

**Запорізький державний медичний університет
Кафедра іноземних мов**

**ПРАКТИКУМ З РЕФЕРУВАННЯ
МЕДИЧНИХ ТЕКСТІВ З АНГЛІЙСЬКОЇ МОВИ
(для студентів фармацевтичного факультету I курсу)**

Запоріжжя – 2013

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Рекомендовано у навчальний процес:

Кафедрою іноземних мов Запорізького державного медичного університету

Протокол № _____ від _____ 2013р.

Цикловою методичною комісією з гуманітарних дисциплін Запорізького державного медичного університету

Протокол № _____ від _____ 2013р.

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ПЕРЕДМОВА

Однією з основних цілей навчання іноземній мові у вищій школі є навчити студента читати тексти зі спеціальності, щоб отримати повноцінну інформацію та вміння обробити її (анотування, реферування та конспект). По закінченні курсу іноземної мови, студент повинен володіти професійно-орієнтованими навичками та вміннями, всіма видами наукової обробки тексту для самостійної роботи.

Навчальний посібник призначено для студентів першого курсу фармацевтичних факультетів, спеціальностей 7.12020101 «Фармація», 7.12020104 «Технологія парфумерно-косметичних засобів», що цікавляться механізмами функціонування сучасної наукової мови та прагнуть сформувати й вдосконалити індивідуальну програму пізнавальної діяльності через самостійну роботу з різними джерелами наукової інформації.

Посібник складено з урахуванням вимог навчальної дисципліни «Англійська мова (за професійним спрямуванням): затверджено МОЗ України 08.07.2010 р., відповідно до ОКХ та ОПП підготовки фахівців, затверджених наказом МОН України від 29.07.2004р. та навчальних планів, затверджених наказами МОЗ України від 08.07.2010р. за № 542, 543, підготовки фахівців освітньо-кваліфікаційного рівня «спеціаліст», кваліфікації «фармацевт» у вищих навчальних закладах III-IV рівня акредитації за спеціальностями 7.12020101 «Фармація», 7.12020104 «Технологія парфумерно-косметичних засобів», відповідно до наказу МОЗ України від 12.10.2004р. №492 «Рекомендацій щодо розроблення навчальних програм навчальних дисциплін».

Матеріал посібника містить зразки автентичних англомовних статей загально медичної тематики для перекладу та реферування англійською мовою.

Головна увага приділена у посібнику організації самостійної роботи, що забезпечується запропонованими алгоритмічними приписами, які раціонально й оптимально скеровують мисленнєво-мовленнєву діяльність при опрацюванні різноманітних наукових джерел як з метою «згортання» їх змісту до рівня конспекту, анотації, реферату, так і для підготовки англійською мовою наукової доповіді, виступу в дискусії, статті. За такого підходу суттєво підвищується ефективність інтелектуальної праці та забезпечуються перспективи самоосвіти у подальшому професійному зростанні.

Зміст практикуму складають Передмова, 5 розділів, Перелік літератури. Загальний обсяг практикуму складає 86 сторінок.

Розділ I присвячено визначенню особливостей, композиції та типам рефератів. У Розділі II наведено алгоритмічний припис до

реферування наукового джерела. Розділ III містить мовні стандарти-кліше необхідні для реферування наукового джерела. Розділи IV та V вміщують тексти для самостійного опрацювання косметологами та фармацевтами. У Переліку літератури вказано інформаційні джерела використані під час роботи над практикумом.

Методичні рекомендації. Посібник розраховано на студентів I курсу, як завдання для підсумкового модуля та самостійної роботи за темами I та II модулів «Фармацевтична освіта» та «Фармацевтична термінологія».

Рівень складності текстів пропонується студенту викладачем. Порядок опрацювання текстів може бути послідовним або вільним залежно від планів та цілей викладача, що виходять з вимог навчальної програми: ввести, закріпити, актуалізувати або проконтролювати засвоєння лексики за окремою темою модуля.

РОЗДІЛ I

РЕФЕРАТ: ВИЗНАЧЕННЯ, ОСОБЛИВОСТІ, КОМПОЗИЦІЯ, ТИПИ

Реферування – це складний процес аналітико-синтетичної переробки інформації наукового джерела (або джерел), результатом якої і стає реферат* (нім. *Referat*, від лат. *refero* – доповідаю).

Реферат – це короткий виклад (перед аудиторією або в письмовій формі) наукової праці, вчення, змісту джерела (або джерел) із зазначенням характеру, методики, результатів дослідження та збереженням його мовностилістичних особливостей.

Реферат як самостійний і поширений жанр наукової літератури, окрім загальних закономірностей наукового стилю, має **особливості**, характерні саме для нього, що обумовлено функцією реферату, його інформативним призначенням. На відміну від жанру наукової статті, в рефераті немає характерної для статті наукової ґрунтовності викладу, розгорнутих доведень, міркувань, порівнянь, обговорення результатів, оцінок тощо, оскільки все це дієвий засіб переконання читача, а **призначення реферату – передати інформацію, повідомити.**

Сутність реферату — це короткий виклад основного змісту джерела (джерел), повідомлення нової проблемної інформації, що міститься в ньому, або доповідь за певною темою, підготовлена в результаті самостійного опрацювання кількох джерел.

На відміну від анотації, яка відповідає на запитання, про що йдеться в науковому джерелі, і подає загальне об'єктивне уявлення про це джерело, його стислу характеристику (найчастіше через перелік основних проблем), **реферат відповідає на запитання, що саме нове й суттєве є в першоджерелі, і викладає основний його зміст, нову проблемну інформацію.** Отже, в рефераті обов'язково акцентується увага на новій інформації, яка є в першоджерелі.

Реферати **класифікуються** за різними параметрами. З урахуванням ступеня повноти викладу змісту першоджерела реферати поділяються на кілька видів:

1) **реферати-конспекти** – інформативні повідомлення, які містять в узагальненому вигляді всі основні положення наукового джерела, ілюстративний матеріал, важливу аргументацію, відомості про методику дослідження, використані технології, сфери застосування;

2) **реферати-резюме** – індикативні повідомлення, які містять лише ті основні положення, що якнайтісніше пов'язані з темою реферованого джерела.

У рефератах будь-якого виду **не допускаються як суб'єктивні погляди референта** на висвітлюване питання, так і оцінка реферованого наукового джерела. У разі професійної потреби (за наявності очевидних помилок або протиріч у твердженнях автора джерела), таку оцінку доречно подавати як примітку.

Композиційно текст реферату переважно складається з трьох логічно пов'язаних частин: **вступної, основної (описової), заключної**.

До композиції більшості рефератів за сучасними вимогами входять **ключові слова** – основні наукові терміни і терміносполуки, які відбивають основні наукові поняття реферованого джерела та логіку викладу матеріалу.

Реферування передбачає сформованість певного комплексу взаємопов'язаних **умінь і навиків**:

- оглядового, пошукового й суцільного **видів читання**;
- смислового **аналізу тексту** та його фрагментів з метою вилучення основної інформації;
- **“згортання” (“пакування”) інформації** до рівня плану, тез, конспекту, анотації та **обв'язково з мовного оформлення** матеріалу за чинними нормами.

РОЗДІЛ II

АЛГОРИТМІЧНИЙ ПРИПИС ДО РЕФЕРУВАННЯ НАУКОВОГО ДЖЕРЕЛА

1. Визначте мету реферування обраного наукового джерела (реферат-конспект чи реферат-резюме).

2. З'ясуйте функції та обсяги підготовлюваного реферату відповідно до його мети і жанру наукового першоджерела.

3. Здійсніть бібліографічний опис наукового джерела (наукових джерел).

4. Опрацюйте наукове джерело і відберіть інформацію для реферату, застосовуючи такі види читання, як оглядове, пошукове та суцільне.

5. Визначте композицію реферату.

NB!

Реферат-резюме має таку модель:

- 1) заголовна частина (точний бібліографічний опис джерела);
- 2) безпосередньо реферативна частина (основна інформація);
- 3) довідковий апарат (кількість ілюстрацій, таблиць, схем, бібліографія тощо).

6. Запишіть логізований план реферату як перелік основних тем і проблем першоджерела (для основної частини реферату).

7. Здійсніть розподіл опрацьованої й відібраної для основної частини реферату інформації, усвідомивши:

- а) мету і зміст реферованого наукового джерела;
- б) методи дослідження;
- в) конкретні результати (теоретичні, експериментальні, описові, насамперед нові і перевірені факти, тенденції тощо);
- г) висновки і позицію автора в розв'язанні проблем, прийняті ним або спростовані гіпотези;
- д) сфери застосування, шляхи практичного впровадження результатів роботи.

NB!

Якщо в науковому джерелі відсутня якась частина наведених у п.7 даних (методи, висновки, сфери застосування), то в тексті реферату вони не наводяться для збереження послідовності викладу.

До основної частини реферату-резюме добирається основна (ключова) інформація наукового джерела, при цьому малоінформативні смислові частини вилучаються, подібна і близька інформація об'єднується та узагальнюється.

8. Оформіть письмовий реферат:

- **здійсніть “згортання” змісту** та мовну компресію відібраної для реферату інформації;

- **скомпонуйте відібрану інформацію** та, використовуючи різні лексичні засоби організації зв'язного тексту і пам'ятаючи мету реферування, підготуйте письмовий реферат.

NB!

Ступінь узагальнення і “згортання” інформації в рефераті-резюме вдвічі-втричі є більшою, ніж в інформативному рефераті. Лексичні засоби зв'язку є спільними для всіх видів рефератів.

9. Здійсніть **самоконтроль** написаного реферату на смисловому, структурно-логічному і мовному рівнях та переконайтесь, чи досягли ви поставленої мети реферування.

NB!

При реферуванні, як і при конспектуванні, відбувається вилучення необхідної інформації, переформулювання її, а також аргументування. Зміст та обсяги реферату залежать від його виду: реферат-резюме – це короткий, узагальнений реферат.

10. Здійсніть (у разі потреби) редагування тексту реферату.

РОЗДІЛ III
МОВНІ СТАНДАРТИ-КЛІШЕ
ДЛЯ НАУКОВОГО РЕФЕРУВАННЯ

1.	The article The piece of news The abstract	is headlined	“.....”.
2.	The title The headline	of the article of the abstract	is “.....”.

3.	It	was has been	published in a (an)	British American Canadian Australian	newspaper “...” magazine “...” journal “...” supplement “...”	this last	week. month. year.
----	----	--------------------	------------------------	---	---	--------------	--------------------------

4.	It's the	monthly quarterly	journal. supplement.
----	----------	----------------------	-------------------------

5.	The author of	the book the article the editorial	is	Mr/ Dr/ Prof. X./ not pointed out
----	---------------	--	----	-----------------------------------

6.	The article The editorial The book	is written by	Mr/ Dr/ Prof. X./ the editor the editor-in-chief
----	--	---------------	--

7.	The article The editorial The book	is about is devoted to is dedicated to deals with considers touches upon is concerned with dwell on discusses stresses emphasizes
----	--	---	-------

8.	It should be	noted stressed	that
----	--------------	-------------------	------	-------

		pointed out emphasized mentioned		
--	--	--	--	--

9.	about ...	made me think about... made me come to... the conclusion that...
----	-----------	--

Найбільш уживані вислови для реферування тексту наукового характеру англійською мовою

а) вступні фрази

1.	Ця стаття присвячена...	The article centers about (deals with; devotes considerable attention to; is oriented forward to ...).
2.	Мені хотілося б підкреслити, що...	I would like to emphasize that
3.	Немає необхідності перераховувати всі...	There is no need to enumerate all
4.	Я вважаю за потрібне підкреслити, що ...	I find it necessary to emphasize that ...
5.	У цьому зв'язку особливу увагу слід приділити ...	In this connection particular importance should be attached to
6.	З урахуванням згаданої вище проблеми...	With regard to the problem mentioned
7.	Цей приклад чітко демонструє ...	This example clearly shows
8.	Викладені вище принципи повністю відповідають	The principles stated above fully correspond to
9.	Резюме можна викласти в двох зауваженнях загального характеру	The resume can be stated in two general observations
10.	Ці спостереження мають важливе значення в ...	These observations are of great significance in
11.	Отже, я можу зробити висновок ...	Thus I dare to conclude
12.	Головне питання, котре поки що не вирішено ...	The main question not yet solved is
13.	Нарешті мені хотілося б сказати, що ...	Lastly I'd like to say that

14.	Очевидно, важливо зробити висновок ...	It may be important to conclude ...
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б) зв'язувальні та узагальнюючі фрази:

1.	Взагалі ...	In general ...
2.	Що стосується ...	With regard to (as to) ...
3.	Це доводить, що ...	It proves that ...
4.	Немає необхідності говорити	Needless to say ...
5.	Певною мірою ...	To some extent ...
6.	Більше того ...	What is more ...
7.	Наскільки це стосується даної проблеми ...	As far as this problem is concerned ...
8.	З точки зору ...	From the point of view of ...
9.	Я вважаю, що ...	I consider that ...
10.	Слід підкреслити ...	It must be stressed ...
11.	Стосовно цієї проблеми ...	Touching upon this problem ...
12.	Що стосується цього питання ...	As to this question ...
13.	Щоб отримати найбільш глибоке уявлення про ...	To gain a deeper insight into ...
14.	Ось чому необхідно ...	That is why it is imperative to ...
15.	Важливо відмітити, що ...	It is of importance to note ...
16.	По-перше (по-друге, по-третє)	First (secondly, thirdly) ...
17.	Нарешті ...	Finally ...
18.	Хочу зробити висновок ...	I dare to conclude ...
19.	Перш за все ...	Above all ...
20.	Так (таким чином) ...	Thus (therefore) ...
21.	Крім того (до того ж) ...	Furthermore ...
22.	Тому ...	Therefore ...
23.	Більш того ...	Moreover (over and above) ...
24.	Проте ...	However ...
25.	Хоча ...	Though ...
26.	Суттєво ...	Essentially ...
27.	Тим не менш ...	Nevertheless ...
28.	Порівняно з ...	Compared with ...
29.	Звідси ...	Hence ...
30.	Враховуючи це ...	On this account ...
31.	Ось чому ...	That is why ...
32.	В цілому ...	On the whole ...

