

CALENDAR  
2017



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Fundacja Rozwoju Systemu Edukacji



# HEALTHY HERBS OUTLOOK 2015 - 2017



**The short information**  
*Prevents flu, anti-pyretic, facilitates digestion, calms the pain in the stomach and intestines, contains many important essential oils, which are found to have anti-septic and anti-fungal applications, lower heart rate.*

**In which countries grow**  
*Southern Europe, Western Asia and Northern Africa.*

**Where it grows**  
*On rocky hillsides, in cultivated land and under pine tress on igneous formations.*



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## HEALTHY HERBS OUTLOOK

2015 - 2017

Thyme / Thymus Capitatus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					



**The short information**  
 The roots, flowers and plants have the ability to heat and thin when drunk and when they become steam, causing menstruation, expel embryos, stones and oura - drunk and the rise and twisting of the intestines, while clean and jaundice and treat those suffering from the liver.

**In which countries grow**  
 In all Mediterranean countries.

**Where it grows**  
 It grows in direct sunlight positions.



Chamomile / Matricaria chamomilla



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**The short information**  
 It is widely grown as a fodder crop. This plant has some healing properties. The flower tops are used to prepare the remedies. Is considered to be one of the richest sources of isoflavones. It helps to lower cholesterol, improve the urine production the blood circulation and reduce the possibility of the blood clots. It is used to make a sweet tasting herbal tea..

**In which countries grow**

It is native to Europe, Western Asia and Northwest Africa, North and South America.

**Where it grows**

It grows in the meadows and fields.



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Clover / Trifolium

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Turnip Common / Agrimonia eupatoria



**The short information**  
*Infusion - influences on processes of digestion. Stimulates the secretion of gastric juices, enhances, inhibits bleeding. It is helpful in kidney stones, gallstones, diarrhea, cirrhosis of the liver, inflammation of the bladder and rheumatism.*

**In which countries grow**  
*In Mediterranean countries, Europe, western Asia, western China.*

**Where it grows**  
*Next to the forest, along roads, ditches, meadows.*



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# MAY 2017

### The short information

Marigold flowers can be made into infusion, tinctures and ointments that make work well for skin wound, rashes, burns of all kinds, varicose, diaper rash.

### In which countries grow

South Africa, in India and Thailand.

### Where it grows

In the gardens, on wasteland, agricultural land and along roads.



Marigold / Calendula Officinalis



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# JUNE 2017

## The short information

*It helps some types of depression so it is used in states of nervous exhaustion, anxiety, nervous imbalances.*

## In which countries grow

*South and North America, India, New Zealand, Australia and South Africa.*

## Where it grows

*Wild areas.*



St John Wort / Hypericum perforatum



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# JULY 2017

**The short information**  
*Caper bushes are mainly used for their fruit, which are rich in micronutrients. Known as caper, flower buds widely used pickled as a vegetable condiment. It stimulates the circulation and respiratory system. It stops diarrhea and spasms in the stomach and intestines. It can be used against wasp stings and snake bites.*

**In which countries grow**  
*In Southern Europe.*

**Where it grows**  
*It occurs along the coast.*



Caper / Capparis Spinosa



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## The short information

*It has anti - inflammatory, antioxidant and anxiolytic effects. The anti - inflammatory and antioxidant properties are due to different apigenin glycosides contained in it in large percentage. Anxiolytic activity, even without the side effects commonly observed in other anxiolytic we get from plant species. The essential oil of mountain tea are particularly active antimicrobial due to its content of carvacrol.*

## In which countries grow

*Greece, Italy, North Africa and Asia.*

## Where it grows

*In the mountains, at an altitude of about 1000 m above sea level.*



Mountain Olympus Tea / Anethum graveolens



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**The short information**

*The root of an elecampane is used for the medical purpose. It is especially effective in treatment of respiratory. The roots also stimulate the digestive process as well as the urine production.*

**In which countries grow**

*Europe, Northern Asia and North America.*

**Where it grows**

*In the gardens, in the meadows and fields.*



Elecampane / Inula helenium



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**The short information**  
 Best use to treat digestive disorders and diarrhea. It heals wounds, stops the bleeding. It helps against asthma and epilepsy. Juice with honey helps with swelling, destroys bacteria and toxins, increases blood clotting, strengthens weakened nervous system.

**In which countries grow**  
 North Africa (Algeria, Morocco, Tunisia)

**Where it grows**  
 In the meadows.



Stachys / Stachys officinalis



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Chicory / Cichorium Intybus



**The short information**

*Chicory preparations are recommended in case of liver and biliary diseases, constipation, diabetes, physical and mental fatigue. Coffee and tea from this plant has good properties for stomach.*

**In which countries grow**

*North Africa, Europe and Asia and North America.*

**Where it grows**

*In the meadows and wasteland.*



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75. YIL ORTAOKULU  
 painted by Ali Deniz Isleyici

**The short information**  
 It is used in the form of infusion is a means of choleric and helps dyspeptic symptoms, and added to a warming bath helps muscular pain, rheumatic disorders and peripheral system. Used in cholelithiasis, general weakness, increasing physical and mental.

**In which countries grow**  
 Mediterranean region, northwest Africa and southern Spain.

**Where it grows**  
 In the meadows.



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Rosmarinus / Rosmarinus officinalis

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