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Green Tea (good anti-oxidant, strengthen immune system), Rosemary (good for flu), Thyme (good for bronchitis and cough)

El Té Verde, Romero, Tomillo

What have you been eating… Como esta su dieta?

Nami: (moaning) Hello, my name is Nami, do you have time for an appointment. The doctor at the hospital couldn’t give me an appointment.

Rebecca: Of course, we can see you now. Oh, and this is my colleague doctor Nainita. We specialize in herbal medicine. What’s the problem?

Nami: Oh I didn’t go to school to today. I woke up this morning and felt terrible. First I had a stomach ache and a sore throat. Then I started coughing and I think I have a fever. Please help me, I have a test tomorrow and I need to feel better.

Rebecca: Class, How many of you have been sick this year? Did you miss classes or work? Let me give you a check up. Open your eyes, stick out your tongue, let me feel your pulse, I’ll take your temperature.

Nainita: Oh her temperature is high. And her throat is red and inflamed.

Rebecca: Okay, well you have the flu.

Nami: Oh no, what can do about it? How do I get better? What medicine should I take?

Nainita: As you know, we don’t provide modern medicine here. We don’t prescribe pills or cough syrup. We believe that organic solutions are the best for your body, so we will give you advice for taking herbal plants and medicines that have been used for centuries in locations around the world.

Nami: Tell me more!

Rebecca: We are going to give you a rosemary infusion; you should drink it as tea.

Nami: I’ve never had tea before. Have you guys ever had tea? What kinds of tea and how often do you drink it?

Rebecca: Rosemary is an herb that is often used to treat the flu, viruses and colds. It can also help heal mouth sores and soothes body pain.

Nainita: It was originally used in Europe especially in England, but now it’s used all over the world. Traditionally, rosemary tea is made by putting two teaspoons of dried rosemary in one cup of hot water for twenty minutes.

Rebecca: Also you can bake it in your food.

Nami: That sounds good, I love baking. How many cups should I drink a day?

Nainita: Three cups a day, one with each meal.

Rebecca: Another herb we will give you is thyme. It has antiseptic and antibiotic properties. It will help you with your cough and throat inflammation. It also helps cure bronchitis as well as foot fungus.

Nainita: Originally, it was used in Europe and Egypt. Egyptians used it for embalming. Romans and other Europeans used it as incense and in food because of its aromatic flavor.

Rebecca: You should boil the thyme in hot water for twenty minutes and allow it to cool. Use it as a mouth wash twice a day, once in the morning, once at night. The inflammation should disappear within two to five days.

Nami: I hope I remember all this! Do you have any other recommendations to keep me healthy in the future?

Nainita: Rest, exercise, and have a balanced diet. How many of you rest, exercise, and eat healthy? Is harder to stay healthy in college?

Rebecca: One popular way to maintain good health is to drink green tea. It’s a good anti-oxidant and lowers cholesterol and helps prevent cancer. It also strengthens your immune system.

Nami: Are you sure these work?

Nainita: All three are scientifically proven to work. Scientists have identified specific molecules in these herbs that fight disease and help maintain good health.

Rebecca: For example, green tea contains Catechin Polyphenols. These are powerful anti-oxidants that give green tea so many health benefits.

Nainita: Scientists are studying the molecules in these herbs and use them in pharmaceuticals. For example, the oils in thyme contain thymol which is the antiseptic used in Listerine mouthwash.

Nami: Wow, that was a lot of helpful information. Thanks so much for your help. I hope I get better soon and I’ll be able to take my exam. Adios!

Rebecca: Now you know what to do if you get sick and can’t get an appointment at the hospital.

Nainita: Take some green tea, just to stay healthy.