THE MIRACLES OF HERBAL TEA IN EUROPE

"The Herbal Tea Handbook"

Editors:

The Student:
HANDAN PINAR AYGECE*

The Teacher:
NAZAN TELLİ*

*Bornova Anatolian High School, İzmir, Turkey (May, 2017)

1.Edition

Çağdaş Dijital
62 sk.No:5/B Bornova- İZMİR
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AIMS

Firstly, with this project we aim to reduce the unnecessary usage of medicine among teenagers and make them be aware of using herbal tea for some relaxion.
Secondly, the students will have the chance of improving their English.
Thirdly, cultural integration will be inevitable.

WORK PROCESS

Each partners will share their common herbal tea that they drink to relax in their country to create a European handbook! Each partner will choose his most common 4 herbal tea and introduce us their benefits. Then we will create a handbook of the benefits of herbal tea in Europe.
The project begins in February and ends in May, 2017. The handbook will be presented in a Tubitak 4006 Project Organization which will be held in Bornova Anatolian High School, İzmir, Turkey in May,2017.

EXPECTED RESULTS

By the sake of this project we expect to reduce the unnecessary usage of medicine among teenagers and make them be aware of using herbal tea for some relaxion.
The students will also have the chance of improving their English and cultural integration will be inevitable.

THE FOUNDER SCHOOLS OF THE PROJECT:

Nazan Telli, Yeliz Özgiray**, Bornova Anatolian High School, Bornova/ **Turkey

Raffaella Vergombello,** Iis Luigi Castiglioni, Limbiate (MI)/ **Italy

THE MEMBER SCHOOLS OF THE PROJECT FROM EUROPE:

Adam Penicaud,** Lycée Maurice Utrillo, Stains/ **France
Sremski Karlovci**, Branka Ranisavljevic Karlovacka Gimnazija, Сремски Карловци /**Serbia
Daniela Paškov**, Škola Za Medicinske Sestre Mlinarska, Zagreb /**Croatia
Dominika Sidor**, Liceum Ogólnokształcące im. 14 Pułku **Powstańców Śląskich,** Wodzisławiu Śląskim, Wodzisław Śląski /**Poland
Mária Tunová,** Zdravotnícka škola, Bratislava /**Slovakia
Nazan Telli, Yeliz Özgiray,** (Founder) Bornova Anatolia High School, Bornova/ **Turkey
Oana-DacianaDabelea,** National Tudor Vladimirescu, Târgu Jiu / **Romania
Radu Manuela,** Colegiul National Tudor Vladimirescu, Târgu Jiu /**Romania
Raffaella Vergombello,** (Founder) Iis Luigi Castiglioni, Limbiate (MI) /**Italy

THE EDITORS OF THE HANDBOOK :

HANDAN PINAR AYGECE* (Under the guidance of NAZAN TELLİ)

THE DESIGNER OF THE BOOK COVER :

Buse Aslan*

*(*They are the students from Bornova Anatolian High School)*

THE DESIGNED LOGOS BY THE STUDENTS:

SLOVAKIA'S LOGO:

SERBIA'S LOGOS:

POLAND'S LOGOS:

ROMANIA'S LOGOS:

CROATIA'S LOGOS:

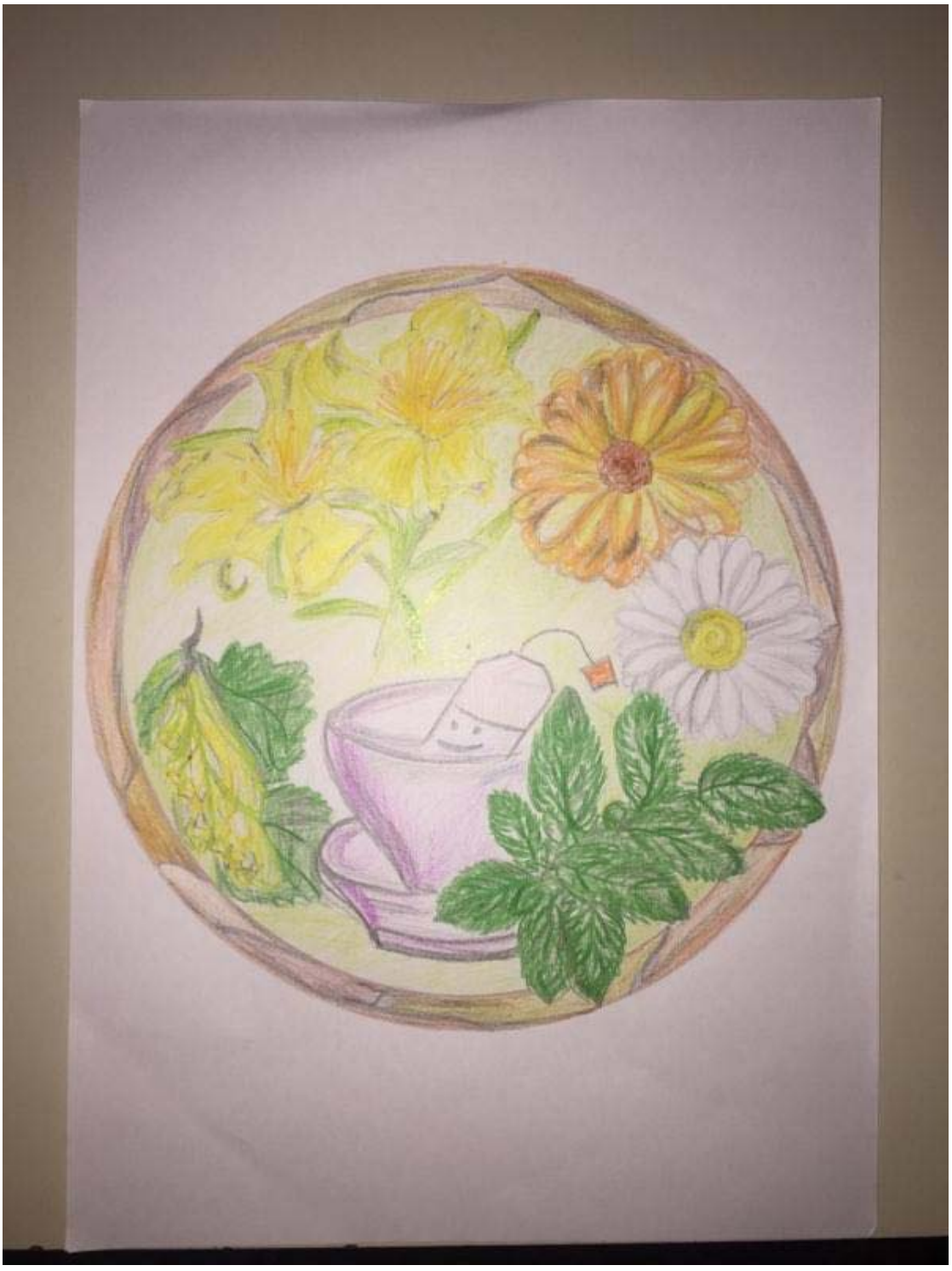
FRANCE'S LOGOS:

ITALY'S LOGO:

LOGO OF THE PROJECT

The Chosen Logo (By The Member Schools):

ROMANIA



ITALY

Teacher:

Raffaella Vergombello

Students:

Chiara Buzzetti
Fabio Polimeni
Jalissa Suriano
Matteo Fiorucci
Nicholas Romanelli
Riccardo Bassi
Riccardo Faccioni
Stefania Romanò

GINGER TEA

Ginger's effects:

- *GastrointestinalRelief.*
- *SafeandEffectiveReliefofNauseaandVomitingDuringPregnancy.*
- *Anti-InflammatoryEffects.*
- *ProtectionagainstColorectalCancer.*
- *GingerInducesCellDeathinOvarianCancerCells.*
- *Exposuretothegingerextractcausedcelldeathinalltheovariancancerlinesstudied.*
- *ImmuneBoostingAction.*

Bibliography:
http://www.whfoods.com/genpage.php?tname=foodspice&dbid=72

GINGER HERBAL TEA RECIPE:

A warming,spicy beverage,ginger tea is an invigorating,caffeine-free alternative to regular tea or coffee. Widely used in various cultures to relieve a sorethroat or cough, fight colds,and ease in digestion and nausea,gingerhasanti-inflammatory andantioxidant properties and is believed to have numerous health benefits.