в) комбінаторні вислови:

1.	Ця стаття / уривок проаналізувала макроекономічні дані	This chapter / abstract has examined macroeconomics data
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	Європи	for Europe
2.	Акцент зроблений на ...	The emphasis has been placed on ...
3.	В результаті аналіз автора загалом відображає останні інтерпретації ...	In the outcome, the author's analysis generally rejects the recent interpretations of ...
4.	Запропоновані деякі шляхи, які дозволяють переформулювати підходи більш переконливо ...	It has been suggested some ways in which the approaches might be reformulated more persuasively
5.	Загалом я вважаю, що це пояснює Європейський ріст післявоєнного періоду лише незначною мірою ...	In general I find that this explains the patterns of post-war European growth to only a limited degree
6.	Хоч я погоджуюсь з акцентом, пріоритетним у цьому підході ... я більш прихильний до теорії, що базується на ...	Although I happen to agree with the focus explicit in this approach ... I find greater support for the theory based on ...
7.	Уривок статті розвиває попередній погляд на проблему ...	The abstract develops the earlier view on the problem of ...
8.	Автор намагався проаналізувати зростання ринку, розділяючи погляд окремо на валову продукцію та сектор хімічних товарів	The author has attempted to analyse the development of the market by looking separately at the bulk or commodity chemicals sector ...
9.	У цій статті автор запропонував підхід, в якому акцент інноваційної діяльності змістився з ... на ...	In this article the author has mapped the way in which the focus of innovative activity has shifted from ... to ...
10.	Робота, представлена в цій статті, дає підстави вважати, що ...	The work surveyed in this article gives good grounds for believing that ...
11.	Підсумовуючи, зазначимо, що політика розбіжностей, описана в цій статті, відображає відмінності в поглядах з декількох ключових питань ...	To summarise, the policy disagreements described here reflect differences in judgement on several key questions ...

РОЗДІЛ IV ТЕКСТИ ДЛЯ КОСМЕТОЛОГІВ

Text 1. The Face-Slapping Spa

So many spa treatments, so little time – what is a woman to do? Just know the ones that *are truly worth your time and money*¹, of course! To give you a head start, we've scoped out the latest and greatest pampering indulgences and we have some fabulous results to share with you.

Here's a new spa treatment. It's called *face-slapping*², and you can see why people love it. Spas are supposed to be relaxing, so face-slapping is naturally funny.

Face slapping is offered in San Francisco and costs \$350 for 15 minutes – for one-half of the face! Why so expensive? The Massage Saloon positions it as a "natural face lift" – an alternative to plastic surgery and Botox, which puts it in another price category. The treatment is supposed to last six months.

¹are truly worth your time and money – действительно стоят вашего времени и денег

²face-slapping – процедура, во время которой шлепают по лицу

<http://www.blissworld.com/spa/>

Text 2. The Benefits Of Salt Therapy

Salt therapy is a modern variation of the Eastern European tradition of spending time in natural salt caves for health. Polish physician Dr. Boczkowski was the first to record the health benefits of salt caves in 1843, after observing the good health of salt miners in the Wieliczka salt mine in Krakow. But you don't have to live near a salt cave to experience the benefits of salt therapy.

There are more salt therapy rooms *popping up*¹ Spa Saloons. And at home you can get a taste of it with a salt inhaler and beautiful Himalayan salt lamps that release negative ions, improving the quality of the air at home.

¹ to pop up – неожиданно появиться

<http://www.blissworld.com/spa/>

Text 3. The Organic Oxygen Facial

So many spa treatments, so little time – what is a woman to do? Just know the ones that are truly *worth your time*¹ and money, of course!

Do you ever wonder how your favorite celebrities get that radiant glow as they strut down the red carpet? Chances are, many of them have recently been to The Spa to prepare their beautiful faces with “the Organic Oxygen Facial”.

This *ritzy treatment*² combines organic, oxygen-enhanced Luzern skincare products with a pure concentrated oxygen mist. As you relax with this luxurious mask, a warm orange blossom oil-lotion blend is drizzled over your hands, arms, and shoulders, followed by a soothing massage.

This treatment increases cellular respiration, enhances micro-circulation, fights premature aging, and it brings you a blissful sense of calm. After just one session you’ll be ready to face the paparazzi with the best of them.

¹to worth your time – стоить вашего времени

²ritzy treatment – роскошный уход

<http://www.blissworld.com/spa/>

Text 4. The Hot Shell Massage

So many spa treatments, so little time – what is a woman to do? Just know the ones that are truly worth your time and money, of course! One of them is “The Hot Shell Massage”.

Move over *Hot Stone Massage*, there’s a new hot body treatment in town – the Hot Shell Massage. The Hot Shell Massage uses all-natural seashells and various elements from the ocean (such as *dried kelp*¹ and sea algae) along with a mixture of purified water, salt, and lavender essential oils to relax, restore, and revive.

The warmed, polished seashells are placed on your *chakras* to release blocked energy and the heat from the shells *penetrates your muscles*, helping you achieve a deep state of relaxation. The shells are also used in various deep tissue and *massage strokes*² to soothe tired muscles.

¹dried kelp – сухие водоросли

²massage strokes – массажные движения

<http://www.blissworld.com/spa/>

Text 5. The Mediterranean Harmony Massage

So many spa treatments, so little time – what is a woman to do? Just know the ones that are truly worth your time and money, of course! One of them is “The Mediterranean Harmony Massage”.

If you think two hands are better than one... what would you think of four? Oh yes, that’s exactly what you get in this *beyond-blissful body massage*¹. Two therapists perform a *choreographed massage*² in harmony as your mind wonders, “Can this really be happening to me, or am I just fantasizing?” The treatment uses hydrating Chardonnay grape seed oil throughout the massage and ends with a fig and cassis body-butter back massage along with warm back compress.

Afterwards, you’re sure to feel fabulously spoiled. And, if you have the good fortune to be staying at this lush hotel, you can gently glide to your room and sleep like a baby. _____

¹beyond-blissful body massage – массаж на вершине блаженства

²a choreographed massage – массаж в четыре руки

<http://www.blissworld.com/spa/>

Text 6. Magic Of The Silk Route Body Therapy & Serenity Shower

So many spa treatments, so little time – what is a woman to do? Just know the ones that are truly worth your time and money, of course! One of them is “Magic of The Silk Route Body Therapy & Serenity Shower”.

To begin, let the enticing aromas of their cinnamon gel (massaged on your hands and feet), oriental oil (applied to your scalp), and cardamom and *nutmeg*² (for a full body exfoliation) transport you far away from everyday cares.

Next, a full wash under a warm and *invigorating Vichy shower*¹ gets you ready for a relaxing massage, and the treatment concludes with a hydrating and firming silk body wrap. By the end, you’ll feel blissfully intoxicated with *tranquility*. But before you leave this spa, a trip to *the Serenity Shower*³, featuring eighteen shower heads that mimic a warm, vibrant, waterfall surrounding your entire body.

¹invigorating Vichy shower – бодрящий душ Виши

²nutmeg – мускатный орех

³the Serenity Shower – успокаивающий душ Серенити

<http://www.blissworld.com/spa/>

Text 7. The “Pearfect” Body Treatment

So many spa treatments, so little time – what is a woman to do? Just know the ones that are truly worth your time and money, of course! One of them is *The “Pearfect” Body Treatment*”.

Spa Treatments *seasonal offerings*¹ employ local, organic produce to create handmade body treatments. The spa manager works with chefs on property to find out what is in season and then *crafts treatments*² based on those ingredients. Their “*Pearfect Body Treatment*”³ receives high ranks as one of the most delicious-smelling pamperings they offer.

You begin with a refreshing rub-down with their pear and green apple sugar exfoliation, you receive a complete body masque made from the pulp of tangy limes, green apples, and pears. After the masque is removed, a luxurious organic moisturizer is applied for the grand finale.

The result? Skin that is silky soft to the touch. Plus you’ll smell irresistible and ready to make that special someone’s mouth water!

¹seasonal offerings – сезонное предложение

²crafts treatments – придумывать, разрабатывать уход

³“*Pearfect Body Treatment*” – с-ОО-вершенный уход за тел

<http://www.blissworld.com/spa/>

Text 8. The Island Flowers Body Masque

So many spa treatments, so little time – what is a woman to do? Just know the ones that are truly worth your time and money, of course! One of them is “The Island Flowers Body Masque”.

When is the last time a spa gave you flowers? On the Hawaiian island it is believed that there is no such thing as too many flowers for a lady. This *lush treatment*¹ begins with one hour of hydrotherapy *to prime*² you for the fragrant masque. The masque employs a bouquet of Hawaiian flower petals ready to nurture you inside and out. Rose petals clarify your skin, *passion flower*³ petals relieve irritated and inflamed skin, and Hibiscus petals act as an emollient helping to soften you skin.

Jasmine petals are used to cool the blood and, as an added bonus, they have strong antibacterial, *antiviral, and anti-tumor properties*⁴. This treatment also calms your mind with soothing lavender flowers to promote relaxation and chamomile flowers to relax your nerves.

¹lush treatment – вкусный уход

²to prime – предварять ч-либо, предшествовать

³passion flower – страстоцвет, пассифлора

⁴antiviral, and anti-tumor properties – антивирусный и противоопухолевые свойства

<http://www.blissworld.com/spa/>

Text 9. Universal Contour Wrap

Many people have only experienced trips to the spa, but most of these visits only included basic services, such as massages, *facials*, and *nail care*¹. There is much more to a spa experience than most people have had the opportunity to experience. Spa treatments help to energy your body and help you to overcome stress caused from your chaotic lifestyle. With a relaxed body and state of mind, a spa trip can also promote a general happiness. Learn about these top innovative *must-experience spa treatments*².

The universal *contour wrap*³ is the world's only proven *inch-loss wrap*⁴, backed up by scientific results. Customers who undergo this incredible spa treatment are guaranteed to lose at least six-inches in just a two-hour treatment. The universal contour wrap is a combination of *mineral-rich clay*⁵ and a specialized wrapping technique that aids in the detoxification and cleansing of the body as the *wrap* compresses soft, fatty tissues, creating instant inch loss.

¹facials, and nail care – уход за лицом и ногтями

²must-experience spa treatments – «обязательно попробовать» спа уход

³contour wrap – обертывание тела

⁴inch-loss wrap – обертывание, уменьшающее объемы сразу на 2 см.

⁵mineral-rich clay – обогащенная минералами глина

<http://www.blissworld.com/spa/>

Text 10. Hydrotherm Full-Body Massage

Many people have only experienced the spa, but most of these visits only included basic services, such as massages, facials, and nail care. There is much

more to a spa experience than most people have had the opportunity to experience. Spa treatments help to energy your body and help you to overcome stress caused from your chaotic lifestyle. With a relaxed body and state of mind, a spa trip can also promote a general happiness. Learn about these top innovative must-experience spa treatments.

If you want a unique massage, try the *head-to-toe hydrotherm massage*¹. This *full-body massage*² works the entire body without turning you at all. Simply lay within a *hydrotherm bed*³ which *cradles your body*⁴ as it warms to your body temperature. The warm temperature helps to sooth sore muscles and relieves tension. The massage begins at your toes and works its way up. The hydrotherm massage is recommended for people suffering from stress.

¹head-to-toe hydrotherm massage – гидротермический массаж от макушки до кончиков пальцев

²full-body massage – общий массаж

³hydrotherm – гидротермический

⁴cradles your body – убаюкивает ваше тело

<http://www.blissworld.com/spa/>

Text 11. Hot Brazilian Wax

Many people have only experienced a handful of trips to the spa, but most of these visits only included basic services, such as massages, facials, and nail care. There is much more to a spa experience than most people have had the opportunity to experience. Spa treatments help to energy your body and help you to overcome stress caused from your chaotic lifestyle. With a relaxed body and state of mind, a spa trip can also promote a general happiness. Learn about these top innovative must-experience spa treatments.

Many people are not aware of the different types of Brazilian *waxes* that are currently available. The *hot Brazilian wax*¹ is the most painless Brazilian in the world. While the technique is the same, you won't even realize that you're hair-free as the approach to waxing is virtually painless. This is due to the low temperature of *stripless wax*² available at some spas.

¹*hot Brazilian wax* – горячий бразильский воск

²*stripless wax* – воск, который наносят без применения полосок

<http://www.blissworld.com/spa/>

Text 12. Semi-Permanent Lash Extensions

Many people have only experienced the spa, but most of these visits only included basic services, such as massages, facials, and nail care. There is much more to a spa experience than most people have had the opportunity to experience. Spa treatments help to energy your body and help you to overcome stress caused from your chaotic lifestyle. With a relaxed body and state of mind, a spa trip can also promote a general happiness. Learn about these top innovative must-experience spa treatments.

These *state-of-the-art false eyelashes*¹ give customers thicker, longer, and very natural looking *lashes*. They are *semi-permanent lashes*². They feature curved, soft lashes with a flat base and fine tip, similar to natural lashes. Not only are they alluring and innovative, they are worn by some of the biggest celebrities and give your eyes that *much-needed "wow" factor*³.

¹state-of-the-art false eyelashes – накладные ресницы – произведение искусства

²semi-permanent lashes – нарощенные ресницы

³much-needed "wow" factor – столь желанный «вау» фактор

<http://www.blissworld.com/spa/>

Text 13. Deluxe Heated Booties

Many people have experienced the spa, but most of these visits only included basic services, such as massages, facials, and nail care. There is much more to a spa experience than most people have had the opportunity to experience. Spa treatments help to energy your body and help you to overcome stress caused from your chaotic lifestyle. With a relaxed body and state of mind, a spa trip can also promote a general happiness. Learn about these top innovative must-experience spa treatments.

Want *to pamper your legs and feet*¹? Those who stand on their feet throughout the day can greatly benefit from the deluxe *heated booties treatment*² available at some spas. This hydrating foot and leg treatment removes *hard skin build-ups and calluses*³. It reveals, soft and smooth feet and the booties provide a *moisture-rich cream*⁴ for a perfect finish.

¹to pamper your legs and feet – побаловать ноги и стопы

²heated booties treatment – процедура «подогретый сапог»

³hard skin build-ups and calluses – затвердения кожи и мозоли

⁴moisture-rich cream – увлажняющий крем

<http://www.blissworld.com/spa/>

Text 14. Hammam: definition

The ¹*hammam*, also known as the Turkish hammam or Turkish bath, is the Middle Eastern variant of a *steam bath*, which can be categorized as a *wet relative of the sauna*². Although the first hammams originated in Arabia, and bath culture was a central part of Roman life, Turkey popularized the tradition (and is most often associated with it) by making hammams available to people of all statuses.

The hammam ritual is rather simple, but it does involve several steps – all aimed at cleansing and relaxing – which many modern-day hammams still utilize.

Typically, the treatment lasted a set period of time, but visitors were free to lounge in the cooling areas for as long as they liked.

Historically, like with all forms of public bathing, a hammam offered cleansing to the masses, and they were not often steeped in luxury. Privacy was discarded in favor of efficiency and cost, although there were separate rooms available for men and women. "Like any sort of *public bathing*³ around this time, the poor were washed in public while the wealthy enjoyed private spaces.

