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Alternative to Taking Medication

Anti Asthma Foods

Avocados are commercially valuable and are cultivated in tropical and Mediterranean climates throughout the world. They have a green-skinned, fleshy body that may be pear-shaped, egg-shaped, or spherical, and ripens after harvesting. Trees are partially self-pollinating and often are propagated through grafting to maintain a predictable quality and quantity of the fruit. Avocados is one of the prime source of Glutathione, which has been shown to protect cells against free radical damage and to detoxify foreign substances such as pollutants. Without glutathione, other antioxidants would not be able not function efficiently. Avocados are also a good source of vitamin E, particularly for people whose asthma is linked to a nut allergy (nuts are one of the most common sources of vitamin E). However, if you have been diagnosed with a latex allergy, you may want to be careful with avocados, particularly non-organically grown produce. Many suggests that people who are allergic to latex are often also allergic to avocados and other foods that may contain substances called chitinases. Organically grown avocados not treated with ethylene gas contain lower levels of chitinases.



Happy Ramadan

May you be blessed by the love of Allah...

And be guided by him in all that you do

Mutual Cooperation Between Iran and Georgia

Recently IMPS chief executive traveled to Georgia and during his travel investigated the joint cooperation between the two countries. Dr. M. B Rezaee visited Majid Saber, Iran's Ambassador in Georgia and also other executives. He also visited some medical Clinique and research centers. He considered this journey positive with cooperation of embassy and cultural consultancy. There were different meetings for investigating the cultivation and processing herbal medicines as well as form of collaboration and scientific exchange with deputy of environmental minister, head of pharmacy faculty, university lecturers, researchers and different executives of manufacturing companies.



Necessity of Traditional Medicine Road Map and Dealing with Fraud

Dr. Velayati in a meeting expressed: "today in western countries more than 40 percent of prescriptions are made of herbal medicines and educated people are more interested in these products." He added traditional medicine is not specified only in Iran and we could see in other civilizations as India and china." In this meeting the necessity of traditional medicinal road map, producing films and serials in order to introduce this subject were pointed out. On the other hand presenting authorized centers to provide these services, also dealing with frauds in scope and publishing appropriate texts in Islamic civilization and traditional medicine were approved by the members.

Potentials of Traditional Medicine as Oil Revenues for Iran

Dr. Mohammad Bagher Larijani head of Tehran Medical school said: "there are more than 7 thousand books about traditional medicine in Iran and we could have the same revenues from traditional medicine as we have from oil." He implied, the activities that have been made by Iranian during these years is surprising for foreigners. He added: "at the moment we are unaware of many features of traditional medicine for example, we don't know that palm sweat can be resolved by white henna while modern medicine is not able to answer this question properly. According to him, in China because of extensive traditional medicine there are various and large Universities and pharmaceutical companies and their health ministry has deputy of traditional medicine.

56 Brands of Herbal Medicine are Insured

For the first time in Iran in presence of defense ministry 56 brands of herbal medicines are insured by armed forces services. Some of these medicines are Angipars, Alpha ointment, Calendula ointment and some other medicines.

ANGI PARS is Insured

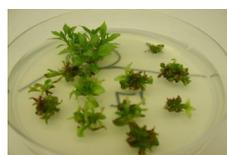
The head of natural medicines of health ministry said: "the number of herbal medicines manufactured in Iran are 728 and president Ahmadinejad ordered that up to 372 number of these medicines must be under insurance. 56 number of these medicines such as ANGI PARS and anti cancer medicine as spinal z were insure since two month ago. He added last year we only had the license for producing 131 new traditional and herbal medicines still we have not reached to mass production yet, however there are no problems for producing these medicines according to health ministry.

Herbal Extracts Alternative for Chemical Preservatives Used for Aquacultures

Head of Fishery Research Institute of Iran stated: "by end of this year herbal extracts of plants would be alternative for chemical preservatives in processed foods of Aquacultures. Mr. Motalebi said: "nowadays in order to keep processed food for long time chemical preservatives are used that has created some health concerns for the public. He said: "therefore we looked for a substitute of chemical preservatives and our researchers started to have investigations and research projects in this subject matter." He declared, for instance research on strawberry extract or grape seed are part of these projects carried on by our researchers. As a result, we found out that extracts of these herbs increase the persistence of foods from 1 to 9 years, at the same time they are natural and do not harm the foods at all.

First Micropropagation Bank and Callus of Alborz and Zagros Medicinal Plants

Head of agricultural institute of scientific and industrial organization of Iran reported of master plan for creating the first bank of Micropropagation and callus of Alborz and Zagros medicinal plants. Dr. Sanjabi said: "creating this bank in Iran is aimed for presenting medicinal plants of these areas through tissue culture and for providing the necessities of the region." He pointed out that there three levels for implementation. First, identification, collection and creating the first research collection in medicinal plants with great economical value. Second, creating the Micropropagation bank and callus of medicinal plants with the aim of having superior species using molecular genetics and increasing the secondary metabolic. Third, evaluation of secondary metabolic between collections to extract more active ingredient.



used in India and Pakistan as Greek medicine; therefore, we have to attempt more in order to present Iranian traditional medicine." The traditional medicine is a common heritage of Iran and neighborhood nations but the its centralization was Iran and great scientists as Razi, Avicenna, Hakim Jorjani and Ali Ibn Abas brought this medicine to perfection, he added. He noted, some countries use traditional medicine as an treasure but Iran is the only country that select PhD students in traditional medicine between physicians and pharmacists.

South Korean Athletes Bet on Traditional Medicine in Olympics 2012

South Korean athletes looking to stay in peak shape for the London Olympics are turning to Oriental rather than Western medicine to see off aches and sprains that could derail their medal chances. While some athletes remain wary of remedies that are not certified due to doping concerns, for the vast majority regular treatment has boosted fitness and the ability to overcome injury quickly.



I have had lots of physical therapy, which takes a long time to effect a cure, but Oriental therapy works faster. My pain halved after a day," Kim Yeon-koung from the Korean women's volleyball team told Reuters. Shin Joon-shik, chairman of a major traditional Korean hospital in Seoul, has treated high profile athletes such as football player Park Ji-sung, figure skating gold medallist Kim Yuna, baseball player Choo Shin-soo and golfer Paul Casey. He said Korean traditional medicine helps to treat sprains and muscle injuries. Traditional Chinese medicines are more effective for chronic diseases while Korean medicines are for acute illness," he said. (Reuters)

Blackberries

Did you know blackberries have useful healing properties? Of course they're loaded in antioxidants and vitamins, but the leaves and roots have value, too. Native Americans have long used the stems and leaves for healing, while enjoying the young shoots peeled as a vegetable of sorts and the berries, either raw or in jams. The leaves and root can be used as an effective treatment against dysentery and diarrhea as well as serving usefulness as an anti-inflammatory and astringent. Ideal for treating cuts and inflammation in the mouth.



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Iranian Traditional Medicine Used as Greek Medicine

Dr. M. Isfahani the professor in traditional medicine and head of research center for Quran and Hadith science and medicine said: "now Iranian traditional medicine is

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