Makes 1 serving

Ingredients:

- *1 teaspoon gingerroot,grated or finely chopped*
- *1 cup boilingwater*
- *honey (optional)*

Directions:

1. Place the ginger root in a mug. Add the boiling water and allow it to step for 5 to 10 minutes.

2. Strain to remove the ginger.

You could also use a tea infuser,filter, or meshteaball instead,or just allow the ginger to setle at the bottom of the cup before drinking.

3. Add honey to taste (ifdesired).

Bibliography: *https://www.verywell.com/ginger-tea-recipe-88180*

BLUEBERRY TEA

BENEFICIAL ASPECTS OF BLUEBERRY:

These little berries are full of antioxidants which can prevent cardiovascular illnesses, protect against tumours and even delay the natural process of aging.

They have two advantages therefore; on the one hand, they are a food source and, on the other hand, they can be used as medication.

A tasty blueberry tea can be particularly good for eczema and dandruff since, thanks to its purifying and healing actions, it can soothe rashes and dandruff.

Blueberry tea has various uses:

- *Blueberry tea to fight dysentery in young children, especially newborns and infants.*
- *The tea should be strong and not too sweet.*
- *Blueberry tea is very useful for soothing the pains caused by haemorrhoids.*
- *Blueberry tea to fight bladder and kidney problems the tea carries out an antiseptic action on the urinary tract, fortifying it.*

Bibliography: *http://www.benessere.com/images/LogoBenessereEng.png*

RECIPE:

Bring 4 cups water to a boil in same saucepan; add 3 family-size tea bags, and let stand 5 minutes. Remove and discard tea bags. Stir in 3/4 cup sugar and blueberry juice mixture. Pour into a pitcher.

If you want to serve it cold, cover and chill 1 hour. Serve over ice.

Bibliography: http://www.myrecipes.com/recipe/blueberry-lemon-iced-tea

STAR ANISE

Definition:

Star anise comes with its star shape and a licorice taste similar to regular anise, only stronger. Star anise is the seed pod of an evergreen tree (Illicium Verum) grown in southwestern China and Japan. It is about one inch high with eightsegments and a dark brown rust color. Like regular anise, star anise gets its distinctive licorice taste from a chemical compound called anethol.

Using Star Anise in Cooking:

Star anise is a pillar ingredient in Chinese cooking. It is one of the main flavors in Chinese five spice powder and is also used to flavor roast duck and other

meats. In Vietnamese cuisine, star anise is used to flavor the well known soup, pho. Star anise is also a common spice in Indian cuisine, where it is used in the spice blend garam masala, as well as dishes like biryani and drinks such as chai. Star anise is also widely used to flavor beverages. In addition to chai tea, star anise is used to infuse several liquors. Absinthe, sambuca, typical Italian, and pastis all utilize star anise to impart a licorice flavor to the finished product.

Medical Uses of Star Anise:

In traditional Chinese medicine, star anise is prescribed as a digestive aid and to help cure colic in babies. More recently, Shikimic Acid, extracted from star anise, is one of the chief ingredients in the antiviral Tamiflu drug used to fight avian influenza.

Recipe: What You'll Need?

2 tablespoons (8 grams) medium-size loose-leaf green tea or 4 green tea bags;
one 5-inch cinnamon stick, broken into pieces;
8 whole star anise or 1 1/2 tablespoons broken star anise pieces;
4 cups boiling water.

How to Make It?

Put the tea leaves or tea bags into a pre-warmed teapot and set aside.
Put the cinnamon stick and star anise into a 4-cup heatproof measuring cup and add the boiling water. Stir to mix, then infuse for 2 minutes.
Quickly pour the infusion into the teapot, straining carefully to keep the cinnamon and star anise from going into the teapot. Steep the tea in the spice infusion for 2 minutes.
Strain the brewed tea into teacups and serve immediately.
Bibliography: *https://www.thespruce.com/about-star-anise-694247*

MILK THISTLE

Pharmacological proprieties:

Milk thistle is the most researched plant for the treatment of liver disease. Its therapeutic properties are due to the presence of silymarin, a mixture of three flavonolignans. The seeds contain the highest amount of silymarin, but the whole plant is used medicinally.

Milk thistle is grown successfully on a range of soil types, from sandy soils to much heavier clay soils. Milk thistle is directly seeded in soils. Sowing occurs in autumn and spring, and row spacing is usually 40–75 cm, with 20–30 cm between plants in the row. Nutrient requirements of this crop are low to moderate since it is adapted to poor quality soils and many different growing conditions. A limiting factor in milk thistle production is weed interference. Pendimethalin and metribuzin herbicides are safe for weed control in milk thistle, both alone and in combination. Milk thistle is considered drought resistant and normal rainfall will often suffice. In a Mediterranean environment, under severe drought conditions, the crops should be irrigated during seed growth and filling. Moreover, a few varieties of milk thistle have been developed. The silymarin content most often ranges from 1.0% to 3.0% of achene dry matter but can exceed 8%. Efforts should be made to develop varieties with high silymarin content.

Highlights:

- *Milk thistle is the most researched plant for the treatment of liver disease.*
- *Silymarin is a lipophilic extract from the seeds of milk thistle.*
- *Nutrient requirements of this crop are low to moderate since it is adapted to poor quality soils.*

- *Pendimethalin and metribuzin herbicides are safe for weed control in milk thistle.*

Bibliography:
http://www.sciencedirect.com/science/article/pii/S092666901100104X

Botanical description of Milk Thistle:

Very tall biannual herb, until 2 meters high with flowers gathered in big red solitary heads, which can be easily recognized because of its curved bracts, ending in a strong spine. Big leaves with spots on its surface. Lobed, spiny edged.

Bibliography: *http://www.botanical-online.com/milkthisle.htm#*

Milk Thistle Benefits

Milk Thistle is unique in its ability to protect the liver and has no equivalent in the pharmaceutical drug world. In fact, in cases of poisoning with Amanita mushrooms, which destroy the liver, milk thistle is the only treatment option. It has been so dramatically effective that the treatment has never been disputed, even by the traditional medical community. This species is an annual or biennial plant of the Asteraceae family.

Health benefits

Milk thistle acts in a similar fashion to detoxify other synthetic chemicals that find their way into our bodies, from acetaminophen and alcohol to heavy metals and radiation.

Milk thistle was approved in 1986 as a treatment for liver disease and it is widely used to treat alcoholic hepatitis, alcoholic fatty liver, cirrhosis, liver poisoning and viral hepatitis. It has also been shown to protect the liver against medications such as acetaminophen, a non-aspirin pain reliever.

Repairs cells and encourages cell growth

The active ingredient, or liver-protecting compound in milk thistle is known as silymarin. This substance, which actually consists of a group of compounds called flavonolignans, helps repair liver cells damaged by alcohol and other toxic substances by stimulating protein synthesis. By changing the outside layer of liver cells, it also prevents certain toxins from getting inside. Silymarin also seems to encourage liver cell growth. It can reduce inflammation (importantfor

people with liver inflammation or hepatitis), and has potent antioxidant effects. Antioxidants are thought to protect body cells from damage caused by a chemical process called oxidation. Our Milk Thistle is not standardized to an exact amount (as it is made from pure dried natural herbs. Milk Thistle naturally contains about 70 - 80% Silymarin (and many other constituents thought to work in harmony).

This herb benefits adrenal disorders and inflammatory bowel syndrome, and is used to treat psoriasis (increases bile flow).

Milk thistle has some estrogen-like effects that may stimulate the flow of breast milk in women who are breast-feeding infants. It may also be used to start late menstrual periods. Milk thistle's estrogen-like effect may also have some usefulness for men with prostate cancer.