¹hammam – хамам (турецкая баня)

²a wet relative of the sauna – влажный родственник сауны

³public bathing – общественной, смешанное купание

<http://www.blissworld.com/spa/>

Text 15. Spa Care for Moms-to-Be

Spa treatments can relieve *the main discomforts of pregnancy*¹, and the spa atmosphere can relax *expectant mothers*² overwhelmed by the changes in their bodies.

Some, however, worry that pampering could cause harm. Good news: Manicures, pedicures, and facials are safe for pregnant women. And when you follow these guidelines, massage, water therapies, and body treatments can be, too.

*Prenatal massage*³ can relieve back pain and improve sleep and mood, as well as decrease stress and reduce *labor complications*⁴.

Prenatal massage is best given while you lie on your side propped up by pillows. Neck and shoulder massage is a safe sitting-up option, as well.

Good To Know: Avoid contrast hydrotherapy (alternating hot and cold pools or rooms). Constant temperatures are best.

Skip hot baths, steam rooms, and saunas (traditional and infrared). Heat and *sweat* cause decreased blood flow (and blood to pool in your feet), which means the baby gets less oxygen.

¹the main discomforts of pregnancy - основные неудобства связанные с беременностью

²expectant mothers – будущие мамы

³prenatal massage – пренатальный массаж

⁴labor complications – осложнения после родов

<http://www.blissworld.com/spa/>

Text 16. Prenatal massage: do's and don'ts*

Say no to body wraps, which cause perspiration and raise the core body temperature. *Detoxifying body scrubs*¹ are a don't. It's possible that scrubs release toxins into the bloodstream, not a good idea when *a very tiny person is sharing it*²! Instead: Try light body buffs for itchy and dry skin.

Essential oils (concentrated plant extracts) *are off-limits*³ during the first trimester. It's safe to reintroduce rose, lavender, and chamomile during the second trimester, as long as they're *diluted with twice the amount of carrier oil*⁴, but peppermint, rosemary, sage, and jasmine shouldn't be used at all, because they can *trigger uterine contractions*⁶. Some scents can also trigger *nausea*, so many spas offer scent-free products.

Request a massage therapist who has been specifically trained in prenatal treatments. A qualified therapist will have completed a maternity course that teaches basics such as positioning and pressure points for pregnancy.

¹Detoxifying body scrubs – скраб-детокс для тела

²a very tiny person is sharing it – крошечное существо разделяет с вами

³essential oils are off-limits – применение эфирных масел неограничено

⁴diluted with twice the amount of carrier oil – разводятся двумя частями масла-основы

⁵do's and don'ts – можно и нельзя

⁶trigger uterine contractions – вызвать сокращения матки

<http://www.blissworld.com/spa/>

Text 17. Prenatal massage tips

Look for spas that offer special *pregnancy services*¹.

Listen to your body and let the therapist know if you're uncomfortable. Some spas use tables with cutouts to accommodate a pregnant belly, but prenatal support pillows are more adjustable and generally more comfortable. Either way, if you aren't comfortable, ask to switch positions or alter the treatment. Also, speak up if you have to use the bathroom, even *mid-treatment*².

Drink plenty of water throughout and after your spa visit. If you're high-risk, check with your doctor before booking.

Before you go... Prenatal and postnatal massage can be just what an expectant or new mother needs. When choosing a prenatal massage therapist, clients should ensure that their practitioner has had extensive experience practicing massage on pregnant women. No two women's pregnancy pains are identical, so experienced prenatal massage therapists *cater to the specific needs*³ of each client. Many therapists have special chairs or tables specifically designed for pregnant clients, specifically *tables that are scooped out in the belly*⁴. Contact your doctor before treatments. Read more on prenatal massages.

¹ pregnancy services – услуги для беременных

² mid-treatment – по середине процедуры

³ cater to the specific needs – обеспечивать специфические потребности

⁴ tables that are scooped out in the belly – столы со специальным углублением для живота

<http://www.blissworld.com/spa/>

Text 18. Postnatal massage

Give the new mommy a break! A massage can be *the ideal antidote to postpartum blues*¹. The benefits of postnatal massage therapy include: relaxation, stress relief, relieving aches on shoulders or neck, *hastening the reduction of fluid retention*², *helping the uterus to shrink to original size*³, reducing cellulite and to help to tone the body.

Prenatal and postnatal massage can be just what an expectant or new mother needs. Contact your doctor before treatments. Read more on postnatal massages

¹ the ideal antidote to postpartum blues –

² to hasten the reduction of fluid retention

³to help the uterus to shrink to original size – способствовать сокращению матки до первичных размеров

<http://www.blissworld.com/spa/>

Text 19. Anti Aging Facials (1)

Anti-aging facials use products and techniques designed to slow the aging process, brighten skin, and reduce wrinkles. If you *long for*¹ a more youthful complexion, select from a variety of anti-aging facial treatments ranging from *vitamin-infused serums* to light therapy facials to *microdermabrasion*.

If you want to fight the war against wrinkles, *enlisting in*² an anti-aging facial treatment at your favorite spa is a good strategy. Facials are designed to *rejuvenate* skin with all elements – from *exfoliation (sloughing away)*³ dead, skin-dulling cells) to moisturizing to massage (improving circulation) – acting together to improve *skin's texture*. An anti-aging facial is an effective preventative measure when it comes to the aging process, and is good option if you want *to skip the surgery for something less invasive*⁴.

Microdermabrasion: Great for all skin types, this popular treatment involves a blast of micro-crystals *blown across the skin*⁵ and then *vacuumed out*⁶, in order to remove dead cells on the surface of the skin. No *downtime* is required and it is designed to reverse the signs of aging and clear up skin conditions such as *acne*.

¹ to long for sth. – стремиться к ч-либо

² to enlist in – входить в список ч-либо

³ to slough away – счищать ч-либо (освободить от)

⁴ to skip the surgery for something less invasive – заменить операцию ч-либо менее инвазивным

⁵ to blow across the skin – обдуть кожу

⁶ to vacuum out – вытянуть из

<http://www.blissworld.com/spa/>

Text 20. Anti Aging Facials (2)

If you want to fight the war against wrinkles, enlisting in an anti-aging facial treatment at your favorite spa is a good strategy

An *array* of anti-aging facials is at your disposal including:

Light therapy treatments: This slightly invasive skin *emits high-intensity pulses*² of light to penetrate the skin's surface to help diminish *fine lines*¹, reduce

pores, eliminate redness, fix broken capillaries, and more. *Recovery time* is not required, although initial redness may occur.

Exfoliating facial: Exfoliating facials boost circulation, diminish fine lines and wrinkles, and *even out skin tone*³ by eliminating outer layers of skin and *prompting up cell turnover*⁴.

Collagen facial: This treatment attempts to halt the aging process by working deep within the dermis layers, where collagen proteins can be found.

Glycolic acid facial: These skincare treatments utilize glycolic acid, *one of a family of acids*⁵ called alphahydroxy acids (AHAs) that are common in anti-aging preparations.

¹ fine lines – мелкие морщинки

² to emit high-intensity pulses – излучать высоко-частотные импульсы

³ to even out skin tone – выровнять тон кожи

⁴ to prompt up cell turnover – способствовать обновлению кожи

⁵ one of a family of acids – один из представителей кислот

⁶ alphahydroxy acids (AHAs) – альфагидроксидная кислота (АНА)

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Text 21. Acne/Deep Cleansing Facial (1)

Acne treatments are not just for teenagers anymore, many people in their 20's, 30's, and beyond are dealing with this *potentially embarrassing condition*¹. Treatments for acne may include visits to a dermatologist or a visit to a spa. At a spa, treatments for acne usually *employ*² *deep-pore and deep-tissue cleansing* to rid the skin of *excess oils*³ and stimulate circulation. Antibacterial ingredients are often utilized in a deep cleansing facial to prevent *acne breakouts*.

Acne facials or deep cleansing facials are recommended for *clients prone to*⁴ oily or acneic skin or for those with *uneven complexions*⁵. Both men and women can *take advantage of the benefits*⁶ of acne/deep-cleansing facials, which generally incorporate a combination of thorough steaming, deep cleansing, facial extractions to remove *pore-clogging sebum*, and a variation of a *healing mask* and moisturizer. Salicylic and glycolic acids aimed at managing and *thwarting acne flare-ups*⁷ are often utilized.

¹ potentially embarrassing condition – потенциально унижительное состояние

- ²to employ – использовать, прибегать к
³excess oils – излишек масел
⁴clients prone to – клиенты склонные к
⁵uneven complexions – неровный тон лица
⁶take advantage of the benefits – воспользоваться преимуществом
⁷managing and thwarting acne flare-ups – ухаживать и удалять проявления акне

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Text 22. Acne/Deep Cleansing Facial (2)

Spa staff members such as *aestheticians* will often analyze clients' skin condition and issues relating to their skin *to tailor an individual skin-care program* for them. Make sure that your therapist has experience with acne/deep-cleansing facials; you don't want to make your acne worse! Don't be afraid to ask questions to find out exactly what is being done to your skin. Be sure to let the therapist know if *you are on any acne medications*¹ already because some products do not react well with acne/deep-cleansing facials. For those who suffer from more *extreme cases of acne*², a spa facial may not be the best treatment. In this case, the therapist should advise you to make an appointment with a dermatologist.

In many cases, more than one treatment is needed to achieve the desired result. Some spas offer separate treatments for teenagers and adults; others provide *a one-size-fits-all approach*³ to fighting acne. Generally a series of acne/deep cleansing facials as well as *an at-home care*⁴ that features *a daily skin-care regimen*⁵ is recommended for ideal results. Hopefully, these treatments will also assist in preventing future breakouts.

¹you are on any acne medications – проходить к-либо лечение от акне

²extreme cases of acne – особенно сильные высыпания акне

³a one-size-fits-all approach – «один для всех» подход

⁴an at-home care – домашний уход

⁵a daily skin-care regimen – режим ежедневного ухода

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Text 23. Hand & Foot Massage Basics

Hand and foot massages are often *performed in conjunction with or prior to*¹ other therapies, including facials, body treatments, *spa packages*, and signature rituals.

While procedures vary from spa to spa, Hand and Foot massages often begin with a soak in soothing warm water with a few drops of essential oil or salts, often peppermint or lavender. Outside of the hand or foot bath, the massage therapist will apply a moderate amount of cream or oil, *making sure*² the hands or feet are warm and comfortable. Hand massages incorporate techniques concentrating on knuckles and palms. Initial gentle pressure yields to increasing pressure, with circular motions of the thumb and fingers over the sole of the foot or palm of hand, and even more pressure in areas such as *the ball of the foot or heel of the hand*³. In some traditional treatments, *Thai foot massages* for example, pressure points on the foot are focused on in order to target other parts of the body. Various pressure points in the heel connect to *the Sciatic Nerve*⁴, while several points on the ball of the foot correlate to the stomach and lungs.

¹performed in conjunction with or prior to – использовать в сочетании с или до

²making sure – убедиться

³the ball of the foot or heel of the hand – свод стопы или ладонь руки

⁴the Sciatic Nerve – седалищный нерв

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Text 24. Hot Stone Massages (1)

During a hot stone massage, which became popular in the USA in the 1990s, the therapist heats as many as 50 basalt stones to $120-140^{\circ} F$ ¹, rubs them over your oiled body, and rests them on top of and beneath you - on your stomach, in your palms, between your toes. The stones' warmth *enhances the relaxing effects*² of the pressure. Some people believe the stones have healing, grounding qualities, which makes hot stone massage a more profound experience than your basic massage.

The therapist will leave some of the smooth, heated massage stones in contact with your body and use others to massage you. Cold stones are sometimes incorporated, especially on the face, where they *have a firming effect*³. Hot stone a *feel-good treatment*⁴ found on most spa menus. Hot and cold stone temperatures

have said to be like the 'vascular gymnastics' of the circulatory systems, the system that controls self-healing in the body.

¹120–140° F – по Фарингейту

²enhances the relaxing effects – способствует релаксации

³they have a firming effect – оказывает подтягивающий эффект

⁴a feel-good treatment – процедура для хорошего самочувствия

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Text 25. Hot Stone Massages (2)

There are no requirements for using hot or cold stones in a massage. However, being able to manipulate the stones at the proper temperatures is an essential skill.

Don't Get Burned: The heat of the stones has an immediately relaxing effect, and the therapist will glide them along your back and limbs, and set them on muscles and soft tissue or tuck them into your hands. They should never be uncomfortably hot or nudge a shoulder blade or the spine. If they do, speak up.

Before you go: You may be asked to lie down on the hot stones, which looks potentially uncomfortable, but isn't (as long as they've been carefully arranged to make contact with soft tissue). Some spas see *a spiritual side of the hot stones*¹, placing them outside in the moonlight to recharge them and remove the energy of the previous client for the next one.

¹see a spiritual side of the hot stones – видеть спиритическую сторону применения горячих камней

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Text 26. Hair Guide for the Bride

*Looking flawless on your wedding day*¹ is right at the top of the list for brides along with finding the perfect dress.

Hair Checklist for the Bride: Do Your Homework! You may love your *current stylist*², but not all hair professionals *specialize in up-dos*³. Research hair stylists in your area who specialize in up-dos and hair for special events in order to get the chance to compare skills and prices.

More Investigation! *Flip through*³ fashion, hair, and bridal magazines and collect photos of styles that you like on celebrities or other brides. Bring these photos to your stylist so that together, *you can come up with a style*⁴ that complements your look.

Try it on! Even if *you can picture*⁵ your ideal look in your mind, it's best to try out the style several weeks before your big day.

Get Ready! About one week before *the big day*⁶ is a good time to take care of some *general hair maintenance*⁷. This is the time to have a trim, touch up color, or have a conditioning treatment to ensure that your hair looks shiny and healthy!

¹Looking flawless on your wedding day – выглядеть безупречно в свой день свадьбы

²current stylist – ваш обычный стилист

³Flip through – просмотреть

³to specialize in up-dos – специализироваться на высоких прическах

⁴you can come up with a style – подобрать стиль

⁵you can picture – представить себе

⁶the big day – великий день

⁷general hair maintenance – общий уход за волосами

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Text 27. Spa Tips for the Bride (1)

Hair and Makeup:

Do discover the many spas/salons that offer makeup and hairstyling services specifically for the bride and attendants. Plan ahead by booking your makeup artist/hair stylist about six to eight months prior if you live in a big city. Schedule a *trial consult*¹ before *tying the knot*²; if you're wearing a veil, bring it with you to the salon.

