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: Ay, su temperatura está alta y su garganta esta roja y inflamado.

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: No recetamos medicina moderna aquí, como las pastillas o el jarabe. Creemos que soluciones orgánicos son mejor para su cuerpo, así te daré consejo para tomar plantas y hierbas curatives y medicinas que han usado por siglos en muchos lugares en el mundo.

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: Originariamente romero era usado en Europa, especialmente en Inglterra, pero ahora es usado en todo el mundo. Tradicionalmente, para hacer el te romero, ponga dos cucharitas de romero seco en un taza de agua caliente por veinte minutos. Pues, lo beba.

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: Tres tazas en el día, una con cada comida.

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: Originariamente, era usado en Europa y Egipto. it was used in Europe and Egypt. Los egipcios lo usaba para embalsamar. Los Romanos y europeos lo usaban para incienso y en la comido porque tomillo tiene un sabor aromatico.

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: Descanse, haga ejercicios, y mantene un dieta equilibrada. Clase, ¿descansan ustedes, hacen ejercicios, y comen bien? Es mas dificil mantener buena salud en Universidad?

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: Los tres trabajan, según estudias científicas. Científicos indentificaron moleculas specificas en las hierbas que pelean enfermedad y ayudan mantener buena salud.

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

Nainita: Cientificos estan estudiando los moleculas en las hierbas y su uso en farmacéuticos. Por ejemplo, el aceite en tomillo contene thymol, el antiseptic en Listerine Enjuage.

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: Toma el te verde, para la buena salud.