In animal studies and one small study in humans, milk thistle produced modest reductions in total cholesterol. However, these results have not been demonstrated in larger human studies.

This herb is a must for cleansing and for anyone with any sort of liver dysfunction or exposure to toxins.

Liver disease from alcohol

A comprehensive review by the U.S. Agency for Healthcare Research and Quality (AHRQ) recently identified 16 scientific studies on the use of milk thistle for the treatment of various forms of liver disease. A European standardized extract of milk thistle was used in most of the trials. Problems in study design (such as small numbers of participants, variations in the causes of liver disease, and differences in dosing and duration of milk thistle therapy) made it difficult to draw any definitive conclusions. However, five of seven studies evaluating milk thistle for alcoholic liver disease found significant improvements in liver function. Those with the mildest form of the disease appeared to improve the most. Milk thistle was less effective for those with severe liver disease such as cirrhosis. Cirrhosis is characterized by scarring and permanent, non-reversible damage to the liver. It is often referred to as end-stage liver disease.

Viral hepatitis

Despite the fact that milk thistle is widely used in the treatment of hepatitis (particularly hepatitis C), results from four viral hepatitis studies were contradictory. Some found improvements in liver enzyme activity while others

failed to detect these benefits. None of the studies compared milk thistle with interferon or other medications for viral hepatitis.

Cancer

Preliminary laboratory studies also suggest that active substances in milk thistle may have anti-cancer effects. One active substance known as silymarin has strong antioxidant properties and has been shown to inhibit the growth of human prostate, breast, and cervical cancer cells in test tubes. Further studies are needed to determine whether milk thistle is safe or effective for people with these forms of cancer.

High cholesterol

One animal study found that silymarin (an active compound in milk thistle) worked as effectively as the cholesterol-lowering drug probucol, with the additional benefit of substantially increasing HDL ("good") cholesterol. Further

Bibliography: *http://www.herbwisdom.com*

RECIPE:

A tea recipe can made from Milk Thistle extract by using 20 drops into a cup of hot tea or hot water and consumed before meals. Suggested use is up to four times a day. If using a tea bag, steep one bag in a cup of hot water for 3 to 5 minutes. You can drink anywhere from 6 to 8 cups a day, according to Joe Pappa, a coffee consultant, to lose weight

Bibliography: *https://nootriment.com/milk-thistle-tea/*

CROATIA

Teacher:

Daniela Paškov

Students:

Ana Marija Hanzek
Ivan Ivancic
Laura Golubic
Lidija Karamatic
Luka Krvaric
Luka Sremec
Natalija Zilic
Valerija Zupanac

CHAMOMILE TEA

Chamomile - which can also be spelled 'camomile' - is a daisy-like herb renowned in folk and traditional medicine for its health, cosmetic, and nutritional benefits. For centuries, people around the world have turned to chamomile herbal tea as a cure-all for a multitude of physical and emotional health concerns. This herbal tea eases insomnia, boosts your immune system, banishes menstrual cramps and diarrhea and relieving colic in infants.

When used topically, may provide benefits for your skin and scalp! Camomile can soothe insect bites, chicken pox, wounds, burns, bruises, sunburns, rashes, and itchy or inflamed skin, and it is also a popular remedy for stopping the growth of ulcers. This herb is well-known for easing the discomfort of eczema, psoriasis, acne, diaper rash, and other skin irritations, too.

Research has shown that a topical camomile solution is more effective at relieving the itch, pain, and inflammation of skin lesions than topical hydrocortisone (steroid) treatment. The camomile solution provides substantially quicker healing of the lesions, too.

And, why not add camomile tea to your bath? This soothing, spa-like experience can lessen aches and pains (including sciatica and menstrual cramps), reduce swelling, calm itchy or inflamed skin, ease hay fever or sinusitis, and reduce and soothe painful, inflamed hemorrhoids.

Bibliography: http://www.theteatalk.com/benefits-of-camomile-tea.html

ROSEHIP TEA

Hello! Our assingment was to make rose hip tea and discover the benefits of drinkig it. We will show you the recepie so you could make one cup of tea just for you.

Rose hips have been used since the Stone Age. Today we are finding out, and proving, that the benefits of this flower fruit are indeed valid. Don't only take the time to stop and smell the roses, take a bit more time to eat the fruit too! The rose hip tea is made from dry rose hip fruits which are particulary high in vitamin C.

The rose hip tea is rich in vitamin C and flavonoids which are responsible for its antioxidant effect. Antioxidants help prevent diseases related to oxidation, such as heart disease, arthritis and cancer.

The recipe:

- *Put a teabag in your cup*
- *Pour the previously boiled water into the cup over the teabag*
- *Wait about 3-5 minutes*
- *Remove the teabag from the cup*
- *wait a few minutes till it cool down a litle bit*
- *Enjoy!*

Rose Hip Benefits

A rose hip is the fruit of a rose. Also known as rose haw or rose hep. The wild dog rose is the type of rose most often cultivated for their hips. This plantgrows up to ten feet tall and bears a white, very fragrant flower. Once the flower has

bloomed, and all the petals have fallen off, the hip is picked and used in a wide variety of preparations.

Rose hips are the best source of vitamin C; they contain 50% more vitamin C than oranges. A single tablespoon of the pulp gives an adult more than the recommended daily allowance of 60 mg. They can be eaten raw, after being put through a blender, or soaked in water overnight and then cooked in the water for about half an hour. Because of the high vitamin C content they are an excellent immune system booster, and are often used as a supplement to prevent or treat a cold. The pulp from rose hips may be used in sauces or made into jelly.

Health benefits:

Diuretic and laxative

The fruit acids and pectin in rose hip tea is a mild diuretic and laxative. It is used to improve, and relieve the symptoms of kidney disorders, or to help in the case of mild constipation. To make the tea simply pour a cup boiling water over a tablespoon of crushed, dried hips and let steep. After straining out any pieces of the hips you can add honey and drink.

Treats skin ailments

The astringent qualities of rose hip oil makes it a valuable addition in cosmetic preparations. It has the ability to help regenerate new skin cells. This can be used to treat scars, acne and burns. While it is an astringent, it does not dry out the skin; actually it helps to rehydrate it, keeping the moisture in. Drinking rose hip tea daily will also benefit your skin. Rose hips have a high vitamin A content. Vitamin A is commonly referred to as the "skin vitamin". It helps to regenerate skin cells, healing wounds and scars. It also helps to keep the skin elastic and nourished. This will not only prevent wrinkles, but can actually help to minimize any that have already appeared.

Aids immune system

The vitamin A is also beneficial to the immune system. It can help to prevent infections from both bacteria and viruses. It helps the immune system to fight off any infections that do occur too.

Anti-inflammatory properties

Many complementary medicine physicians use rose hips to treat wounds and inflammations. Research in Denmark and Germany used a rose hip remedy. The results showed that the remedy was actually very beneficial in treating rheumatoid arthritis. The group taking the remedy had an improvement in their mobility by 20 to 25%. They experienced less pain and a general overall improvement in mood and the way they felt. The studies showed significant improvement in individuals suffering from osteoarthritis as well, proving the anti-inflammatory properties.

Antioxidants

Because they contain a variety of antioxidants; carotenoids, flavonoids, polyphenols, leucoanthocyanins and catechins, rose hips are considered to be a good cancer preventative. These same antioxidants are also used to prevent against cardiovascular disease.

Bibliography: http://www.herbwisdom.com/herb-rose-hip.html

http://www.livestrong.com/article/190409-allergy-to-rose-hips/

MINT TEA

Mint tea - so good it`s addictive!

According to greek mythology, Mint was a nimph who was unsuccessfully pursued by the lustful god of the underworld Hades. She was blinded by the glare of his carriage, but she was saved from harassment by queen Persephone by turning her into mint.