Don't get a *facial* in the few days before your *nuptials*³. Visit the spa facial guide to read up on the common types of facials spas offer. For those with normal skin types, it's recommended to reserve a facial no less than one week prior to the wedding for a glowing and radiant complexion. If *prone to*⁴ problematic skin, you may want to schedule a series of treatments about six months or more in advance. More-aggressive skincare services such as *chemical peels* or microdermabrasion also are most effective in a series over a six-month time period. ¹a trial consult.

²to tie the knot – завязать узел (жениться)

³nuptial – брачный, свадебный

⁴prone to – склонный к...

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Text 28. Botox and Your Emotions (1)

If you are considering Botox¹ you may have heard some recent news. If you haven't, consider this. Researchers have just published a study saying that these *cosmetic injections* may affect your ability to feel certain emotions. "For at least some emotions, *if you take away some part of the facial expression²*, you take away some of the emotional experience," say study researchers.

Botox manufacturer Allergan Inc. says *the media coverage³* has not been accurate so far stating that there is no conclusive evidence in the medical literature. Both sides say that more research must be done to validate this hypothesis. So, it remains to be seen whether Botox does indeed "lift you up and bring you down."⁴

¹If you are considering Botox – если вы рассматриваете Ботокс.

²if you take away some part of the facial expression – если ваше лицо утратит некоторую подвижность

³the media coverage – освещение в прессе

⁴"lift you up and bring you down." – подтягивает лицо, но убивает эмоции

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Text 29. Botox and Your Emotions (2)

Literally millions of people have been thrilled and satisfied with their Botox fix. But, *if you aren't sold until the verdict is clear¹*, remember there are excellent alternatives out there. The skin care industry has put much research into the products and treatments available, offering the consumer the most advanced and high-tech ingredients for real results.

Day Spa at Princeton Plastic Surgery offers two treatments in particular. *The Yonka Hydra-Lift facial²* and the *G.M. Collin Collagen 90-II treatment³* both promise results after just one session. But after experiencing either one, you'll want to go back for more. So check out what your favorite spa has to offer in the latest of anti-aging therapies. You might be surprised to find out how many non-invasive treatments *rival Botox⁴* and other cosmetic injections.

¹if you aren't sold until the verdict is clear – если вы еще не решились, пока все не выяснилось

²The Yonka Hydra-Lift facial – гидро-подтяжка лица Йонка

³G.M. Collin Collagen 90-II treatment – терапия Г.М. Коллин Колагеном 90-II

⁴rival Botox – соперничать с ботоксом

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Text 30. Medi-spa treatments: Botox and Beyond

A *Botox injection* is a non-surgical, medical procedure that reduces the appearance of facial lines and wrinkles. Botox is injected into various areas of skin on the face.

Botox is an artificial substance. It is *a brand name*¹ for a laboratory-produced chemical called botulinum toxin. Botox relaxes and "freezes" facial and other muscles. Traditionally, Botox has been used to treat people with eye and facial spasms. Botox is also used to treat people with excessive perspiration.

There is evidence that the chemical also helps in the treatment of headaches and migraine. Unlike collagen, Botox is not used *to enhance*² lips or cheeks. It is used *to get rid of*³ lines and wrinkles. Like collagen, its effects are long-lasting. The effects of collagen are immediate. With Botox, however, although you may be able to see some results straightaway, the *effects usually take a week or so to develop fully*⁴.

¹a brand name – имя бренда

²to enhance – увеличивать

³to get rid of – избавляться от

⁴the effects usually take a week or so to develop fully – требуется неделя или около того, чтобы полностью проявился эффект

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Text 31. Medi-spa treatments: What is Botox good for?

Botox works in two ways:

1) Firstly, it *irons out*¹ existing lines and wrinkles around your eyes, mouth, nose and forehead.

2) Secondly, it works on the muscles in your face, *putting them to sleep*². This process usually takes place about a week or so after it has been injected. After

it takes effect, you are not able to frown when you laugh. Paralyzing your facial muscles prevents further lines from forming.

The procedure is similar to that for all *filler injections*. Treatment takes about 15 minutes and results are visible in 4 to 10 days. The effects last for 3 to 5 months. The effects of Botox are only temporary, and this includes the side-effects.

*Public perception*³ at the moment tends to be that you can tell when people have had Botox because their face doesn't move; *there is a certain amount of bitchiness about Hollywood actresses*⁴ with no facial expressions. Botox can also have the temporary effect of causing the corners of the mouth to turn down.

¹iron out – разглаживать

²putting them to sleep – обездвиживать, усыплять мышцы

³Public perception – общественное мнение

⁴there is a certain amount of bitchiness about Hollywood actresses – существует определенная стервозная репутация вокруг голливудских актрис

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Text 32. Botox: Precautions

The procedure itself is more uncomfortable than painful, although some people say that there is a slight burning or stinging sensation when you are having the injections. It tends to be more painful around the nose and mouth.

If you are, or think you might be pregnant, or if you are *breastfeeding*¹, it is recommended that you don't have Botox injections. Similarly, it is not recommended for anyone with a neurological disease. Ask your GP if you have any concerns.

The person giving you the injections should ask, and you should provide, any and all information about your health, and details of any medical conditions you have, medication or treatments that you are receiving.

Make sure you go to a qualified professional. Botox may not be a surgical procedure but it is a medical procedure and any time you let anyone inject chemicals into your face, you need to feel confident that they really know what they're doing.

¹breastfeeding – кормящий грудью

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Text 33. Botox: Afterwards

You may have some spots of redness where the needle has been inserted; you may even have some slight bruising after the procedure. Your skin may feel a bit tender and a bit strange. However, this will *wear off*¹ within a few days.

Occasionally, people have a mild allergic reaction to the treatment afterwards: itching, puffiness or slightly bumpy skin. People who are prone to cold sores may get one afterwards. A very few people experience red lumps under their skin a few months later.

¹wear off

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Text 34. Gelac manicure: What is Gelac good for?

Gelac is a lightweight gel polish that combines the long-lasting effects of a gel nail with the easy application of *a regular varnish*¹. The process requires a *UV lamp* for "curing", and takes around 10 minutes to remove.

Gelac's manufacturers claim that Gelac is the "*must-have*² 14-day manicure – *no chipping, no kidding*³!" The idea is that the gel bonds more securely than regular polish, which results in a longer-lasting, shinier result. Some therapists also claim Gelac is good for strengthening weak nails and promoting growth.

Before you go... Although your therapist will prepare your nails, it's *common courtesy*⁴ to remove any regular polish (Gelac polish requires a special removal process, so your technician will do this if you are a return customer), and make sure your hands are clean.

¹a regular varnish – регулярное покрытие лаком

²must-have – необходимый, обязательный

³no chipping, no kidding – ни слоится, и это не шутка

⁴common courtesy – обычная учтивость, вежливость

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Text 35. What does a Cosmetologist do?

A cosmetologist is a specialist in beauty and cosmetics. Cosmetologists are trained to treat and care for the nails, skin, and hair. Although *the law varies by state*¹, usually cosmetologists must be licensed by a cosmetology school or have completed a *cosmetology apprenticeship*.

A cosmetologist can specialize in cutting hair, styling hair, coloring hair, skin care, waxing, make-up application, hair removal, nails, or other areas. Cosmetologists are also sometimes called beauticians, aestheticians, or estheticians. Some rapidly growing services that cosmetologists provide are hair weaves, different kinds of artificial nails, *body hair removal*, skin resurfacing, and chemical peels.

Aestheticians specialize in skin care, including facials, body wraps, and salt scrubs, and sometimes work with dermatologists to offer more advanced anti-aging skin treatments.

Manicurists specialize in nail treatment, including manicures, pedicures, artificial nails, and nail tips. Electrologists are cosmetologists who are trained in hair remover via electrolysis.

¹the law varies by state – законодательная база различна в разных штатах
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Text 36. Radio Frequency Face Lift (Радио-Частотный лифтинг)

RF (Radio Frequency) is the latest technology *to tackle face and body areas in need of rejuvenation*¹. RF FaceLifter treatment uses unipolar and bipolar radio frequency modalities to heat *subcutaneous dermal tissue* using a hand piece emitting RF waves. This causes the contraction of the existing collagen fibers, encourages fibroblast migration and promotes new collagen growth that helps to tighten and improve *the outer architecture of the skin*². You'll see the lifting effect and feel how your skin becomes tighter, smoother, and more elastic. There is no down time (apart from the treatment time itself) and minimal discomfort. It is *a walk-in walk-out procedure*³ which takes approximately 20 to 30 minutes. The goal of the radio frequency face lift is to restore a more youthful look by helping to reverse the signs of ageing and gravity.

The treatment achieves: the tightening and smoothing of skin resulting in a reduced appearance of fine lines and wrinkles; the tightening of sagging skin around the jowls and neck; a reduction in the appearance of double chins; improvement of skin laxity; a noticeable improvement in skin tone.

¹to tackle face and body areas in need of rejuvenation –блокировать участки лица и тела требующих омоложения

²the outer architecture of the skin – внешний структуру кожи

³a walk-in walk-out procedure – процедура не требующая предварительной подготовки и периода восстановления после нее

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Text 37. Microcurrent Facelift (I) (Микротоковый лифтинг)

A *microcurrent facelift* is a non-surgical, non-invasive cosmetic technique that safely and effectively improves the health and appearance of the skin. A microcurrent facelift is also called a *Bio-ultimate facelift*. A microcurrent facelift uses technologies developed in the medical and physiotherapy fields to activate the skin's natural chemicals responsible for health and vitality.

A microcurrent facelift provides satisfying aesthetic results with less risk of side effects compared to a traditional facelift. The microcurrent facelift procedure *is proven safe*¹ and effective, delivering results *at a fraction of the cost of traditional procedures*².

A microcurrent facelift *delivers a variety of benefits to patients*³ who wish to attain a healthier and younger looking appearance. A microcurrent facelift can be performed to achieve the following benefits: improve muscle tone in face and neck, lift jowls and eyebrows, reduce and eliminate fine lines and wrinkles, improve facial circulation, skin exfoliation, lymphatic drainage, sun damage treatment, skin pigment improvement, product penetration, and much more.

¹is proven safe – доказана безопасность процедуры

²at a fraction of the cost of traditional procedures – за гораздо меньшую стоимость, в сравнении с традиционными процедурами

³delivers a variety of benefits – имеет целый ряд преимуществ

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Text 38. Microcurrent Facelift (II) (Микротоковый лифтинг)

A microcurrent facelift utilizes microcurrent technology which uses gentle electrical stimulation *to trigger the body's natural skin enhancement chemicals at a cellular level*². Clinical studies have shown that after twenty days of treatment

collagen production increases by 14 percent, elastin increases by 48 percent, and blood circulation increases by 38 percent. Scientists have also found that microcurrent facelift treatments trigger the body's production of amino acids and ATP. Both of these accelerate cell repair and promote healthier cell production.

The best candidate for a microcurrent facelift is any patient who wishes to maintain or gain a youthful appearance. Younger clients can seek a microcurrent facelift to prevent some of the aesthetic effects of aging. Older clients can be rejuvenated by having a microcurrent facelift. Men and women, who are interested in having a microcurrent facelift, should speak to their cosmetic surgery specialist about what to expect before, during, and after the treatment. This information will help you develop realistic expectations about your microcurrent facelift so that you may enjoy the results of this procedure's many benefits.

¹to trigger the body's natural skin enhancement chemicals at a cellular level – запускает естественный механизм обогащения необходимыми веществами на клеточном уровне

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Text 39. Microcurrent Facelift (III)

The microcurrent facelift procedure itself takes approximately one hour to complete and is *virtually painless*¹. A microcurrent facelift specialist will use a *two pronged cotton tipped instrument*² to gently deliver electrical stimulation to the muscles and tissues of the face and/or neck. The microcurrent facelift procedure requires no anesthesia, no recovery time, no down time from work, and has no irritating side effects. To achieve the ultimate benefits of a microcurrent facelift, approximately twelve treatment sessions are recommended.

*Routine follow up treatments*³ are performed to maintain microcurrent facelift results. Though cost can vary based on a number of factors the average cost of a microcurrent facelift treatment is just under one hundred dollars. *One modality that seems to be at the forefront of this balance*⁴ is microcurrent. Microcurrent is a low level of electrical current used to improve the appearance of skin and the contour of the face and body. With this in mind, it meets the scope of nearly every state regulating board's definition of esthetics.

¹virtually painless – практически безболезненно

²pronged cotton tipped – наконечник, на который одевается хлопковый тампон

³Routine follow up treatments – регулярное последующее лечение

⁴One modality that seems to be at the forefront of this balance – на первом месте здесь прежде всего...

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Text 40. Microcurrent Facelift (IV)

True microcurrent works at less than 400 microamperes of electrical current and has no relation to electrical muscle stimulation that causes a visual or physical manipulation of the muscle via the electrical current. Microcurrent works in harmony with the body's own natural electrical system and accelerates the body's ability to function much more effectively and expeditiously. *The wellness applications and possibilities of microcurrent*¹ seem endless and truly are amazing, ranging from wound healing to macular degeneration.

During a typical microcurrent esthetic treatment, the esthetician performs a series of manipulations to achieve what sometimes is referred to as *muscle re-education*², or lengthening and shortening, which is responsible for the contouring or lifting portion of the treatment. Results usually can be seen after the first application.

¹The wellness applications and possibilities of microcurrent – применение микротока в целях улучшения самочувствия и возможности микротока

²muscle re-education – переучивать мышцы

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Text 41. Microcurrent: The Wave of the Future

Microcurrent technology has *been at the forefront of the battle against aging*¹ for several decades. Since its inception in the early 70's, through today's progressive developments, celebrities and common people alike have touted microcurrent treatments as *the true "fountain of youth"*². With a well documented origin in medical use and seemingly endless esthetic benefits, including acne healing and muscle toning, this industry staple has evolved into something of a *pop culture icon*³. Recent studies at the University of Washington indicate that a series of microcurrent treatments can not only sculpt and contour the muscles of your

face, but also increase natural collagen production by 14%, natural elastin production by a whopping 48%, and increase blood circulation by 38%.

¹to be at the forefront of the battle against aging –в первых рядах битвы против старения

²the true "fountain of youth" – настоящий «фонтан молодости»

³a pop culture icon – икона поп-культуры

<http://www.blissworld.com/spa/>

Text 42. The Benefits of Natural Skin Care

*It doesn't take a rocket scientist to determine¹ that natural products are better for the skin than synthetics. Just take a walk through the skin care aisles at your local drugstore for proof. Grab a bottle or two of products that are household names and, chances are, you'll find that *the ingredient lists read more like chemistry lab experiments²*. The mentality behind this is that being unable to pronounce an ingredient should almost immediately negate its benefits; after all, the chemicals contained in basic beauty care products are easily absorbed into the bloodstream. Wouldn't you like to know what you're putting into your body?*

That's a problem easily remedied by the great advances in the beauty care industry. Where products like *petroleum jelly³* and even Lysol were once considered the personal care products of choice for many, there is now an abundance of alternative options available that promise to treat the skin, body and mind with the care and attention it deserves. These all-natural products contain nothing but the most pure ingredients. You'll find everything from flowers to herbs to fruits in these modest treatments; what you won't find are names you've probably not heard in regular conversation!

