

Matura bez problemu – zadania tekstowe 19

Przeczytaj tekst, z którego usunięto zdania. Wybierz takie, które w najbardziej logiczny sposób uzupełnia kontekst artykułu.

Plant medicines have been the most widely used medications in the world for centuries. Physical evidence of use of herbal remedies goes back some 60,000 years to a burial site at Shanidar Cave in Iraq, in which a Neanderthal man was uncovered in 1960. (1)

- a) *The man had suffered from a number of diseases to which there was no cure at the time of his life.*
- b) *He had been buried with eight species of plants, seven of which are still used for medicinal purposes today.*

Generations of skilled herbal practitioners, researchers and scholars have refined and tested the vast science of herbology, producing thousands of plant-based remedies that are safe and effective. The term "herbs" refers to plants or parts of them, including grasses, flowers, berries, seeds, leaves, nuts, stems, stalks and roots, (2)

- a) *which are widely used for their therapeutic and health-enhancing properties.*
- b) *the qualities of which were valued by healers in the past, but are of little use today.*

The proper and judicious use of plants is often successful in the treatment of illness when other more conventional medicines and methods fail. (3)

- a) *Researchers are on their way toward working out new, more effective methods of treatment of numerous diseases.*
- b) *Herbs demonstrate great flexibility for the treatment of a broad variety of health needs.*

Medicines of plants can be used to stimulate the brain, ease pain, aid digestion, open congested sinuses, help mend broken bones, and a thousand other purposes. An estimated eighty percent of the Third world's populations employ herbs as their primary medicines. (4)

- a) *Apart from being widely ignored and dismissed as ineffective by conventional doctors,*
- b) *While drugstore shelves in developed regions are stocked mostly with synthetic remedies,*

in other parts of the world the situation is quite different. For millions of people worldwide, natural plant-based remedies constitute the basic treatment for both acute and chronic health problems, from treating common colds to controlling blood pressure and cholesterol.

Until the late 60's, many of the larger pharmaceutical companies offered a broad variety of plant-based drugs in tablet, liquid and ointment forms. (5)

- a) *Currently, drugs contain either plant-derived materials, or synthesized materials from agents originally derived from plants.*
- b) *The present-day medicine is largely based on a non-holistic approach toward man's well-being.*

Plant medicines are far and away safer, gentler and better for human health than synthetic drugs. (6)

- a) *This is so because human beings have co-evolved with plants over the past few million years.*
- b) *But our herbivorous nature, at some point of development, was overshadowed by carnivorous tendencies.*

We eat plants, drink their juices and consume them in a thousand forms. Ingredients in plants, from carbohydrates, fats and protein to vitamins and minerals, are part of our body composition and chemistry. (7)

- a) *Some compounds perform the same functions in plants as in the human body.*
- b) *The role of staple foods cannot be overestimated, though.*

Natural antioxidant phenols in plants, for example, protect plant cells from oxidation, and often perform similar function in humans. (8)

- a) *Antioxidants are widely used in dietary supplements and have been investigated for the prevention of diseases such as cancer.*
- b) *Synthetic drugs are alien to the chemistry of the human body, as they are not consistent with the careful crafting of evolution.*

Acting in the body as irritants and toxins, they upset the balance of whole systems, producing side effects that can be even lethal. By contrast, the regular and judicious use of herbs to protect and promote health and as medicines to help treat common ailments is an enlightened approach to personal well-being.