Mint is used as a spice, tea, syrup, volatile oil and it`s even aded to parfumes. There are many species of mint, most well known being peppermint (Mentha piperita) and wild mint (Mentha pulegium). Mint contains a great quantity of menthol witch activates cold receptors, wich is the reason for the sensetion of chilliness. It prevents gum disease and bad breath. It is also contained in candy against sore throat as well in gels and creams against swellings. Peppermint oil soothes the pain in the stomach, relieves spasms and enhances weight loss. It has a calming effect and reduces headaches. It prevents infections, colds, strengthens the immune system and alleviates allergies and asthma. If regularly drunk, mint tea will prevent the hairiness on the legs, chest, back and face. Due to its freshness, it fits perfectly with salads, potatoes, chocolate, lamb and berries.

How to prepare tea from fresh mint?

Pour 2 dl of hot water over a sprig of fresh mint, add a teaspoon of sugar, honey or other sweeteners, and serve.

Bibliography:

http://alternativa-za-vas.com/index.php/clanak/article/metvica

http://www.adrenalin.hr/ostalo/zdravlje-prehrana/menta-je-zacin-i-lijek/

BLACK TEA

Black tea is made from the leaves of a bush called Camellia sinensis. A process called oxidation turns the leaves from green to a dark brownish-black color. Oxidation means the leaves are exposed to moist, oxygen-rich air.

Tea manufacturers can control the amount of oxidation. Black tea is a fully oxidized tea . Green tea comes from the same plant, but is not as oxidized.

Some scientists think that specific antioxidants in tea, including polyphenols and catechins, may help prevent some types of cancer. For example, some research shows that women who regularly drink black tea have a much lower risk of ovarian cancer than women who do not.
~Increasing evidence hints that the antioxidants in black tea may reduce atherosclerosis (clogged arteries), especially in women. It may also help lower the risk of heart attack.

Regularly drinking black tea may also lower your risk for these conditions:

~Diabetes
~High cholesterol
~Kidney stones
~Parkinson's disease

Early evidence hints that long-term use of black tea may also help protect against:

~Osteoporosis
~Lung cancer

But larger-scale studies are needed to confirm these uses.

Black tea extract is sold as a supplement. Sometimes, the supplement includes other types of herbs, vitamins, or minerals.

Drinking a moderate amount of black tea (one to four cups a day) may boost blood pressure slightly, but the effect does not last long. And drinking this amount of black tea is not associated with long-term high blood pressure.

What are the risks of taking black tea?

~Drinking black tea in moderate amounts is generally safe for most people. Drinking large amounts of black tea, or more than four or five cups a day, may cause health problems. That's mostly because of caffeine-related side effects.

Side effects of black tea (most often in high amounts) may include:

~Anxiety and difficulty sleeping
~Faster breathing
~Headache
~Increased urination
~Irregular heartbeat
~Nausea and vomiting
~Nervousness and restlessness
~Ringing in the ears
~Tremors

Milk tea the British way:

Want to know how to make milk tea the traditional British way? The method below is how tea is predominantly drunk in the UK and Ireland. All you need is a kettle, a mug and 5 minutes to spare…

How to make it?

1. Add a teabag to your favorite cup.

2. Boil water and pour over the teabag.

3. Wait 3-5 minutes for tea to brew, without stirring or squeezing the teabag.

4. Remove the teabag and pour in a dash of milk.

5. Stir with a spoon to blend evenly.

Note: *milk should act as a flavor-enhancer, so you only need enough to add creaminess. You can use soy or almond milk instead of cows' milk, if this is part of your diet!*

POLAND

Teacher:

Dominika Sidor

Students:

Agata Rakowska
Aleksandra Kuś
Aleksander Kupczak
Paulina Grzegoszczyk
Wiktoria Szkatuła

LEMON BALM TEA

Lemon balm tea is a kind of herbal tea with mild flavour.

Preparation:

To prepare one mug of tea we need two teaspoons of fresh lemon balm leaves or one teaspoon dried. A mug should be filled with boiling water. The taste of tea depends on how long we brew the leaves. The average time of infusing is 5 to 10 minutes. The longer we brew, the stronger flavour we get. It is possible to buy leaves at the shop or grow them at home in thewarm, light place.

Treatment:

In case of health treatment it is recommended to drink this tea twice a day from 3 to 6 weeks.

Benefits:

Lemon balm tea gives us a lots of benefits. It can have calming effects and cure insomnia. Moreover, it eases indigestion, lowers blood pressure and helps with the flu.

Bibliography:

http://www.poradnikzdrowie.pl/zdrowie/domowa-apteczka/melisa-lekarska-na-sen-i-nie-tylko-wlasciwosci-i-dzialanie-melisy_38502.html

MINT TEA

Mint tea have a lot of properties. For example :

- *Regulates the digestive processes. So if you want correct your digestive processes you must drink mint tea.*
- *Works good on flu. You can apply an inhalations of mint tea.*
- *Effectively relieves muscle pain and neuralgias.*
- *Cup of mint tea before sleep helps you relax and fall asleep.*

If you want prepare mint tea you must have one spoon mint and pour this boiling water. After wait 3 minutes and your mint tea is ready. Mint tea is great with sugar or honey but also is great mixed with black tea, wild rose, camomile etc. Enjoy!

Bibliography: http://herbata.webm.pl/herbata-mietowa

BLACK TEA WITH HONEY, LEMON AND GINGER

Ingredients:

-1 liter of water
-favourite black tea (quantity on 4 servings)
-a piece of ginger
-honey
-juice of half of a lemon

Preparation:

Peel the skin of ginger and slice. Put it inside a pot, pour the water and cook it covered for about 10 minutes. After that, put the pot off the fire and add favourite tea, next honey and lemon juice. Strain and serve.

Benefits:

-good to warm up
-combats the flu and cold symptoms
Ginger relieves stomach discomfort, it has a beneficial effect on the cardiovascular system and works anti-inflammatory. Lemon has antioxidant, cleaning and alkalizing properties. Honey has substances which work antibacterially. Anyway, all of the ingredients stimulate the immune system to fight virsuses, bacteria and parasites.

Bibliography:

http://ugotuj.to/ugotuj/167791419/goraca+zimowa+herbata+z+imbirem+miodem+i+cytryna/p/

NETTLE TEA

Ingredients:

- *a handful of nettle leaves*
- *250 ml of boiling water*

Preparation:

Put the leaves into a mug and pour boiling water. Cover with a lid and leave it for 10 minutes. Filter and drink. You can seeten it by adding sugar, honey or stevia.

Benefits:

Nettle tea is delicious. It reduces pain, stops bleeding, reduces inflammation, minimizes skin alergies, improve immunity, protect heart, optimize digestion, lessens nausea and improves contentration.

Bibliography: https://www.organicfacts.net/health-benefits/beverage/nettle-tea.html

CAMOMILE TEA

Ingredients:

1 tablespoon of dried camomile flowers

250 ml of boiling water

Preparation:

Put camomile flowers to a mug and pour boiling water. Steep the tea for five minutes. Filter the tea. You can flavour your tea with honey, milk or fresh fruit like apple slices or blueberries.

Benefits:

Camomile tea treats cuts and wounds because of its antibacterial features. It has a calming effect on muscle spasm, stomach aches and promotes sleep. Some research proved it helps with diabetes.

Bibliography: http://www.botanical-online.com/medicinalsmatricariaangles.html

ST JOHN'S WORT/ HYPERICUM PERFORATUM TEA

Preparation:

- *1 teaspoon of St John's wort*
- *250 ml of boiling water*

Put the herbs into a mug, pour water and brew fror 15 minutes under a lid. Filter and drink before the meal (for better digestion or after the meal for calming. Don't drink it in the sunny periods of year (from March to October) since it may cause skin irritation and sunburn.

Benefits:

It calms down digestive problems and helps to get rid of stomach ache. It is widely used as a calming agent in irritation, anxiety and depression.

Warning! Be careful while the herbs can interfere with and weaken HIV treatment drugs and some types of contraceptive pills.

Bibliography:

Ożarowski, A,; Jaroniewski, W.; Rośliny lecznicze i ich praktyczne zastosowanie, Instytut Wydawniczy Związków Zawodowych, Warszawa 1987.