¹It doesn't take a rocket scientist to determine – не нужно быть конструктором ракет, чтобы понять

²the ingredient lists read more like chemistry lab experiments – список ингредиентов больше напоминает эксперименты в химической лаборатории

³petroleum jelly – гель из нефти

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Text 43. Eight Essential Natural Skincare Ingredients

*Interest in going green*¹ has grown exponentially in recent years, so people may be interested to learn more about the 8 essential natural skincare ingredients used by beauty companies in their products. Though many ingredients are touted as "natural" and *raved about for their myriad benefits*², several stand out for their proven ability to make a visible difference in the condition of the skin.

It's nearly impossible not to pay a visit to a drugstore or beauty boutique and find at least a few lines that specialize in natural skincare products. Infused with ingredients derived from nature, these products promise to pamper, heal and nourish the skin using the most conventional components in the world.

Many women simply love the sound of this. *It's akin to a spa treatment*³, where facial and body treatments are whipped up using nothing but sugars, fruits and seeds. Indeed, many ingredients found in nature can prove extremely beneficial to the skin, but some stand out more than others.

Here are eight essential natural skincare ingredients to look for the next time you go in search of that miracle beauty product.

¹Interest in going green – интерес к натуральным продуктам

²raved about for their myriad benefits – имеет тысячи преимуществ

³It's akin to a spa treatment – сродни спа терапии

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Text 44. Essential Natural Skincare Ingredients:

Acai Berry & Aloe Vera

*Acai Berry*¹ Known as a "super fruit," the acai berry has quickly become *the darling of the beauty industry*². It is used in everything from lip glosses to anti-aging treatments, and with good reason.

This nutrient-rich ingredient is packed with more antioxidants than even red grapes and red wine. *Acai berry-enhanced skincare*³ products are formulated to repair visible signs of damage, slow the aging process and restore the skin's texture with regular use.

Aloe Vera Aloe Vera is definitely *an oldie, but it's a goodie*⁴ - and it's on this list for a reason. Derived from the plant of the same name, it is used all over the world as a treatment for skin maladies both minor and serious.

It is used to soothe burns and comfort rashes, and is recognized for its moisturizing qualities, too. Individuals who suffer cuts, sunburns and even bruises may find relief by applying aloe vera gel, which is both cooling and comforting.

¹Acai Berry –ягоды асаи

²the darling of the beauty industry – любимец индустрии красоты

³Acai berry-enhanced skincare products – обогащенные ягодами асаи продукты

⁴an oldie, but it's a goodie – старое доброе

<http://www.blissworld.com/spa/>

Text 45. Essential Natural Skincare Ingredients: Argan Oil & Carrot Seed Oil

Argan Oil Though its existence in the beauty world is relatively new, argan oil has been around for centuries. Rich in *nourishing fatty acids*¹ and packed with vitamin E, argan oil is considered one of the most effective natural ingredients available. Not only it is ideal for applying to scars, sunburns and general minor irritations, but it is also considered to be effective on acne and eczema. Since it contains such a high content of antioxidants, it is also a powerful anti-aging treatment.

Carrot Seed Oil One of the most powerful of the eight essential natural skincare ingredients is carrot seed oil. This rejuvenating treatment is ideal for brightening stressed skin and moisturizing dry skin. *Rich in beta carotene*², it helps to slow the signs of aging and may even reverse fine lines with regular use. It is also ideal to use on skin that is irritated from the elements, whether sunburn or wind chill, and boasts a rich, earthy aroma that many enjoy for its natural, *fruit-of-the-earth quality*³.

¹nourishing fatty acids – питательные жирные кислоты

²Rich in beta carotene – богатые на бета каротин

³fruit-of-the-earth quality – полностью натуральное качество

<http://www.blissworld.com/spa/>

Text 46. Essential Natural Skincare Ingredients: Honey & Jojoba Oil

Honey. Honey doesn't just taste good - it also does a world of good for the skin. Though it is sticky to the touch, its benefits far outweigh any discomfort that

might come with handling it. A natural antiseptic, honey is perfect for applying to wounds because it helps heal and kill bacteria. It is also wonderful for individuals who suffer from extremely dry skin, and can even be safely applied to sensitive skin for a calming, relaxing treat that also nourishes and encourages moisture.

Jojoba Oil

Mild yet highly effective, jojoba oil is another ingredient that has stood the test of time. Everyone from acne sufferers to those with dry skin rely on it for its potency and effectiveness. As a moisturizer, it *helps reduce flakiness and leaves the skin supple*¹. Since it is so similar in feel to the skin's natural oils, it feels exceptionally nourishing and does not irritate even sensitive skin. Many individuals also use it to lighten hyperpigmentation, age spots and scars.

¹helps reduce flakiness and leaves the skin supple – помогает уменьшить шелушение кожи и придает коже эластичность

<http://www.blissworld.com/spa/>

Text 47. Essential Natural Skincare Ingredients: Pomegranate & Shea Butter

Pomegranate

Consider it an *"up and coming" ingredient*¹ in the natural skincare world. It has long been considered a miracle fruit, thanks to a potent amount of antioxidants. These same antioxidants work to slow the aging process by encouraging the production of collagen and elastin - both essential for the skin's long-term health and elasticity. Pomegranate is also considered helpful in healing sunburns.

Shea Butter

Derived from the African Karate tree, shea butter is an exceptionally rich substance that instantly hydrates the skin. It is typically added to body moisturizers, but many companies also add it to their facial moisturizers, eye creams and lip balms. Even the smallest amount can make a big difference, because its nourishing qualities are so powerful.

¹an "up and coming" ingredient – то появляется, то исчезает

<http://www.blissworld.com/spa/>

Text 48. Natural Versus Organic¹

Even though the ingredients are tempting, shopping for natural products can be quite confusing - especially when so many of them claim they are natural, organic or, in many cases, both. There is a difference, though. The term "natural" is not regulated, so it is important to be aware of the ingredients in the products you purchase. If there are added fillers, synthetic fragrances, parabens, dyes, *petrochemicals*² or any other potentially harmful ingredients added, then you are not dealing with a completely natural product.

Organic products, on the other hand, are regulated. Labels will either state that the product is 100 percent organic or that it is made with organic ingredients, which is the language used to indicate a product that is made with 70 to 95 percent organic ingredients. Choose your products wisely *to reap the most benefits for your skin*³.

¹Natural Versus Organic –натуральное против органического

²petrochemicals – продукты нефтепереработки

³to reap the most benefits for your skin – приносить максимальную пользу коже

<http://www.blissworld.com/spa/>

Text 49. Home Remedies to Exfoliate Skin

Are you looking for an affordable way to improve the condition of your skin? You don't have to spend a fortune on spa visits or expensive beauty products to enjoy the benefits of exfoliation. If you're *on a mission to beautify on a budget*¹, consider making your own scrubs with low-cost ingredients that are likely already in your pantry. Here are some simple instructions for creating home exfoliation remedies that can be quite effective.

Some of the best exfoliates are found right in your pantry. Salt, sugar, and oatmeal all have granules, making them ideal for dead skin removal. Before you make your exfoliate, check all ingredients to make sure there are no sharp pieces. The goal is to gently abrade the skin, not to scratch it. Overly aggressive exfoliating with large or sharp grains can lead to skin irritation.

¹on a mission to beautify on a budget – с целью быть красивой за разумные деньги

<http://www.blissworld.com/spa/>

Text 50. Personalized self-applied cosmetic

Facial Care & Spa Treatments is an area where ultrasound provides many clear benefits. The ultrasound itself provides a comforting heating sensation while activating the collagen beneath the skin and helping to clean out pores.

Ultrasound in combination with creams allows the cream to penetrate deeper and faster, providing more effective skin treatments.

Ultrasound devices are already widely used in spa treatments and ZetrOZ™ technology has already been integrated into handheld, therapeutic ultrasound units. These units could be adapted to provide a portable, battery powered option available to both spas and people looking to get professional level treatments at home.

<http://zetroz.com/technology/cosmetic.php>

Text 51. Stem Cell Technology in Cosmetics

When choosing skin care products, it is very easy to become confused by the buzzwords and “miracle ingredients” that headline all the advertisements.

Antioxidants, peptides, stem cells, growth factors...it's enough to make your head spin. It seems that each category of ingredients has even more confusing sub-categories. Take stem cells for instance. In skin care do we want plant stem cells or human derived stem cells? Adult or embryonic? Do we even want the stem cells themselves or do we want their growth factors?

Growth factors are preferred over plant stem cells and even human stem cells because they assign specific functions to the cells. If we apply, or even inject undifferentiated stem cells (regardless of their potency) into the skin, there is no way to know what type of cells they will become.

That's not to say that they wouldn't benefit the skin; they would break down into proteins and amino acids which would provide nourishment and a slight improvement to the condition of the skin; but the growth factors have demonstrated greater improvement. Furthermore, human-derived growth factors are safer than human-derived stem cells because there is no risk of infection or rejection associated with them.

<http://blogcritics.org/scitech/article/the-human-side-of-cosmetic-stem/>

Text 52. Stem cell technology – The next generation

Anti-ageing cosmetics/cosmeceuticals have been the big success story of the cosmetic industry over the last ten years. Sales and demand for anti-ageing cosmetics/cosmeceuticals moves from strength to strength despite the recession and all expert forecasts are in universal agreement that this trend is set to continue.

One area which is rapidly emerging as a front runner is the advent and development of stem cell technology for cosmetics.

And scientists at the Institute for Stem Cell Therapy & Exploration at Gencay in France have made an important breakthrough and successfully grown human skin epidermis from human embryonic stem cells for use in reconstructive surgery.

The cosmetics industry has watched these developments with enormous interest from the sidelines since regulatory constraints prohibit the use of human materials, including stem cells, in cosmetics. Renowned for its enormous R&D ingenuity it has neatly side-stepped this problem by pioneering the use of plant derived stem cells, discovering their application as actives for anti-ageing cosmetics/cosmeceuticals.

http://www.cosmeticsbusiness.com/technical/article_page/Stem_cell_technology__The_next_generation/55280

Text 53. What is Cell Cosmetics

Stem cell cosmetics are cosmetic products that are claimed to develop based on the stem cell technology. In a narrow meaning, they are specific products that used main ingredients originated from stem cell research.

Even stem cells are known beneficial to human, stem cell cosmetics are very slow growing. Almost main cosmetics manufacturers are afraid to involve in biological, legal and ethical problems. Stem cell cosmetics with own stem cells or derivative of stem cells will probably be involved in the problems.

Therefore, it is very important to examine and concern carefully about stem cell cosmetics before developing, manufacturing, and selling them.

Nowadays, stem cell cosmetics can divided 4 types depend on main ingredients as follows: 1) use of stem cells or their extracts; 2) use of stem cells culture broth or its extracts; 3) use of bio-mimickers; 4) use of stem cells

http://www.stemcello.com/xel/?mid=cosmetics_03

Text 54. Stem cells in skin care

By Jeanette Jacknin M.D.

Stem cells have recently become a huge buzzword in the skincare world. But what does this really mean? Skincare specialists are not using embryonic stem cells; it is impossible to incorporate live materials into a skincare product. Instead, companies are creating products with specialized peptides and enzymes or plant stem cells which, when applied topically on the surface, help protect the human skin stem cells from damage and deterioration or stimulate the skin's own stem cells.

Stem cells have the remarkable potential to develop into many different cell types in the body. When a stem cell divides, it can remain a stem cell or become another type of cell with a more specialized function, such as a skin cell. There are two types of stem cells, embryonic and adult.

Embryonic stem cells are exogenous in that they are harvested from outside sources, namely, fertilized human eggs. Once harvested, these pluripotent stem cells are grown in cell cultures and manipulated to generate specific cell types so they can be used to treat injury or disease.

Unlike embryonic stem cells, adult or multipotent stem cells are endogenous. They are present within our bodies and serve to maintain and repair the tissues in which they are found. Adult stem cells are found in many organs and tissues, including the skin. In fact, human skin is the largest repository of adult stem cells in the body. Skin stem cells reside in the basal layer of the epidermis where they remain dormant until they are activated by tissue injury or disease.

http://www.worldhealth.net/news/stem_cells_in_skin_care_what_does_it_rea/

Text 55. Application of Stem Cells in Finished Products

One of the first 'stem cell' cosmetics was Amatokin Emulsion, launched in 2007 with claims that it "awakens the body's own reservoir of stem cells". This was followed by ReVive's Peau Magnifique, with ingredients that "convert resting adult stem cells to fresh newly minted cells for a firmer, more defined appearance".

One of the first majors onto the market was Christian Dior with claims that its Capture XP anti-ageing cream "works on skin stem cells to better repair wrinkles".

The products in the range (serum, moisturiser and eye cream) target adult stem cells in the skin, the cells that are responsible for the growth of all new cells in the organ. In an interview given at HBA in New York in September 2008 Eric Perrier, executive VP of R&D at LVMH Parfums & Cosmétiques said that there was huge potential for the application of stem cells in cosmetics for the protection of adult stem cells against environmental and UV stress.

And L'Oréal – not always first to market with new innovation but its pick-up of a new concept is generally considered an indication that a trend has reached critical mass – launched Absolué Precious Cell under its Lancôme brand in September 2009. The publicity claimed “stem cell technology is the future of skin care. Lancôme discloses a decisive breakthrough in stem cells’ environment and its ability to improve skin’s youthful quality”.

http://www.cosmeticsbusiness.com/technical/article_page/Stem_cell_technology__The_next_generation/55280

Text 56. Credibility of Stem Cell Therapy Offered by Cosmetic Products

By Patsy Kam

The latest trend in skincare these days is no longer about repair wear or camouflaging blemishes. Instead, beauty therapies, cosmeceuticals and even ingestible products are focusing on preventive measures that allegedly are able to keep skin damage in check even before it occurs.

Buzzwords like “stem cell technology”, “gene modification” and “cell renewal” are often touted, which may all sound high-tech and impressive, but it also means opening a Pandora’s box that leads to all sorts of claims and new-fangled treatments which may not be substantiated by research or medical science.

The idea of treatment with bone marrow-derived stem cells was pioneered by a team of researchers in the United States during the 1960s. Then in 1998, stem cell research exploded on the scientific scene and took on a whole new life when researchers reported that they had successfully isolated embryonic stem cells.

