infusion: 10g of bark for 1 liter of boiling water. Take 2 cups a day.
- Use half teaspoon of locust bean crushed and reduced to flour sprinkled on foods such as with spices.

Liver Protection

- Pour 1 cup of boiling water over 1 teaspoon of fruits of Dairy-Thistle and strain after 15 minutes. Drink 3 cups of this tea during the day, on an empty stomach in the morning, before lunch and at bedtime.

Bladder Disorders

- Pour 1 cup of boiling water over 1 teaspoon Rosemary leaves. Let this infusion covered for 10 minutes and then strain. Drink 3 cups of this infusion during the day.

Stimulator of appetite

- Crush 1 teaspoon of coriander seeds. Pour a cup of boiling water on the grounded coriander, leave to infuse for ten minutes and then strain. Drink a cup before meals.

4

Urinary System

Cystitis

- Infusion of Juniper + Blueberry + Elecampane (*inula helenium*)+ Thyme + Lavender +Mauve: 1 pinch of each plant for 1 cup of water. Boil and let stand for 15 minutes. Take 4 cups daily.
- Infusion of white birch: 10g of dried or fresh leaves in 1 liter of boiling water. Let stand for 10 minutes. Drink three cups per day.
- Infusion of common Juniper: 30g of berries for 1 liter of boiling water. Let stand half an hour. Drink 2 cups a day.

Kidney Stones Prevention

- Pour 1 cup of boiling water over 2 teaspoons of chopped leaves of parsley. Leave to infuse for about 15 minutes covered and strain. Drink three times a day before meals.

Eczema

- Patch of Escabiosa (*Scabiosa succisa*) + Chamomile infusion: Make an infusion with 2 pinches of each plant for half a liter of water. Boil and leave to infuse for 20 minutes. Apply to compress or clay poultice in the morning and evening and keep for about 20 minutes.
- Compress of Aristoloquia common (*Aristolochia clematitis*) infusion: Make an infusion of 10g of plant for 1 liter of cold water. Boil 1 minute and let stand 30 minutes. Apply compresses 1 or 2 times a day and keep for about 10 to 15 minutes.
- Walnut tree infusion: Make an infusion of 20g dried leaves for 1 liter of cold water. Boil and let stand for 10 minutes. Take 2 cups a day. you may also apply compresses 1 or 2 times a day and keep for about 10 to 20 minutes

Impingens

- Infusion of Labaca + Elecampane (*inula helenium*)+ Escabiosa + common fumitory or earth smoke (*Fumaria officinalis L*)+ Hops: 1 pinch each plant for 1 liter of water. Boil and let steep for 15 minutes. Take 3 to 4 cups daily.

Warts

- Daily rub the warts with flowers of Stud Marigold.
- Apply daily on the warts the juice of fresh Quelidonia (*Chelidonium majus*) (also called herb of warts) .
- Apply daily of fresh garlic juice on the warts.

Varicose ulcers in the legs

- Use in poultices: pour 1 cup of boiling water over 2 tablespoons of the fruits of thistle-milk and let steep 10 minutes. Dip a linen cloth in this decoction and tie around the lower leg. Leave covered with a towel until the cloth is cool. Repeat several times a day.

Treatment of difficult to heal wounds

- Put impregnated non-woven with sterile honey directly in the woundon and and replace every 2 days.

Questions

Choose the right answer.

1. Garlic has properties:
 - a. antifungal
 - b. anti-bacterial
 - c. vasoconstrictor effect
 - d. points a and b are correct

2. Olive oil has the following properties:
 - a. Olive oil has vitamin C and K
 - b. Olive oil is low in monounsaturated fats
 - c. Olive oil contributes to the reduction of cholesterol levels in the blood
 - d. Olive oil contributes to increased abdominal fat.

In each of the following points mark the wrong answer.

3. Lemon:
 - a. It is effective for colds
 - b. It has bacteriostatic effect
 - c. Facilitates digestion
 - d. It has anti-inflammatory effect

4. Lemon:
 - a. Is rich in vitamin C
 - b. Has mucolytic effect
 - c. Hampers digestion
 - d. Fights warts

5. Parsley
 - a. Is rich in Vitamin A and C
 - b. Prevents the formation of kidney stones
 - c. Prevents loss of appetite
 - d. Is low in Potassium

6. Peppermint:
 - a. Stimulates blood circulation
 - b. Is low in vitamica C
 - c. Has bacteriostatic effect
 - d. Is topical analgesic.

7. Rosemary
 - a. Has antiviral effect
 - b. Is desirable to facilitate digestion

- c. Stimulates blood circulation
- d. Has bactericidal effect

8. Coriander:

- a. Facilitates digestion
- b. Prevents the formation of kidney stones
- c. Prevents loss of appetite
- d. Does not have hepato-protective effect

9. Oregano:

- a. Causes flatulence
- b. Has bactericidal effect
- c. Fights Stomatitis
- d. Has antitussive effect

10. Rosemary

- a. Has Antiviral effect
- b. It has bactericidal effect
- c. Stimulates blood circulation
- d. Can be used in pregnant

11. Mark the true statements.

- a. Natural medicines are harmless.
- b. Natural medicines have a more holistic performance.
- c. Natural medicines usually have less side effects.
- d. There are natural remedies for all diseases
- e. Nutraceuticals can prevent chronic diseases

Are you interested?

5. Further readings

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