Ożarowski A., Jaroniewski W., Rośliny lecznicze i ich praktyczne zastosowanie, Instytut Wydawniczy Związków Zawodowych, Warszawa 1987

Cybula M., Wszelaki M., Wszelaki N., Dziurawiec, roślina nie(d)oceniona?, "Postępy Fitoterapii" 2005, nr 1-2

http://www.poradnikzdrowie.pl/zdrowie/domowa-apteczka/wlasciwosci-i-zastosowanie-dziurawca-przepis-na-napar-z-dziurawca_39851.html

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FRANCE

Teacher:

Adam Penicaud

Students:

Alicia Goncalves

Celia Chagnas

French people have got a long tradition of drinking herbal teas. It used to be the oldest and safest way to cure a lot of ailments.

My group has chosen to describe five French herbal teas : peppermint tea (Mintha piperita), thyme (Thymus vulgaris), linden (Tilia cordata),elderberry (Sambuccus nigra), black raddish (Raphinus sativus niger)

There are two ways of preparing herbal teas, which are plant extracts put into boiling water : decoction and infusion.

In decoctions the beverage is prepared by adding the ingredients to boiling water and simmering them, whereas an infusion is made by combining hot water with medicinal herbs and steeping to extract their active ingredients.

The French students have chosen five herbal teas : tea made with peppermint, with thyme, with linden, with elderberry and finally with black raddish.

The five plants do not cure the same ailments..

To make an infusion, simply boil 1 quart of water per ounce of herb (or 1 cup of water to 1 tablespoon of herb). Pour water over the herb(s) and let steep for 30 to 60 minutes. The proportion of water to herb and the required time to infuse varies greatly, depending on the herb.

PEPPERMINT TEA

Main ingredients for preparing peppermint tea :

For one cup of tea, you need 7-10 peppermint leaves, 250 ml water. It is possible to add honey, milk or lemon to taste II) Steps for the preparation of peppermint tea First of all, you have to pick è peppermint leaves from the stem of the plant. Avoid to take blemish or brownish leaves, and prefer green or unblemished. If you bought a bunch of precut peppermint stems, just choose the healthiest looking leaves to pick off. Second step, make sure you get rid of the impurities, and rinse the leaves thoroughly under the faucet. From the garden, leaves can bring dirt. Third step, crush the peppermint. You may use your hands to crush the peppermint by rubbing the leaves between your fingers to release the flavor. It is possible to use the back of a spoon to lightly press and rub the leaves. Fourth step, put the freshly crushed mint leaves into a mug. For everyserving of tea, place 7 leaves in the mug, depending on how strong you like the tea. Fifth step, boil water. Boil water in an electric kettle or a pot on the stove. Wait for water to boil, then turn off the heat and take the kettle or pot off the heat. Sixth step, wait a couple minutes for the water to cool. Instead of pouring the boiling water into your mug, wait a couple of minutes for the water to cool slightly. Like other herbal teas, peppermint tea is better when brewed in hot, but not boiling, water. Seventh step, pour the hot water into the mug. After you have let the water cool for a few minutes, carefully pour the water over the peppermint leaves. Make sure that all the leaves are submerged in the water, then cover the mug. Eight step, let the tea steep for 7-12 minutes. If you like mild tea, steep for 7 minutes, a stronger tea will need 12 minutes of steeping.

THYME

I) HISTORY

During the Middle Ages, European ladies embroidered a sprig of thyme on tunics for their knights, again as a token of courage.

Native to southern Europe and the Mediterranean area, Thymus vulgaris is a perennial shrub belonging to the Labiatae family.

Pinch the top of a sprig between thumb and forefinger. Zip your other thumb and forefinger down the stem, pulling off the leaves as you go.

II) PREPARATION

Boil some water in a kettle. Then cut a few leaves of Thymus. Drop them into a bowl covered with a filter.

Another choice of cooking : Pick the leaves from the stem, while water is boiling. Then, let the leaves simmer in the hot water.

Add honey or a little spoon of sugar.

ENJOY YOUR TEA !

LINDEN TEA

Linden is ideal for making a nourishing cup of tea. It contains many vitamins, antioxidant flavonoids, soothing mucilage, tannins or volatile oils.
All these components work together to give you many and diverse health benefits, so let's see what they are.

NATURAL SEDATIVE

This tea may be the perfect way to end a stressful day. It is calming and relaxing, helping you to get some much needed rest, articularly when you are in need of an insomnia cure and something to soothe your nerves.

But this is not all ! Linden herbal tea also eases headaches, in particular migraine. By calming the mind, it is great to drink when you've been pushing your brain hard with work or study.
Just take a break with a cup of tea, and you will be refreshed and rested to start again tomorrow.

The great thing about this herb is that it is safe for children, so they too can enjoy a cup of tea with Linden, or even a relaxing linden herb bath particularly when feeling irritable or restless.
Great for hyperactive kids !

PREPARATION:

To prepare herbal tea in infusions, add three dried linden flowers to none cup (250 ml) of hot water,and take it with or without addindyhoney. If you are using the herb to cure nervousness and neurasthenia, it is best to take it during the day.

THE SAMBUCUS NIGRA (OR ELDER FLOWER)

I. Elder flower (Sambuci flos) consists of the dried flowers of Sambucus nigra L. It contains not less than 0.80 per cent of flavonoids, calcultated as isoquercitrin (C21H20O12;M464.4) with reference to the dried drug.

II. INFORMATION ON PERIOD OF MEDICINAL USE IN THE COMMUNITY REGARDING THE SPECIFIED INDICATION

The use of elder flower has been continuously documented in handbooks, pharmacopoeias and scientific literature. Elder is a highly valued plant with a history dating back to ancient Greece.
There is no information about the period of use.

III. TRADITIONAL USE OF ELDER FLOWERS

Tea ; about 2 full teaspoons (3-4 g) elder flower with hot water (150 ml).

RAPHANUS SATIVUS
(or Black Raddish)

I) DESCRIPTION

The black raddish has one edible part, which is the root. You can grow it in your kitchen garden. The root is very healthy.
Black Raddish supports liver and gallbladder. Bitter and pugent in taste, it continues to be used by modern herbalists to help the body's natural cleansing processes.
***Nutritional Value**:Black Radishes are an excellent source of vitamin C, and also provide potassium, iron, and magnesium as well as vitamins A, E and B)*

II) Different ways of preparing Black raddish:

First of all, take off the leaves. Chop the raddish into very thin slices.
Peel off the black rind, whilehaving water boiling.
Put a kettle to boil, and pour some boiling water into a bowl with four or five slices.
You may place the bowl into the micro-wave, and let it boil for ten minutes.
At the end of the preparation, add some honey to smooth the taste.
Enjoy your herbal tea.

SERBIA

Teacher :

Branka Ranisavljevic

Students:

Ivana

Sandra

Magdalena

Nikola

Mia

Jelena

Katarina

Selena

Dunja

CHAMOMILE TEA

What is chamomile? Chamomile has been used as a traditional medicine for thousands of years to calm anxiety and settle stomachs. In the U.S., chamomile is best known as an ingredient in herbal tea. Why do people take chamomile? Chamomile is considered a safe plant and has been used in many cultures for stomach ailments and as a mild sedative. Some studies, primarily using combinations of chamomile with other plants, show it may have health benefits. However, as with any combination product, it is hard to say that a benefit comes from any one plant. How much chamomile should you take? There is no standard dose of chamomile. Studies have used between 400 milligrams to 1,600 milligrams daily in capsule form. The most common form is a tea, and some people drink one to four cups daily. To make chamomile tea, steep a chamomile tea bag or chamomile flowers in hot water for 5 to 10 minutes in a mug covered with a saucer. Then, drink the infusion when it has cooled to the point it is safe to drink. Ask your doctor for other advice. Can you get chamomile naturally from foods? Chamomile flowers are a common ingredient in teas. They're also used as a flavoring in other foods and drinks. Can chamomile stop cancer? A cup of camomile tea could help ward off cancer, researchers say. The tea contains a chemical, apigenin, which takes away some of the 'superpowers' of cancer cells. Scientists at Ohio State University found apigenin can block the ability of breast cancer cells to live far longer than normal cells, halting their spread and making them more sensitive to drug therapy. Camomile tea, parsley and celery are the most abundant sources of apigenin but it is also found in many fruit and vegetables common in a Mediterranean diet.

