

## Remedies from around the world

### Frankincense

Frankincense is a dried sap from certain types of trees, which only grow in certain areas. Some people chew on it, some people mix it with water or burn it as essence, and it can even be used as an oil for consumption or applied to the skin.

Frankincense is said to have medical properties, it is said that the oil helps with digestion, can strengthen gums and roots, helps heal wounds faster, and is an anti-aging antiseptic can be used as a tonic to help increase immunity or reduce stress and anxiety.

Monaco

Sultanate of Oman

Republic of Congo



### Saffron

Whenever you go to a local restaurant in this country, most dishes contain saffron, including the scrumptious desserts. It can also be added to tea and is usually consumed after a meal to aid digestion. It is also said that saffron has anti-cancer properties, protects eyesight, protects the heart from disease, and fights depression.



Iran

Poland

France



#### *Olive oil*

*Olive oil has tons of benefits; not only is it a rich source of omega oils essential to brain and heart health, olive oil can also be used to moisturize hair and skin. Plus, it makes a delicious salad dressing when mixed with balsamic vinegar and goes great with bread and pasta. Olive oil has been credited with lowering the risk of heart disease and stroke, increasing life expectancy, and if it's good enough to put in your food, it's good enough to put on your face!*

*Hungary*

*Latvia*

*Italy*



#### *Anise*

*Anise is a popular traditional medicine and was also used in Ancient Islamic medicine quite a lot. It makes a soothing, calming, and aromatic tea and is generally used to treat general stomach aches, indigestion, or menstrual cramping. It also helps people unwind before bedtime.*

*Cyprus*

*Thailand*

*Japan*



#### *Coconut*

*I'm sure you've heard of the wonderful benefits of coconut oil and butter. New studies show it's the best oil to cook with, it's great for your hair and skin, and can help prevent Alzheimer's disease. The combination of fatty acids in coconuts make it a superfood that helps with weight loss, the lauric acid in coconuts helps kill harmful bacteria and fungi, making it an oil antiseptic. We could go on and on about the amazing benefits of coconut oil, and research also shows places where people eat a lot of coconuts are considered some of the healthiest spots in the world!*

*Sri Lanka*

*Australia*

*Russia*



#### *Turmeric*

*Turmeric has been used for thousands of years; it has wonderful healing properties, and some actually use it to cure acne. It contains bioactive compounds that give it powerful healing properties; it is anti-inflammatory and a powerful antioxidant. It is said to help reduce the risk of brain and heart disease, increases immunity, and even helps prevent cancer. It is also great for digestion and helps ward off the common cold. You can read more about the miraculous benefits of turmeric online.*

*Indonesia*

*India*

*Sweden*



### *Acai berry*

*Who doesn't love berries? Most berries are rich in antioxidants and heart healthy. The acai berry is high in anthocyanins an antioxidant that lowers cholesterol, making acai effective for heart health. It also aids in weight loss, and if you have not noticed, many beauty products contain acai berry oils, as it helps promote skin health and is anti-aging!*

*Ethiopia*

*Central & South America*

*Middle Africa*