These cells were discovered to have the potential to make many different types of cells, capable of dividing and renewing themselves for long periods of time, and turn into specialised cells such as neurons, muscle cells or red blood cells through a process known as differentiation.

Stem cells are harvested either from adults or embryos. Ethical and legal issues have since arisen regarding the use of human embryonic cells, which are primarily obtained from frozen embryos or therapeutic cloning.

From a moral standpoint, opponents argue that human life begins once an egg is fertilised (embryo), and therefore stem cell research and experimentation intervenes with human life.

Some experts say that any product that claims to affect the growth of stem cells or the replication process is potentially dangerous, as it may lead to out-of-control replication or mutation.

<http://thestar.com.my/lifestyle/story.asp?file=/2010/12/13/lifefocus/7229149&sec=lifefocus>

Text 57. Cosmetics - Chemical Technology or Biotechnology?

By Allen G.

Over the past 25 years the cosmetic industry has become increasingly technological. The origins of many of these advances were based upon chemical technology usually related to colloid science, although more recent developments have had clear biological improvements. A number of recent innovations are examined to consider how far developments in the future will stem from biotechnology rather than chemical technology. The working of surface active materials (e.g. CTAB) is discussed as an example of cosmetic effects being generated purely from chemical technology. The role of fluoride toothpaste in decreasing the incidence of dental caries is discussed as an effect based essentially on chemical technology in an area where future alternatives might come from biotechnology. Skin research is highlighted as the area where new understanding, e.g. of the role of epidermal growth factor (EGF), fibronectin and laminin, could lead to a whole new biotechnological approach to the appraisal of skin. As we venture into innovations based on biotechnology we may be introducing new dimensions in product safety which will need an even closer relationship with the medical fraternity. Consequently the introduction of products based on biotechnology may not be as rapid as is sometimes suggested.

<http://www.ncbi.nlm.nih.gov/pubmed/19470001>

РОЗДІЛ V ТЕКСТИ ДЛЯ ФАРМАЦЕВТІВ

Text 1. Powders

Powders are medicated solids for oral and external administration, consisting of one or more substances, bulky (большое количество) in properties. Powders are divided into simple, consisting of only one substance and complicated, consisting of two or more ingredients. They are presented as single-dose and multidose preparations. Powders should be homogeneous upon examination by naked (невооруженный) eye and have particles not more than 0,160 mm, if there aren't any other requirements in particular monographs.

Complicated powders are prepared with reference to the amounts and properties of ingredients. With the presence of ingredients in different amounts, mixing is carried out beginning with the substances in less amounts and gradually adding other ingredients.

Poisonous and drastic (сильнодействующий) substances in amounts not less than 0,05 g of total mass are used in the form of trituration (растирать в порошок) – mixes with milk, sugar or other substance, admitted for medical use (1:100 or 1:10).

Store in a package protected from any external influences and provide stability of the preparation during the determined period of validity, in a dry, and if it is required, in a cool place, protected from light.

Peterson N. Herbs and Health.

Text 2. Granules

Granules are preparations consisting of solid, dry aggregates of powder particles. They are intended for oral administration. Some are swallowed, some are chewed and some are dissolved or dispersed in water or another suitable liquid.

Granules contain one or more active substances with or without, if necessary, colouring matter and flavoring substances.

Granules are presented as single-dose or multidose preparations. Each dose is administered by means of a device suitable for measuring the quantity prescribed.

Several categories of granules may be distinguished. Among them are effervescent granules, coated granules, gastro-resistant granules, modified-release granules.

Effervescent granules are uncoated granules generally containing acid substances and carbonates which react rapidly in the presence of water to release carbon dioxide. They are intended to be dissolved or dispersed in water before administration.

Coated granules are usually multidose preparations and consist of granules coated with one or more layers of mixtures of various excipients.

Gastro-resistant granules are intended to resist the gastric fluid and to release the active substances in the intestinal fluid. These properties are by covering the granules with a gastro-resistant material or by other suitable means.

Modified-release granules are coated or uncoated granules containing special excipients, separately or together. They are designed to modify the rate, the place and the time at which the active substance is released. Modified-release granules include prolonged-release granules and delayed-release granules.

Peterson N. Herbs and Health.

Text 3. Water For Injections

Water for injections is a clear, colorless, and tasteless liquid. It is the water for preparing medicines for parenteral (парентеральный) administration and for dissolving or diluting substances.

Water for injections is obtained from the water intended for human consumption or from purified water by distillation, by exchange or by any other suitable method. During the production and subsequent storage, appropriate measures are taken to ensure that the total amount of water is adequately controlled.

Under normal conditions the total count of microorganisms is set as 10 per 100 ml when determined by membrane filtration.

Water for injections is stored and distributed in conditions designed to prevent the growth of microorganisms and to avoid any other contamination.

Peterson N. Herbs and Health.

Text 4. Interferon

Interferon is a protein produced by various body cells in response to viral infections. Interferons protect other cells from becoming infected by the virus.

Interferons also are produced if certain harmful chemicals and drugs enter the body. Researchers have tested interferons in the treatment of many diseases, including certain cancers.

There are three types of interferons: alpha, beta, and gamma. Alpha and beta interferons are produced by many types of cells throughout the body. Gamma interferon, also called immune interferon, is produced by white blood cells called lymphocytes. All three interferons are released by the cells within a few hours after a viral infection occurs. They bind to the cells that border the infection and prevent the virus from spreading. Some interferon enters the bloodstream, where more is produced to help protect the rest of the body. In addition to its antiviral properties, gamma interferon acts as a signal molecule in triggering an immune response to many kinds of infections. An immune response is the process by which the body produces disease fighting cells and antibodies.

Interferon was jointly discovered in England by Scottish virologist Alick Isaacs and Swiss virologist Jean Lindenmann in 1957. In the late 1960s, Kari J. Cantell, a Finnish virologist, developed techniques for obtaining interferons from human white blood cells. Today, scientists use techniques of molecular biology to manufacture large quantities of interferons.

Peterson N. Herbs and Health.

Text 5. Antibiotics

Antibiotics are powerful medicines that fight bacterial infections. Used properly, antibiotics can save lives. They either kill bacteria or keep them from reproducing. Your body's natural defenses can usually take it from there. Antibiotics do not fight infections caused by viruses, such as colds, flu, most coughs and bronchitis, sore throats, unless caused by strep.

If a virus is making you sick, taking antibiotics may do more harm than good. Each time you take antibiotics, you increase the chances that bacteria in your body will be able to resist them. Later, you could get or spread an infection that those antibiotics cannot cure. Methicillin-resistant *Staphylococcus aureus* (MRSA) causes infections that are resistant to several common antibiotics.

When you take antibiotics, follow the directions carefully. It is important to finish your medicine even if you feel better. If you stop treatment too soon, some bacteria may survive and re-infect you. Do not save antibiotics for later or use someone else's prescription.

Peterson N. Herbs and Health.

Text 6. Patents and Generics

Depending on a number of considerations, a company may apply for and be granted a patent for the drug, or the process of producing the drug, granting exclusivity rights typically for about 20 years. However, only after rigorous study and testing, which takes 10 to 15 years on average, will governmental authorities grant permission for the company to market and sell the drug. Patent protection enables the owner of the patent to recover the costs of research and development through high profit margins for the branded drug. When the patent protection for the drug expires, a generic drug is usually developed and sold by a competing company. The development and approval of generics is less expensive, allowing them to be sold at a lower price. Often the owner of the branded drug will introduce a generic version before the patent expires in order to get a head start in the generic market. Restructuring has therefore become routine, driven by the patent expiration of products launched during the industry's 'golden era' in the 1990s and companies' failure to develop sufficient new blockbuster products to replace lost revenues.

Peterson N. Herbs and Health.

Text 7. What is Pharmacy?

Pharmacy is the health profession that links the health sciences with the chemical sciences and it is charged with ensuring the safe and effective use of pharmaceutical drugs.

The scope of pharmacy practice includes more traditional roles such as compounding and dispensing medications, and it also includes more modern services related to health care, including clinical services, reviewing medications for safety and providing drug information. Pharmacists, therefore, are the experts on drug therapy and are the primary health professionals who optimize medication use to provide patients with positive health outcomes.

An establishment in which pharmacy is practiced is called a pharmacy, chemist's or drug store. In the United States and Canada, drug stores commonly sell not only medicines, but also miscellaneous items such as candy (sweets), cosmetics, and magazines, as well as light refreshments or groceries.

The word pharmacy is derived from its root word pharma which was a term used since the 15th–17th centuries. In addition to pharma responsibilities, the pharma offered general medical advice and a range of services that are now

performed solely by other specialist practitioners, such as surgery and midwifery. The pharma (as it was referred to) often operated through a retail shop which, in addition to ingredients for medicines, sold tobacco and patent medicines. The pharmas also used many other herbs not listed.

In its investigation of herbal and chemical ingredients, the work of the pharma may be regarded as a precursor of the modern sciences of chemistry and pharmacology.

Peterson N. Herbs and Health.

Text 8. Pharmacists

Pharmacists are health professionals who practice the art and science of pharmacy. In their traditional role, pharmacists typically take a request for medicines from a physician in the form of a medical prescription and dispense the medication to the patient and counsel them on the proper use and adverse effects of that medication. In this role, pharmacists ensure the safe and effective use of medications. Pharmacists also participate in disease state management, where they optimize and monitor drug therapy. Pharmacists have many areas of expertise and are a critical source of medical knowledge in clinics, hospitals, and community pharmacies throughout the world.

Pharmacists are very skilled and specialized individuals with specific knowledge that makes them a vital part of any healthcare team. They act as a learned intermediary between patients and physicians to ensure that proper medical therapy is chosen and implemented in the best way possible.

Pharmacists are sometimes referred to as chemists. This term is a historical one, since pharmacists originally were required to complete an undergraduate degree in Pharmaceutical Chemistry and were known as "Pharmaceutical Chemists".

Peterson N. Herbs and Health.

Text 9. Internet Pharmacy

Recently, a number of pharmacies have begun operating over the internet. Many such pharmacies are, in some ways, similar to community pharmacies; the primary difference is the method by which the medications are requested and received. Some customers consider this to be more convenient than traveling to a community drugstore.

Some internet pharmacies sell prescription drugs without requiring a prescription. Some customers order drugs from such pharmacies to avoid the "inconvenience" of visiting a doctor or to obtain medications which their doctors were unwilling to prescribe. However, this practice has been criticized as potentially dangerous, especially by those who feel that only doctors can reliably assess contraindications, risk/benefit ratios, and an individual's overall suitability for use of a medication. There have also been reports of such pharmacies dispensing substandard products.

In the coming decades, pharmacists are expected to become more integral within the health care system. Rather than simply dispensing medication, pharmacists expect to be paid for their cognitive skills.

Many universities are altering their programs to increase emphasis in fields such as pharmacotherapeutics, clinical pharmacy, nuclear pharmacy, disease state management, etc.

Peterson N. Herbs and Health.

Text 10. Types of Laboratories

In many countries, there are two main types of labs that process the majority of medical specimens. Hospital laboratories are attached to a hospital, and perform tests on patients. Private (or community) laboratories receive samples from general practitioners, insurance companies, clinical research sites and other health clinics for analysis. These can also be called reference laboratories where more unusual and obscure tests are performed. For extremely specialized tests, samples may go to a research laboratory. A lot of samples are sent between different labs for uncommon tests. It is more cost effective if a particular laboratory specializes in a rare test, receiving specimens (and money) from other labs, while sending away tests it cannot do.

In many countries there are mainly three types of Medical Laboratories as per the types of investigations carried out: 1. Clinical Pathology, 2. Clinical Microbiology, 3. Clinical Biochemistry laboratories. Blood bank is a separate body. Molecular diagnostic labs or cytogenetics and molecular biology labs are the latest addition to the three types of medical laboratories listed above in many countries.

Peterson N. Herbs and Health.

Text 11. What are Lab Tests?

Laboratory tests are medical procedures that involve testing samples of blood, urine, or other tissues or substances in the body. Why does your doctor use lab tests? Your doctor uses laboratory tests to help: identify changes in your health condition before any symptoms occur, diagnose a disease or condition before you have symptoms, plan your treatment for a disease or condition, evaluate your response to a treatment, or monitor the course of a disease over time.

How are lab tests analyzed? After your doctor collects a sample from your body, it is sent to a laboratory. Laboratories perform tests on the sample to see if it reacts to different substances. Depending on the test, a reaction may mean you do have a particular condition or it may mean that you do not have the particular condition. Sometimes laboratories compare your results to results obtained from previous tests, to see if there has been a change in your condition.

What do lab tests show? Lab tests show whether or not your results fall within normal ranges. Normal test values are usually given as a range, rather than as a specific number, because normal values vary from person to person. What is normal for one person may not be normal for another person.

Some laboratory tests are precise, reliable indicators of specific health problems, while others provide more general information that gives doctors clues to your possible health problems. Information obtained from laboratory tests may help doctors decide whether other tests or procedures are needed to make a diagnosis or to develop or revise a previous treatment plan. All laboratory test results must be interpreted within the context of your overall health and should be used along with other exams or tests.

Peterson N. Herbs and Health.

Text 12. Chemistry and Nutrition (Part 1)

Since most men think much of what they eat it is not surprising that the early chemists spent much time on the study of food. In the eighteenth century it was already known that starch when heated with dilute sulphuric acid, gave “sugar of grapes”, or, as we term it, glucose.

It was then recognized that 100 parts of starch gave about 110 parts of glucose and, since the sulphuric acid was unchanged in the process, the reaction must consist of the additional about 10 per cent by weight of water to starch.

As early as 1820 the amino acids glycine and leucine were isolated in crystalline form from solutions prepared by heating proteins with mineral acid. By

the end of nineteenth century the nature and role in nutrition of the proteins, carbohydrates, fats and the most important minerals were established. In the twenty century the vitamins and the elements required only in small amounts were discovered.

In the more advanced countries the standard of nutrition of the population thanks to carbon chemistry improved markedly during the past fifty years. This improvement in nutrition plays an important part in the improvement of health and the increase in life duration.

Nutrition deficiency has disappeared in most advanced countries. Now it is probably that overnutrition is the most serious trouble to health than undernutrition. Unfortunately, in many developing countries, particularly in tropics, the position is much less satisfactory. Diseases and death from malnutrition are still numerous.

Peterson N. Herbs and Health.

Text 13. Chemistry and Nutrition (Part 1)

The contribution of chemistry to the improvement in nutrition is very considerable. Our earth is now more productive. The comparison of present results with those of fifty years ago indicates quite extraordinary improvement. The more economical production of vegetables increased the amount of animal products such as milk, meat, butter cheese and eggs. The food additives made by the chemists play also an important part in improving nutrition. They preserve our foods and decrease wastage as well as making the taste and appearance of our food more pleasant.