MINT TEA

Every household in Serbia has mint tea. This is one of the most popular types of the tea on the Balkans. - Mint tea is a delicious and refreshing way to boost your overall health in a number of ways, due to its ability to improve digestion, reduce pain, eliminate inflammation, relax the body and mind, cure bad breath, aids in weight loss and boosts the immune system. - Its impact on the digestive system is considerable, and its base element of menthol is perhaps the most valuable part of its organic structure. It has a pleasant, delicate flavor and serves as a refreshing beverage even if there's no ailment that needs to be fixed. - Mint leaves make up the "tea," though technically there's no tea to speak of in this herbal infusion, as is the case with any herbal tea. The leaves are brewed in hot water for up to 15 minutes, or as strong as is preferred according to taste, and can be consumed a few times a day without concern.

THYME TEA

Thyme Tea Side Effects

Overview Aside from its culinary value, thyme is used in traditional medicine to treat a variety of health conditions. Its main compound, thymol, is attributed with antimicrobial, antifungal, antioxidant and antitussive properties. In fact, thyme tea is considered an excellent remedy for cough associated with bronchitis and upper respiratory tract infections. However, there are a few thyme tea side effects to consider. Allergic Reactions According to a study published in the April 2006 issue of "Contact Dermatitis," you should avoid drinking thyme tea if you have a known sensitivity to plants in the mint family of Lamiaceae. The list of members belonging to this family is long, but some common plants include rosemary, basil, catmint, hyssop, oregano and celery. Juan R. Avila, author of "Professional's Handbook of Complementary and Alternative Medicines," advises to avoid thyme if you have an allergy to grass. If you experience chest pain, shortness of breath, tightening of the throat, skin rash or swelling of the joints after drinking thyme tea, seek immediate medical attention. Oral Toxicity According to authors Joanne Barnes and Mark Blumenthal, high doses of thyme may produce negative side effects. Some of the most commonly reported side effects associated with thyme include heartburn, nausea, vomiting, stomach upset, diarrhea, headache and dizziness. In addition, the volatile oils present in thyme leaves may promote slowed heart rate and rapid breathing in certain individuals. Medical Conditions Avila also cautions against ingesting thyme or tea made from thyme leaves if you have a history of heart disease, peptic ulcers or other gastrointestinal disorders. German researchers have found that one species of thyme, Thymus serpyllum, may have

an adverse effect on the thyroid. The research team, who published their findings in the June 1982 issue of "Planta Medica," reported that thyme, as well as other members of the mint family, impacted levels of a thyroid-stimulating hormone secreted by the pituitary gland in rats. In theory, this means that drinking thyme tea on a regular basis could result in a decrease of thyroid hormones in people as well. In addition, you should avoid thyme tea if you are undergoing thyroid replacement therapy or taking anti-thyroid medications. Pregnancy and Lactation There isn't enough scientific information to establish the safety of thyme for pregnant women, and it is not known if thyme compounds pass into breast milk. However, it should be noted that thyme has historically been used to promote menstruation, which means there may be a risk of spontaneous abortion involved. As a general rule, pregnant and nursing women should not consume herbal teas or supplements without the guidance of a health care practitioner.

HIBISCUS TEA

Hibiscus plants are known for their large, colorful flowers that make a decorative addition to a home or garden. They also have medicinal uses. Flowers and leaves can be made into teas and liquid extracts that are used to treat a variety of conditions. Hibiscus flowers come in many colors. They can be red, yellow, white, or peach-colored, and can be as big as six inches wide. You can also find hibiscus plants in many garden stores.

Historically, hibiscus has been used by different cultures as a remedy for several conditions. Egyptians used hibiscus tea to lower body temperature, treat heart and nerve diseases, and as a diuretic to increase urine production. Today, hibiscus is popular for its potential to reduce high blood pressure. Modern studyes show promise for both the tea and hibiscus plant extract to lower blood pressure and cholesterol levels. Although more research is still needed, this could be good news for the future of heart disease treatment.

Hibiscus shows potential for cancer treatment, weight loss, and other uses. However, there aren't as many studies in these areas. Some research suggests that anthocyanins may hold the key to hibiscus's anti-cancer properties. Hibiscus tea and extract can be purchased at health food stores as a dietary supplement. There is no recommended dose because the doses depend on the product you purchase and why you're using it. The typical amount of calyx in one serving of tea is 1.5 g, but studies have used as much as 10 g of dried calyx and extracts containing as much as 250 mg of anthocyanins. When used as a tea, hibiscus is generally considered safe.

However, more research is needed in order to determine which doses are safe for pregnant or breastfeeding women, children, and people with liver or kidney disease.

ROMANIA

Teachers:

Oana-Daciana Dabelea
Radu Manuela

Students:

Mazurencu Vlad
Neagu Tudor
Nicola Anca
Mitroi Sorana
Dabelea Oana
Troi Mihaela
Mladin Elena
Codres Cosmin

LINDEN TEA

Description:

From old times, linden is popular for its therapeutical qualities and the smell of linden flowers is enchanting, standing out at the end of the spring.

First of all, you need to know that linden flowers and the tea provided from them have numerous health benefits.

Teutons considered this tree as sacred and the Celts believed it was a symbol of altruism because under its influence people could only tell the truth.

Benefits:

Linden flowers contain a special type of sugar (different from the rest because of its natural jam), gallic acid and catechol, but also an essential oil, farnesol, which gives its sedative properties. It also helps in combating colds or some viruses.

Linden can also help with migraines and it promotes a healthy digestion when combined with chamomile or mint tea.

The tea provided from linden flowers is also used as a light sedative and is recommended thirty minutes before going to bed, especially for persons who suffer from sleep disorders and anorexia. It is also recommended for people that follow a certain nutrition plan in order to lose weight, because of it's diuretic effect and because it slowly raises the body temperature and helps us eliminate more toxins by sweating more.

How to prepare it?

Linden tea can be prepared by adding a spoonful of flowers every 250mililiters of boiled water. The kettle must be left covered for about ten minutes, afterwards the tea being strained.

Other uses for linden:

In cosmetics, linden flowers are used for compresses made to remove dark circles.

Bibliography: http://www.csid.ro, http://www.sfatulmedicului.ro

CHAMOMILE TEA

Benefits:

Chamomile is a good antispasmatic sedative and stimulant in cystitis, in the treatment of enterocolitis, gastritis, diarrhea, intestinal colic, kidney infections, liver disease, in some allergic states, and in children's asthma. It also calms eye irritation.

It has multiple uses as poultices, gargles, enemas, baths in various diseases: burns, hemorrhoids, wounds, sore throat, various skin ulcers, tooth abscess, conjunctivitis, soothes irritated and reddened skins.

Administration:

To prepare chamomile infusion are used 2 to 3 teaspoons for 1 cup of boiling water. Allow to infuse for 10-20 minutes. Drink 2-3 cups per day. The infusion thus prepared is indicated in: gastritis, gastric and duodenal ulcers, diarrhea, colitis, enterocolitis, recto-colitis, urinary tract infections, acne, in stimulating liver function and appetite, to combat stomachache, for premenstrual pain and to prevent flu and catarrh.

Gargling with decoction of chamomile is indicated in tonsillitis, mouth sores, or to disinfect the mouth.

For external use are recommended poultices consisting of compresses soaked in a decoction, applied on the affected skin. Chamomile poultices are indicated in: varicose ulcers, external hemorrhoids and conjunctivitis.

MARIGOLD TEA

Marigold flowers, or the so-called "golden flowers of health and beauty" have been used in for centuries in medicine, traditionally being consumed against eczemas, gastritis, infections, burns and wounds.

