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ENCYCLOPEDIA OF HEALTH: OUR GRANDMOTHERS' RECIPES

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Introduction

We present here some grandmothers' recipes that may be found in Spain. It has been difficult to distinguish what is really Spanish and/or Canarian and which recipes are of universal knowledge.

Some of the recipes we present are centuries old and we cannot really specify their date, since they are made from natural ingredients found in forests, mountains or cultivated in fields, such as **olive oil**, which has been grown in Spain since ancient Roman times. However, some remedies are more recent, as the **eucalyptus infusion**, given that eucalyptus plant was introduced in Spain to reforest some areas in middle 1800s.

Home remedies are not only those that refer to the use of medicinal plants to treat illnesses, but also different ones that are used in households for different purposes. For instance, to scare away mosquitoes, you can fill a glass with vinegar and place it in your bedside table or, to ease the pain of styes, you can use the handle of a metal spoon by rubbing the area with it. Also, if you suffer from a sunstroke, you can put a glass of water in the top of your head, and you will see how the water *becomes* warmer, relieving the discomfort you are feeling.

Usually it is our mothers, grandmothers and great grandmothers the ones that use these home remedies and give advise about them, so they are the ones passing this knowledge within families. But it can also be our uncles or aunts. Normally, it is always an older person the one that transmits this wisdom to the younger generation.

In conclusion, we can say that these remedies, as old as they may be, are still widely known even more those that are used to ease common illnesses that do not require immediate medial assistance.

ALOE VERA

Aloe vera is a succulent plant species of the genus Aloe, it is cultivated for agricultural and medicinal uses. It is an endemic plant of the Canary Islands.



ALOE VERA GEL

Aloe Vera Gel is a medicinal plant gel used for burns, irritations and wounds, as well as for many other purposes.

Ingredients:

- Around 3 aloe vera's leaves

How to prepare it?

- Cut the leaves, clean them and remove the thorns.
- Use a knife to extract the pulp, be careful not to take it if it has yellow sap.
- Keep it in the fridge or somewhere that keeps it away from solar light.



PEPPERMINT

Peppermint is a perennial and aromatic herbaceous plant. It is used in gastronomy, as well as in pharmaceuticals, for example **peppermint tea**.



TRADITIONAL REMEDY FOR HEADACHES

Peppermint tea is a typical remedy for headaches. It minimizes tension and improves circulation.

Ingredients:

- 1 tablespoon of ment leaves (10g)
- 1 cup of water (250ml)

How to prepare it?

Firstly, pour the mint leaves into a cup of boiling water. Then, let it steep for 10 minutes and finally consume it.



LEMON AND HONEY

Lemon is an oval fruit with thick skin and fragrance, with acidic juice.

Honey is a thick liquid that is amber or gold in color. It is produced by bees and it is produced from nectar extracted from flowering plants.



REMEDY TO CONTROL COLD AND FLU

One of the best home remedies is syrup with **lemon** and **honey**



Ingredients:

- ½ cup of honey (167 g)
- The juice of 1 lemon

How to prepare it?

- You just need to squeeze the lemon juice and mix it with honey.
- Then consume a tablespoon every three to four hours.

OLIVE OIL

Olive oil is a major component of the Mediterranean diet. It is extracted from olives and it is used for cooking, cosmetics, medicine, soaps and as a fuel for traditional lamps.



REMEDY FOR ECZEMA

Olive oil is one of the best treatments to combat eczema due to its high content of vitamin E and antioxidants.

How to apply it?

All you have to do is rub a little oil on the affected areas, twice a day.

You have to repeat this until the problem is cured.



EUCALYPTUS

Eucalyptus are perennial medicinal trees and plants. The essential oil of eucalyptus leaves is used as a nasal decongestant and to fight respiratory infections, for example, the **eucalyptus infusion**.



EUCALYPTUS INFUSION FOR COLD COUGH

Ingredients:

- 4 cups of water
- 6 fresh eucalyptus leaves
- 1 yellow lemon
- Honey

How to prepare it?

- Put water in a kettle. Add the eucalyptus leaves and the lemon peel.
- Heat over low heat until boiling. Then, let the infusion rest for 8 minutes.
- Strain the infusion, squeeze lemon juice over it and sweeten with honey.