In the vitamin field the efforts of the chemists are especially large. Since about 1930 chemists have isolated one after another vitamins in their pure form, determined their chemical nature and the most cases synthesized them. The most important now in commercial production are vitamin A made partial synthesis from B₂, vitamin D₂ by irradiation of ergosterol, vitamin D₃ by irradiation of 7-dehydrochlorosterol, vitamin B₁₂ by total synthesis, riboflavin by a fermentation procedure, nicotinic acid and nicotinamide by synthesis, ascorbic acid from glucose by a series of chemical and biological stages and vitamin B₁₂ by fermentation. All the vitamins are produced more cheaply than they could be obtained for natural sources.

Peterson N. Herbs and Health.

Text 14. Illegal Drugs

Drugs are any chemical substances that effect a physical, mental, emotional, or behavioral change in an individual. Drug abuse is the use of any licit or illicit chemical substance that results in physical, mental, emotional, or behavioral impairment in an individual. Illegal drugs are drugs whose possession and use is forbidden by law due to their harmfulness and, usually, lack of therapeutic use. The most common illegal drugs are: cannabis, cocaine, hallucinogens, opium, heroin, depressants, stimulants, etc.

In many countries, drug smuggling carries a severe penalty, including the death penalty. In 2011, two people were sentenced to death in Malaysia for trafficking 1 kilogram of cannabis into the country. On March 30, 2012, three Filipinos were executed by the Chinese government for drug trafficking.

In the USA, Federal law states that first time offenders be sentenced to a minimum term of imprisonment averaging 1 to 3 years.

Drug trafficking is widely regarded as the most serious of drug offences around the world.

Peterson N. Herbs and Health.

Text 15. Herb

The word "herb" comes from the Latin word "herba", meaning grass, green stalks, or blades. Botanists use the word to mean any plant with soft, succulent tissues.

Some herbs are used in cooking to flavour foods. Others give scents to perfumes. Still others are used for medicines. Some herbs, such as balm and sage, are valued for their leaves. Saffron is picked for its buds and flowers, fennel seeds are used in relishes and seasoning. Vanilla fruit pods yield vanilla flavouring. Ginseng is valued for its aromatic roots.

People often grow herbs in their gardens. Many kinds of herbs can also be raised indoors. The plants grow well with little care. Gardeners plant herbs in good soil that has been well cultivated. The leaves, stems, or seeds of herbs can be used fresh, or they can be dried for later use. Dried herbs can be pounded to a fine powder, placed in airtight containers, and then stored.

Although herbs have little food value, they make food tasty and more flavourful. Cooking with herbs has become a culinary art, and it adds great variety to any menu.

Peterson N. Herbs and Health.

Text 16. Homeopathy

Homeopathy is a system of medicine whose principles are even older than Hippocrates. It seeks to cure in accordance with natural laws of healing and uses medicines made from nature.

Homeopathy was "discovered" in the early 1800s by German physician, Samuel Christian Friedrich Hahnemann.

Homeopathy is a system of medicine that uses "natural" remedies made from animal, vegetable, and mineral substances. These remedies are prepared in such a way that they are non-toxic and do not cause side effects.

Homeopathic medicine is prescribed according to the law of similar and age-old principle that recognizes the body's ability to heal itself. After being founded homeopathy spread rapidly throughout Europe. It was extremely popular in many countries in the nineteenth century.

Clinical evidence accumulated over more than 150 years of use demonstrates that homeopathic medicine is the viable alternative to standard medicine.

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Text 17. Tablets Preparation

A tablet is the most common form of medication for drug administering in the dry state.

A tablet shows definite properties of mechanical strength and is also characterized by a definite rate of disintegration when brought into contact with water.

It is generally observed that tablets can be made easily from certain drugs, such as sodium chloride and other alkali halides, even without the addition of auxiliary substances.

For some other drugs, such as lactose, the addition of auxiliary substances is found to be necessary to overcome certain difficulties in their tableting. Some difficulties are occasionally experienced in the process of tableting certain materials because of persistent binding or sticking in the tablet machine.

Application of pressure during tableting plays a very important role. Correct pressure must be applied in order to avoid unnecessary complication. Tablets which should dissolve in the mouth must be more strongly compressed than tablets for internal administration.

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Text 18. Patches

Patches are flexible pharmaceutical preparations of varying sizes, containing one or more active substances. They are intended to be applied to the skin. They make active substances pass through the skin and circulate in the organism.

Patches normally consist of active substances and an outer covering supporting the preparation. Patches are covered by a protective liner, which is removed before applying a patch to the skin. The protective liner generally consists of a sheet of plastic or metal material. When removed, the protective liner does not detach the preparation. The outer covering is a backing sheet impermeable to the active substance and to the water, designed to support and protect the preparation.

The outer covering may have the same dimensions as the preparation or it may be larger. In the latter case the overlapping border of the outer covering is covered by pressure-sensitive adhesive substances which assure the adhesion of the patch to the skin.

The preparation contains the active substances together with excipients intended to modify the rate and to enhance transdermal absorption. It may be a single layer or multi layer solid or semi-solid matrix.

The patch adheres firmly to the skin by gentle pressure of hands or the fingers and can be peeled off without causing appreciable injury to the skin.

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Text 19. Anabolic Steroids

Anabolic steroids, technically known as anabolic-androgenic steroids (AAS), are drugs that have similar effects to testosterone in the body. They increase protein within cells, especially in muscles.

Anabolic steroids increase the rate of protein synthesis within cells. The building of cellular tissue is especially noticeable in muscles. Anabolic steroids influence masculine characteristics such as the growth of the vocal cords and body hair.

Anabolic steroids have been attractive to athletes and bodybuilders because they increase the size and strength of muscles. They also increase aggressiveness and competitiveness, which can be desirable in sports.

Anabolic steroids may be prescribed to promote appetite, stimulate bone growth, to lessen the effects of muscle wasting from chronic diseases, such as cancer or AIDS. The drugs are available as oral pills, injections, and skin patches.

Anabolic steroids can cause serious side effects. In men, the use of large amounts of anabolic steroids can cause the body's natural production of testosterone to decrease or even stop completely.

Women who use anabolic steroids may develop masculine characteristics such as increased facial and body hair and a deepened voice.

Prolonged use of anabolic steroids may lead to heart disease, liver damage, and other serious disorders.

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Text 20. Vitamins

The compounds known as vitamins are essential for human nutrition. Vitamins are considered micronutrients as the human body requires only small amounts at any given time. All kinds of vitamins can be found in plants and animals. The essential vitamin E has the role of an antioxidant in the body, while the vitamin D has a hormone like role. Once they are absorbed into the body, the vitamins are assimilated into the body becoming parts of the cells, part of enzymes and hormones, as well as becoming part of the muscles, the blood and the bones.

The length of residence of the vitamins in the body is different for various vitamins. Some types of vitamins are utilized over a long period of time, while some vitamins are utilized as soon as they are assimilated.

There are two major groups of the vitamins, the first are known as the water-soluble vitamins - these vitamins have short residence times in the human body, the second group is the fat-soluble vitamins - this class of compounds stays for longer periods of time in the body.

In times of illness, the amount of vitamins the body needs greatly increases. This increase may need to be replenished via supplementation.

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Text 21. Propolis

Derived from two Greek words “pro” meaning before and “polis” meaning a town or a city, the term “propolis” is often attributed to the famous Greek Philosopher Aristotle (384 B.C. - 322 B.C.).

While the medicinal values of propolis have been discovered and used relatively recently by medical practitioners across the globe, it would be interesting to note that propolis or the bee glue was officially prescribed by pharmacopeias as well as physicians in London as early as in the 17th century. Although, propolis has been officially used to treat several ailments since the 17th century, its usage

became popular in the late 20th century. Incidentally, both scientists as well as the laymen are now showing a renewed interest in the use of propolis. The curious medicinal item is a brownish substance that is collected by the bees from buds of the poplar and coniferous trees and used to fill up the cracks and other unwanted openings in their hives.

According to the latest research propolis possesses greater anti-bacterial features than that found in penicillin and other regular antibiotic medicines found in the drug stores. Advocators of propolis claim that the substance functions actively to enhance the body's natural resistance to various infections by kindling the immunity system. They point out that the propolis therapy is especially beneficial in curing diseases like tuberculosis, duodenal ulcers and even gastric disorders. They further assert that when propolis or its derivatives are applied externally in the form of creams, they help in curing different kinds of skin diseases, particularly which are caused by bacteria or fungi.

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Text 22. Aromatherapy

Aromatherapy is a very old healing art using essential oils, which was used by the Chinese as early as in 4,000 B.C. The Chinese were the first to make use of essential oils for remedial purposes. It is also known that the ancient Egyptians used aromatics for curative purposes, counting various forms of massage. In addition, they also employed aromatics as cosmetics. In fact, it has been possible for us to learn about the extensive essential oil use by ancient Egyptians, because they had carved several formulas used by them on the walls of their stone temples.

However, it was as late as the 17th century when the very first medical manual describing the several use of oils derived from plants was published. By the time we progressed into the 19th century, use of chemicals that replaced the plant oils became very popular and this nearly brought the use of unadulterated natural oils to a halt (прекратить использования натуральных масел).

It may be noted that aromatherapy or healing with aromatic essential oils helps to enhance (улучшает) the life's quality on physical, emotional as well spiritual levels. In effect, aromatherapy is based on the use of the fragrant essential oils - the crucial essence of life of sweet-smelling plants as well as flowers, which are present in a pure and intensified form.

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Text 23. Side Effects of Medicaments

Most medicaments within a class produce similar benefits, side effects, adverse reactions and interactions with other medicaments and substances.

Adverse reactions or side effects are symptoms that may occur when you take a medicament. They are effects on the body other than the desired therapeutic effect. The term side effects implies expected and usually unavoidable effects of a medicament. Side effects have nothing to do with the medicament's intended use.

For example, the generic medicament paregoric (болеутоляющее средство) reduces intestinal cramps and vomiting. It also often causes a flushed face. The flushing is a side effect that is harmless and does not affect the medicament's therapeutic potential. Many side effects disappear in a short time without treatment.

The term adverse reaction is more significant. For example, paregoric can cause a serious adverse allergic reaction in some people. This reaction can include hives, rash and severe itch. Some adverse reactions can be prevented.

Most adverse reactions are minor and last only a short time. With many medicaments, adverse reactions that might occur will frequently diminish in intensity as your body adjusts to the medicine.

The majority of medicaments, used properly for valid reasons, offer benefits that outweigh potential hazards.

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Text 24. Medicaments By Prescription

At times of illness, the temptation to skip the visit to a doctor and recover with the help of medicines bought over the counter is great. Often, this works well enough - especially for common everyday ailments - but it is not safe to indulge in this habit for more serious cases.

The medicines a doctor gives you to manage pain, treat or cure a health condition such as diabetes, pain, cancer, mental disease or common infections, are licensed and have gone through a stringent testing process. They cannot be obtained from a chemist without producing a doctor's prescription.

This law does not regulate herbal preparations, vitamins, minerals and food supplements - which fall under the category of over-the-counter (OTC) drugs and can be bought without a prescription.

Often, a much lower strength of a drug is sold as an OTC, while the higher strengths require a prescription to be obtained. People taking OTC drugs should be careful about the possible negative effects and also of the reactions these medicines have to the prescription drugs they may be taking.

Prescription medicaments are: anti-infectives' (antibiotics such as penicillin); analgesics (pain killers); cardiovascular medicaments; diuretics; mental health medications (antidepressants, antipsychotics, and anti-anxiety medicaments).

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Text 25. Pharmacology

Pharmacology is the scientific study of the effects chemicals have on living things. The scientists who study such chemical effects are known as pharmacologists. Pharmacists consider all chemicals that affect living things to be drugs. Much of their study deals with how drugs modify tissue and organ functions. Pharmacology differs from pharmacy which is a profession concerned mainly with preparation and distribution of drugs for public use.

Pharmacology is divided into several fields. Pharmacodynamics studies the effects of drugs on living organisms. Pharmacokinetics deals with how the body takes up, distributes, and eliminates drugs. Toxicology deals with poisons and their effects, detection, and treatment. Clinical pharmacology examines the usefulness and poisonous qualities of drugs in the human body. Pharmacologists may work for universities, hospitals, government agencies, or pharmaceutical companies.

People have used plants and minerals to relieve or cure diseases since ancient times. Through years people have used such plants as the poppy, belladonna and foxglove to treat certain conditions. The science of pharmacology began during the 1900s with the rise of chemistry. For the first time, scientists could analyze crude plant and mineral materials that acted on living tissues. By separating and studying the part of the plant or mineral that caused a reaction, scientists could then use the materials to make drugs.

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Text 26. Pharmacopeia

Pharmacopeia, also spelled pharmacopoeia, is a book containing standards for drugs and drug products. It includes a statement of their properties, the doses in which they may be safely taken, and the standards that determine their strength and

purity. The volume is compiled usually under the highest professional, sometimes governmental, authority.

Today, almost all nations recognize the need for pharmacopeias. Pharmacopeias are continually revised and updated.

The first pharmacopeia was the Nuremberg Pharmacopeia. It was published in Germany in 1542. The first pharmacopeia published in the United States appeared in 1778. It was designed for use in the army. The earliest British pharmacopeia dates back to 1820. In 1906, under the Federal Food and Drugs Act, "The Pharmacopeia of the United States of America" was made a legal standard, now called "The United States Pharmacopeia". It is revised continuously. The Laws of Congress enforce its requirements.

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Text 27. What Is Toxicology?

The definition of toxicology is "the study of the adverse effects of chemicals or physical agents on living organisms".

These adverse effects may occur in many forms, ranging from immediate death to subtle changes not realized until months or years later. Knowledge of how toxic agents damage the body has progressed along with medical knowledge. It is now known that various observable changes in anatomy or body functions actually result from previous unrecognized changes in specific biochemicals in the body. The historical development of toxicology began with early cave dwellers who recognized poisonous plants and animals and used their extracts for hunting or in warfare. By 1500 BC, written records indicated that hemlock, opium, arrow poisons, and certain metals were used to poison enemies. With time poisons became widely used and with great sophistication. Notable poisoning victims include Socrates, Cleopatra, and Claudius.

The 20th century is marked by an advanced level of the understanding of toxicology. DNA (the molecule of life) and various bio-chemicals that maintain body functions were discovered. Our level of knowledge of toxic effects on organs and cells is now being revealed at the molecular level.

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Text 28. Medication

A medication or medicine is a drug taken to cure and/or ameliorate any symptoms of an illness or medical condition, or may be used as preventive

medicine that has future benefits but does not treat any existing or pre-existing diseases or symptoms.