Marigold flower tea

The Marigold flower tea contains plenty of active elements which are beneficial for health, such as betacarotene, vitamin C, sterols, flavonoids and essential oils, components which can sometimes be miraculous for the body.

If drunk, this kind of tea:

- *strengthens the immune system, so colds and flus are kept away, or their symptoms are ameliorated;*
- *helps reduce gastrointestinal disorders such as heartburns, ulcer or childhood associated stomach diseases;*
- *regulates the menstrual cycle and reduces the intensity of abdominal cramps during it;*
- *has antioxidant qualities;*

Other uses of this tea:

- *in gargles, it reduces a sore throat;*
- *by using compresses soaked in it, it reduces wrinkles and acne;*
- *for washing hair, it prevents dandruff from forming.*

How to prepare marigold tea?

Over two or three spoons of dried flower or over one or two tea bags, pour 200-300 ml of boiling water. A spoon of honey can be added. It is recommended to drink it while warm and use it externally while cold.

Did you know that…

- *In Romania, from the flowers of marigold, a wide-used cream is produced. This cream is used against scars and burns, but can also be preventively applied on skin in order to hydrate and calm irritations?*

MINT TEA

Description

Mint is an herb that grows in cultures. People called it „garden mint" or „ good mint". For medicinal purposes, we use the mint leaves and the airline in its entirety. When is crushed, plant gives off an aromatic odor, characteristic, with a punget taste, refreshing.

Benefits

Mint tea brings many benefits for the digestive system and can help in treating certain medical conditions. Peppermint is a refreshing and flavorful plant, that brings numerous benefits to the body. It is said that mint tea boosts the immune system, as it contains vitamin B, calcium and phosphorus. The benefits also include that mint tea aids digestion and relieves stomach acid, has analgesic effect and stimulates blood circulation. Mint tea stimulates the secretion and elimination of bile and can reduce gastroesophageal reflux. But you must be careful as mint tea can relax the sphincter between the esophagus and stomach, so gastric acid can reach the esophagus and this could increase the symptoms of heartburn. Its antiseptic, astringent, antioxidant and refreshing effects help keep the skin clean, disinfected and revitalized. Peppermint tea can help in diets, because consumed regularly can reduce appetite. There are studies showing that peppermint might help those who suffer from IBS and abdominal pain eases. It can also improve the conditions of diarrhea. Peppermint tea can be helpful in oral care. It also removes bad breath. Because tannins, mint has antifermentative, disinfecting and spasmolytic properties. Applied local,mint can have antiseptic and analgesic effects. Regarding contraindications, mint tea should not be consumed in large quantities by those suffering from gastric ulcer or duodeanal. Also, mint tea can be good if is drunk in moderation and not even every day because it could produce addiction.

Preparation

The recommended dose of mint tea for adults is 6.3 g of infused dried leaves in half of liter of water for 3-5 minutes. For children reduce the dose by half. The tea will be served after meals.

7 DISEASES HEALED WITH MINT TEA:

1.Acne

Mint balances skin pH level, which inhibits the production of excessive oil in the skin. Due to the properties astringent, antiseptic and anti-inflammatory, mint reduces the appearance of acne, blackheads, redness and irritation of the skin. Mix 2 drops of peppermint oil in the product that you use for washing the face and use it morning and night. You can also add a drop of oil in a night cream.

2.Headaches

It acts as a vasodilator and helps in the dilation of blood vessels narrow (one of the most common reasons that cause headaches). If you suffer from migraines or headaches, anoint yourself in the forehead and temples with a drop of peppermint oil. If you have sensitive skin, dilute 3-4 drops of peppermint oil in olive oil.

3.Irritable Colon Syndrome

Studies have shown that the leaves of peppermint, in the form of capsules, improves the symptoms of irritable colon syndrome. It is also recommended to relieve bloating, flatulence and indigestion. Eat two to three cups of mint tea a day.

4. Menstrual cramps

Mint is known for its relaxing effect on the muscles you contracted. Drinking mint tea can relieve menstrual period pain.

5. Sinusitis and colds

Due to the properties decongestants, expectorants and mixes mint tea relieves irritated throat, cough and respiratory issue. To treat nasal congestion, sinusitis, colds or asthma, consume or inhale vapors produced by mint tea. Rub your chest with peppermint oil and consume tea to get rid of cough.

6. Stress and anxiety

Recent studies have shown that peppermint oil used in aromatherapy, helps chase anxiety, stress and problems such as headaches caused by stress.

7. Protect teeth

Mint has antiseptic properties and protects teeth. Maintain healthy gums and prevents bad breath.

SLOVAKIA

Teacher:

Mária Tunová

Students:

Ariela Pavlovičová
Branislav Smutný
Dominika Řádová
Erik Mokroš
Júlia Štefanová
Marek Moravčík
Viktoria Minarovičováü

In Slovakia, there is common to drink blended herbal teas. Usually we used tea bags, what are bought in store or pharmacy . It's faster and more convenient. Some people have a hobby that they go to the meadows and the woods, collect herbs , dry them at home, mix them and drink herbal tea for their healing effects. Tea made from dried herbs at home is tastier.

SEA BUCKTHORN TEA

Benefits:

- *It contains lots of vitamins C, A and E*
- *Influences our stomach, spleen, duodenum and blood.*
- *It is antimicrobial.*
- *Makes hair stronger and glossy*
- *Good for cold and flu.*
- *Supports our immune system.*

- *Protects our cells*
- *Improves brain, memory and concentration.*
- *Helps with skin problems like acne.*

How to prepare?

We need 2 soup spoons of dried sallow- thorn berries- Then we boil the water. The boild water we put into mug with berries and wait 5 minutes. Now we can drink it. Tea is delicious with a teaspoon of honey.

Bibliography: https://www.tee.sk/BYLINNY-CAJ-Rakytnik-resetliakovy-plod-50g-1

LEVANDER TEA

Benefits:

- *Is rich in calcium, sodium, iron, vitamins C and A.*
- *Supports our immune system.*
- *Calms down nervous system and inhibits pain.*
- *Is good for cough.*
- *Helps with insomnia.*
- *Lowers blood pressure (hypotension).*
- *Greek added it into bath because it smells good and beautifies skin.*
- *Helps with muscle cramp in stomach and menstrual cramps.*

How to prepare?

Put 1 soup spoon of dried or fresh levander into hot water and wait 10 minutes. Don´t boil the water too much. I recommend to drink it before sleep.

Bibliography: https://www.cajova-zahrada.cz/detail-produktu/levandulovy-caj?productBox-page=2

MINTY CHAMOMILE TEA

• It contains menthol which acts antiseptic and numb nerve endings, improves memory

• It helps against tooth decay

• Improves digestion and diminishes or dissolves gallstones

• calms the nervous system (stress, nervousness, irritability)

• it promotes sweating, so it is convenient at the time of flu and colds

• it helps with sore throats and colds

• stimulates the activity of white blood cells and the immune system

• It has good anti-inflammatory effects

• Improves blood vessels

How to prepare?

Put 2 teaspoon of camomile and mint into 0,5 l hot not boiling water! (boiling water would have destroyed the whole effect of tea) and wait 8 minutes. We do not add sugar to tea just honey. The best way is adds nothing.

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THYME TEA

1. *Thyme has strengthening, anti-convulsive, anti-inflammatory and healing effects.*
2. *It works well on the digestive and nervous system. Is therefore used for insomnia, headache, dizziness, nervousness and irritability, physical and mental weakness, cramps at various.*
3. *It is excellent for colds, bronchitis, tonsillitis and asthma diseases*
4. *Herb is effective against intestinal parasites and some other infectious diseases of the intestines.*
5. *Cures inflammation mouth, throat, urinary tract*

How to prepare this tea?

Dried or fresh plant pour a 85 °C water in the cup and leave to infuse for 5 to 10 minutes (if necessary).

We can sweet it with honey and tea is ready.

