



Reducing the effects of air pollution with medicinal plants

Air pollution with today's characteristics is a new phenomenon that has never been seen in the past. In general, it is recommended to use feeds and methods that reduce the harmful effects of pollutants in various ways in the conditions of air pollution.

Items that are recommended to be used in air pollution:

- ✓ Apple
- ✓ Sweet or slightly sour pomegranate
- ✓ Persian thyme tea, especially for asthma and bronchitis sufferers
- ✓ Borage flower tea with valerian root and orange spring, especially for depressed people and people with high blood pressure.
- ✓ smelling the scent of orange spring, rosemary and smelling the leaves of candlestick, a fragrance that helps to be more alert in polluted air.

Things to avoid:

- ✓ avoiding the consumption of leftover foods, industrial meats and foods containing preservatives, repeatedly heated oils such as fried fast foods from the market, snacks from the market such as chips and puffs.
- ✓ avoiding all things that increase blood concentration: such as consuming beef, lentils, eggplant, industrial meats, doughy foods such as pasta, and fatty and heavy foods.
- ✓ avoiding heavy make-up that reduces the skins breathe.
- ✓ Avoiding all things that reduce the body's general strength, such as insufficient sleep, staying at night, intense and prolonged exercise, exposure to very cold air, prolonged exposure to electromagnetic radiation, especially computers and mobile phones.