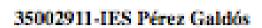


Gobierno Consejería de Educación, de Canarias Universidades, Cultura y Deportes







ENCYCLOPEDIA OF HEALTH: OUR GRANDMOTHERS' RECIPES

Alejandro Plazas Perdomo Paula Santana García Samuel Santana García Yining Yin



IES Pérez Galdós - Las Palmas de Gran Canaria (Spain)



ALOE VERA GEL

Aloe Vera Gel is a medicinal plant 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.



TRADITIONAL REMEDY FOR HEADACHES

A typical remedy for headaches is **peppermint tea**, it minimizes tension and improves circulation.

Ingredients:

- 1 tablespoon of meant 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.



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 squezze the lemon juice and mix it with honey.
- Then consume a tablespoon every three to four hours.

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 a little oil on the affected areas, twice a day.

You have to repeat this until the problem is cured.