Source : http://www.nazdravie.sk/materina-duska/

TURKEY

Teachers:

NAZAN TELLİ

YELİZ ÖZGİRAY

Students:

10/B
565 Fatma Ceyda Biçer
534 Öykü İşman
536 Şebnem Sezgin
538 Vuslat Sude Lima
543 Can Gürsoy
545 Musa Can Yalçın
559 Şevki Orkun Tosun
1933 Yasemin Zıramen

10/D
618 Ulviye Akgül
10/M
861 Balın Kayra Dolgun
9/H
1763 Handan Pınar Aygece
1838 Nihal Özkulluk
1747 Efza İrem Matrak
9/K
1431 Nur Hasçolaklar
1680 Sara Ela Örücü
1322 Ecesu Akkuş
912 Rozerin Ada Çabuk
1609 Melisa Gürakar
1795 Mısra Hira Soyuöz
1828 Doğa Keskin
1835 Berinay Demirci
1913 Başak Karlı
9/L
1871 Bora Bayçora

In Turkey, herbal teas are generally used as herbal medication and relief. They are mostly popular among Turkish people and the tourists with green tea,sage tea, linden flower and mint&lemon being the most consumed flavors. In Turkey, herbal teas can be found in local herbal shops, called "aktar". Dried herbal leaves are sold there according to each customer's need and taste.

LINDEN TEA

Benefits :

- *is rich in calsium which is good for our skeletal system.*
- *increases the body resistance*
- *good for flu, cold and cough*
- *reduces stress*
- *kills bacterias*
- *makes hair stronger (when you wash your hair with linden tea's boiled leaves)*
- *increases heart health*
- *reduces stress*
- *good for asthma,bronchitis and hypertension*
- *protects from viruses*
-

How To Prepare:

Put 1 coffee spoon of linden tea into 1 cup of boiled water and wait 5-10 minutes. If you want to sweeten you can add some honey. (p.s If you boil the water too much you destroy all the benefits)

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http://www.milliyet.com.tr/ihlamur-cayi-hazirlarken-dikkat-pembenar-detay-icecekler-1995865/

SAGE TEA

Sage has soft and sweet taste. Sage leaves are between the color of green and grey. Sages have been used for medicine for many years. The word 'Sage' comes from Latin and it means "heal and cure "

Benefits:

- *Develop brain functions.*
- *Decontaminate the liver.*
- *Decrease the high sweating.*
- *Calm down.*
- *Reinforce the memory.*
- *Reduce the sore throat.*
- *Slow hair whitening.*
- *Help healing the illness of Alzheimer.*
- *Throw away harmful toxics from body.*
- *Relax the headache.*
- *Cure the gingivitis.*
- *Help healing the bronchitis and asthma.*
- *Reduce the blood sugar.*
- *Use for mouthwash.*

Note: *Sage tea shouldn't be used by pregnant or nursing mother. If it is used for a long time, it causes toxicant. It shouldn't be used more than 2 weeks.*

How to prepare:

Pour the boiled water over the 2 tea spoon of sages. And wait 5-10 minutes. Then filter it to your cup. If you want to sweeten, you can add some honey or 1-2 drop of lemon.

Bibliography: http://www.bitkicaylarininfaydalari.com/adacayinin-faydalari/

MINT&LEMON TEA

Mint and lemon tea has a lot of benefits. There isn't any caffeine in it. It has a powerful aroma. It helps comforting your body.

Benefits:

- *It supports your disegtive system.*
- *It decreases your temperature and stress.*
- *It helps you lose weight.*
- *It makes your memory stronger.*
- *It helps sleeping.*
- *It lightens your headache.*
- *It decreases your toothache.*
- *It helps balance your pH level.*

Lemon has a lot of vitamin C. It is a cure when you are cold or flu. You can drink it cold or warm. Drinking a glass of lemon tea in the morning, makes you feel energetic and gives you mental comfort but if you drink it when you are hungry, it burns your stomach. It also makes digestion faster. It is good for your health and skin. It makes your the immune system stronger.It is also delicious.

NOTE: *If you drink it everyday , it might damage your acid value.*

How to prepare :

Ingredients : 2 glass of water, 1 lemon, 1 small bunch of fresh mint (leaves only).

Pour the boiled water over the small bunch of fresh mint. Peel the lemon and slice in it. Boil for 5 minutes. And wait 5-10 minutes.Filter the tea into teacups and serve hot. If you want to sweeten, you can add some honey.

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http://www.faydalarizararlari.com/limon-cayinin-faydalari-nelerdir/

GREEN TEA

Green Tea was used for first time in B.C. 3000. According to the story, a green tea leaf felt down to boiled water in front of the emperor of China. Then became the most popular drink of the region.

After 5000 years, green tea is still popular. Doctors and professors are working about "the effect of green tea on cancer".

On the last 15-20 years, according to some scientific experiments: It is useful to lose weight and lower tension.

Known Best Benefits of Green Tea:

Reduces tumors.

Reduces oxidation by active oxygen.

Lowers blood cholesterol.

Inhibits increase of blood sugar.

Kills bacteria.

Kills influenza virus.

Prevents halitosis.

Acts as diuretick.

Reduces stress.

Prevents flu.

Strengthens blood vessel walls.

Lowers blood sugar.

Prevents cavities.

Acts as antioxidant.

Regulates aging.

Note: *If you have hypertension, heart problem, stomach ulcer, you shouldn't use it. Excessive green tea consumption causes irritability, sleeplessness, dizziness and heart throb.*

You can consult to doctor before using.

How to prepare?

Pour the boiled water over the 2 tea spoon of green tea leaves. And wait 5-10 minutes. If you want to sweeten, you can add some honey or 1-2 drop of lemon.

6 Proven Benefits Of Green Tea:

Green tea is the healthiest beverage on the planet. It is loaded with antioxidants and nutrients that have powerful effects on the body.

1. Compounds in Green Tea Can Improve Brain Function and Make You Smarter

Green tea does more than just keep you awake, it can also make you smarter. The key active ingredient is caffeine, which is a known stimulant. It doesn't contain as much as coffee, but enough to produce a response without causing the "jittery" effects associated with too much caffeine.

2. Green Tea Increases Fat Burning and Improves Physical Performance

If you look at the ingredients list for any fat burning supplement, chances are that green tea will be on there. This is because green tea has been shown to increase fat burning and boost the metabolic rate, in human controlled trials.

3. Antioxidants in Green Tea May Lower Your Risk of Various Types of Cancer

Cancer is caused by uncontrolled growth of cells. It is one of the world's leading causes of death. It is well known that oxidative damage contributes to the development of cancer and that antioxidants can have a protective effect.

4. Green Tea May Protect Your Brain in Old Age, Lowering Your Risk of Alzheimer's and Parkinson's

Not only can green tea improve brain function in the short term, it may also protect your brain in old age. Alzheimer's disease is the most common neurodegenerative disease in humans and a leading cause of dementia. Parkinson's disease is the second most common neurodegenerative disease and involves the death of dopamine producing neurons in the brain.

5. Green Tea Can Help You Lose Weight and Lower Your Risk of Becoming Obese

Given that green tea can boost the metabolic rate in the short term, it makes sense that it could help you lose weight.

6. Green Tea May Decrease Your Risk of Dying and Help You Live Longer

Of course, we all have to die eventually. That is inevitable. However, given that green tea drinkers are at a lower risk of cardiovascular disease and cancer, it makes sense that it could help you live longer.

Bibliography:http://www.bitkicaylarininfaydalari.com/yesil-cayin-faydalari/

THE CONCLUSION OF THE PROJECT:

As a result, by observing some of the European countries' herbal teas and their benefits, it is understood that there is a common usage of herbal tea which can be an alternative way instead of using medicines for some relaxion.

By the sake of this research, students are more aware of the benefits of herbal teas and they have a chance to see different kinds of new herbal teas which are used in Europe. Instead of using painkillers immediately, they can try these teas which have less side effects than a painkiller pill.

What is more; the students in the project also had the chance of improving their English and by the help of studying together with European students, the cultural integration was inevitable.

THANK YOU…