Dispensing of medication is often regulated by governments into three categories - over-the-counter (OTC) medications, which are available in pharmacies and supermarkets without special restrictions, behind-the-counter (BTC), which are dispensed by a pharmacist without needing a doctor's prescription, and prescription only medicines (POM), which must be prescribed by a licensed medical professional, usually a physician.

In the United Kingdom, BTC medicines are called pharmacy medicines which can only be sold in registered pharmacies, by or under the supervision of a pharmacist. These medications are designated by the letter P on the label. The range of medicines available without a prescription varies from country to country.

Medications are typically produced by pharmaceutical companies and are often patented to give the developer exclusive rights to produce them. Those that are not patented are called generic drugs since they can be produced by other companies without restrictions or licenses from the patent holder.

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Text 29. Avens

Alternative common name(s): HERB BENNET

Botanical name: GEUM URBANUM

Family: ROSACEAE

Part used: Leaves and stems

Constituents and uses: One of the most useful astringent remedies to help settle over-activity in the bowel. It contains tannins, bitters and essential oils which all contribute to this action. It works directly on the digestive tract walls to reduce the irritation (which may be due to a variety of causes, such as infection, excessively rich food, nervous tension, etc) and thus soothes the muscular over-activity resulting from the irritation, which causes the hurrying of poorly digested food through to the bowel.

It is effective in practically all “domestic” cases of diarrhea. In acute cases, an infusion should be taken every 3 hours for rapid benefits. It should be stopped as soon as the bowel activity is normal, as the strongly astringent action then becomes undesirable.

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Text 30. Burdock

Botanical name: ARCTIUM LAPP A Family: COMPOSITAE

Part used: Root

Constituents and uses: This is one of the main alterative remedies used for skin problems such as eczema and psoriasis, and localized infections such as boils and abscesses. It contains bitters, volatile oils and tannins and its main action is in stimulating the digestive organs and the eliminatory organs. It is an ingredient of the well-known “dandelion and burdock” drink, which now made commercially, is only a fizzy drink. When made at home from the real dandelion and burdock roots, it would have an excellent “inner cleansing” action.

It can be taken as a decoction, 3 times daily, and is best made fairly weak initially, as it is very effective. It can produce the unpleasant symptoms of “toxic crisis” if taken in large doses. Toxic crisis refers to the condition when the symptoms seem to get worse before they start to get better.

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Text 31. Chamomile

Common name: CHAMOMILE-GERMAN

Botanical name: MATRICARIA RECUTITA

Family: COMPOSITAE

Part used: Flowers

Constituents and use: There are two kinds of Chamomile used medicinally. The German Chamomile is the most widely available and has very similar properties to the other, which is known as Roman Chamomile. Both have a similar scent, emitted from the oils in the plants.

The title “Mother of the Gut” suggests the respect in which German Chamomile is held. It is anti-inflammatory, and will help soothe gastric irritation, dyspepsia, flatulence and colic: it also has a bitter constituent which helps stimulate an under-active digestion. It has a gentle relaxing influence on the nervous system generally, and is particularly useful where nervous tension is affecting the digestive system. It may help women suffering from painful periods and is useful in any problems with children where an over-excitability nature is causing difficulties.

It is taken as an infusion as required – it makes a pleasant alternative to ordinary tea. It can be obtained as an essential oil – a drop of this can be taken on a sugar cube or in honey. This can be diluted 1:20 with almond oil and used as an anti-inflammatory massage oil. Alternatively it can be added to a bowl of hot water

and used as a steam inhalation for irritation and inflammation in the respiratory tract.

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Text 32. Coltsfoot

Common name: COLTSFOOT

Botanical name: TUSSILAGO FARFARA

Family: COMPOSITAE

Part used: Flowers and leaves

Constituents and uses: Unlike many of the expectorant remedies which have an irritating effect, Coltsfoot helps to ease the irritation and tightness connected with chest infections where there is particularly a dry, unproductive cough - typically the “barking” cough. This can be painful and persistent and responds better to Coltsfoot than practically any other remedy. Children who are kept awake at night by a persistent cough are usually greatly helped by it. It contains bitters, glycosides and a generous amount of the mineral zinc. It is thought that this may well contribute to the plant’s beneficial properties as it seems to be vital in the body’s defences against infection.

An infusion of either the flowers or the leaves should be taken 3 times a day.

CAUTION: recent research has shown the presence of two alkaloids in the young flowers which when tested on rats caused liver cancer. Although these compounds exist on low concentrations in the flowers and leaves, any prolonged medical use is not advised. Coltsfoot is an ingredient of some herbal tobaccos. These should be avoided as should all smoking.

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Text 33. Comfrey

Common name: COMFREY

Alternative common name(s): KNITBONE

Botanical name: SYMPHYTUM OFFICINALE

Family: BORAGINACEAE

Part used: Leaves and roots

Constituents and uses: Comfrey is the most useful of the healing remedies. Its constituents include astringent tannins, soothing mucilage, resin and a substance called allantoin. This has the ability to stimulate the growth of new cells, by

speeding up the rate at which DNA, the “blueprint” of the cell, is produced: after this stage, all other parts of the cell follow automatically.

The leaves can be taken internally for stomach and duodenal ulcers, where the tannins and mucilage help calm any inflammation; the allantoin will heal the eroded area. This remedy is also appropriate and healing action.

Externally the root leaves can be used as a poultice over any clean wound, or deeper problem such as tendon and ligament damage. Traditionally it has been used to heal broken bones – the root poultice dries to a very hard consistency, providing valuable support in the days before plaster casts were available. The ointment can be used regularly in place of a poultice – it is a very useful part of every home’s first-aid-kit for minor injuries.

Caution: Concern has been expressed over the safety of taking Comfrey internally, due to a constituent alkaloid which is known to be toxic. Experiments using the isolated alkaloid have shown it to be damaging to the liver. Although there has never been any evidence of the whole herb causing similar damage, I must advise caution in its use. If you are considering using the herb internally, contact a qualified herbalist for advice.

At present, Comfrey is still legally available as a loose herb, but it may be withdrawn from licensed herbal medicines (those formulations that are available over the counter in health shops) in the future.

There are no restrictions on using Comfrey externally – it is totally safe when applied to the skin.

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Text 34. Dandelion

Common name: DANDELION

Botanical name: TARAXACUM OFFICINALE

Family: COMPOSITAE

Part used: Leaves and root

Constituents and uses:

Leaves

One of the most useful diuretic remedies. It is particularly beneficial in fluid retention due to heart problems, as it contains a useful amount of the mineral potassium. This is vital for healthy function of the heart muscle, but is often lost via the urine when diuretic drugs are used.

Dandelion leaves, with their natural content of potassium make up the loss automatically. They are also useful for other problems where the kidneys need to

be stimulated, such as urinary infections or pre-menstrual fluid retention. Take an infusion 3 times daily.

Root

Dandelion root is a good liver stimulant. This makes it useful for a wide range of problems. It will improve the appetite and stimulate sluggish digestive functions due to its bitter properties. It helps in problems such as jaundice and gall-bladder disease. It also has a gentle laxative effect and will help the liver's detoxifying functions – useful in rheumatism and arthritis, or any other illness where a build-up of waste products is contributing to the problem.

The liver is the main organ which has the job of eliminating alien substances, such as artificial additives in the food we eat, or airborne pollution such as chemical fumes. Dandelion root will help support the health of people who are particularly susceptible to these substances.

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Text 35. Elder

Common name: ELDER

Botanical name: SAMBUCUS NIGRA

Family: CAPRIFOLIACEAE

Part used: Flowers and berries

Constituents and uses:

Flowers

The flowers contain a volatile oil that gives the characteristic scent, also a bio-flavonoid that helps to strengthen the walls of damaged blood-vessels. The main action of the flower is on the circulation – it helps to promote perspiration and is very useful when taken as a tea to ease a feverish cold or the flu. A second property is that it soothes the condition of inflamed nasal passages and helps relieve catarrh – I recommend it as a very pleasant drink for anyone who has long-term, hard-to-shed catarrh or sinusitis. However, it is not an anti-infective remedy and must be combined with one if there is an infection present.

Berries

Elderberry wine is a traditional remedy for rheumatic and arthritic problems; it has a mild laxative and diuretic effect.

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Text 36. Eyebright

Common name: EYEBRIGHT

Botanical name: EUPHRASIA OFFICINALIS

Family: SCHROPHULARIACEAE

Part used: Leaves

Constituents and uses: As its name suggests, this plant long been used as a topical application for eye irritations. It contains tannins, resins and volatile oil which have astringent and anti-inflammatory properties. These help problems due to allergic reactions, airborne pollution (for example, smoky atmospheres) and conjunctivitis.

When used as a gargle, it will help catarrhal and inflammatory problems of the throat and nose; take internally for the same.

For bathing the eyes, a half-strength infusion should be made and allowed to cool. This must be strained thoroughly – a coffee filter-paper is a suitable – then put in an eyebath and used to irrigate the whole surface of the eye. If there is an infection present the eyebath must be immersed in boiling water and the solution changed after use on the first eye. The strength of the infusion may be increased gradually, if this is necessary, to gain maximum benefit from the remedy. A gargle should be made from a full-strength infusion. This can be swallowed after gargling. Eyebright is best combined with an equal quantity of Golden Seal when used in an eyebath for eye infections.

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Text 37. Feverfew

Common name: FEVERFEW

Botanical name: TANACEUTUM PARTHENIUM

Family: COMPOSITAE

Part used: Leaves

Constituents and uses: This remedy has two different, equally useful applications. It has been tested in migraine clinics and found to be successful in about seventy per cent of migraine cases – achieving at least partial improvement and often total remission of the problem. It helps to open up the constricted blood-vessels in the brain that cause the pain in the majority of migraine cases. It contains volatile oil and tannin.

The anti-arthritic properties were discovered when migraine sufferers taking Feverfew found that their arthritis was also improving. It is one of the few anti-inflammatory remedies that is likely to bring about an improvement when taken by itself rather than in combination with other remedies – other anti-inflammatory herbs may help improve the condition in other ways.

It is best taken in the spring and summer as freshly picked leaves – one or two large leaves – one or two large leaves daily should be put in a sandwich (to mask the bitter taste, and the possible irritating effects on the mouth). The plant dies off in the winter. Capsules containing the freeze-dried leaves are available, alternatively the dried leaves can be taken as an infusion.

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Text 38. Garlic

Common name: GARLIC

Botanical name: ALLIUM SATIVUM

Family: LILLICEAE

Part used: “Clove” – in botanical terms, a corm

Constituents and uses: This plant is best known for its culinary properties, but is highly beneficial as preventative medicine when taken regularly. An important point, however, is that to retain its greatest benefit, it must be eaten raw – cooking destroys most of its therapeutic properties. It contains a high amount of volatile oil and when characteristically odoured, actively antiseptic principle of the plant. This is of great benefit in the treatment of infections in the digestive tract, and has the remarkable ability to act selectively against harmful micro-organisms here, while leaving intact the beneficial bacterial populations which aid the digestive process.

As the constituents are absorbed into the bloodstream and dispersed around the body, the antiseptic principles, when passing through the blood-vessels in the lungs, diffuse out through the lung membranes and are “breathed out” of the body. The remedy is therefore excellent against respiratory infections – both deep in the lungs and throat and higher up in the nasal passages or sinuses. This explains why the smell of Garlic is so persistent – it is due to the way that it comes out of the body, rather than how it goes in.

The second great benefit of the plant is its importance as an aid to circulatory problems. It contains a “healing” mineral called germanium and a group of substances which help to control fat levels in the bloodstream – an important action, as fat deposition is a great problem in hardening of the arteries, angina, and

many cases of high blood-pressure. It also helps to prevent thrombosis by counteracting the tendency of clot-forming cells to stick together within the blood-vessels.

Up to one clove of fresh raw Garlic should be taken daily, in divided doses, for the benefit of one's general health. If the taste is found to be really unacceptable, Garlic Oil capsules can be substituted – 2 or 3, if taken at night, will have passed out the body by the following morning.

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Text 39. Ginger

Common name: GINGER

Botanical name: ZINGIBERIC OFFICINALE

Family: ZINGIBERACEAE

Part used: Root

Constituents and uses: One of the strongest of the aromatic remedies. It contains volatile oils and phenols and has a strong stimulant action on the digestion and circulation.

It helps to calm flatulence and colic but, although less hot than cayenne, is best initially given in small doses, as it can be irritating to the stomach in large doses. One recently discovered benefit is the ease it brings to sufferers of travel-sickness – it seems to have a directly soothing effect to prevent vomiting and dizziness.

It has a warming, anti-chilling effect on the whole circulation, promoting blood-flow to the extremities, and is useful internally and locally for problems related to poor circulation due to cold weather, typically chilblains.

Make an infusion of the finely sliced fresh root of a strength to suit individual taste. Alternatively, use well-preserved powdered ginger – it should still have the characteristic aromatic scent.

For travel-sickness, a small piece of crystallized ginger can be made and added to a bowl of warm water. Immerse the hands or feet for about 5-10 minutes. If the bath causes stinging or any broken skin, add more water until an acceptable dilution is reached.

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Text 40. Hops

Common name: HOPS

Botanical name: HUMULUS LUPULUS

Family: CANNABINACEAE

Part used: Strobiles – the fruiting-body which appears after flowering

Constituents and uses: The papery strobiles contain resins, bitters and tannins. Originally used in ale to enhance its preservation properties.

It has two main uses in modern herbal medicine: the stimulating effect of its bitter properties on the digestion; and its soothing and relaxing effects on the muscular activity of the digestive system and on the nervous system generally.

It is useful in the treatment of colic, colitis and irritable bowel (which is often linked to nervous tension), plus general nervous tension and insomnia.

Make an infusion – initially weak due to the strength of the taste – to take 3 times daily or at night. A traditional way of bringing about restful sleep is with the use of a hop pillow – simply a small pillow-shaped cotton bag, filled with dried hops.

Caution: Due to the effectiveness of its relaxing, sedative properties, it should not be used in cases of depression – it may worsen rather than relieve this problem.

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Text 41. Limeflowers

Common name: LIMEFLOWERS

Botanical name: TILIA CORDATA or PLATYPHYLLOS

Family: TILIACEAE

Part used: Flowers and leaf-like bract

Constituents and uses: The lime is a well-known city tree, scenting the air when flowering in July. This scent will be recognized as the same as in Limeflower tea. The flowers contain volatile oils, tannins, mucilage, saponins and flavonoids, and the main actions are on the nervous and circulatory systems. It is a gentle relaxing remedy, soothing anxiety and tension and aiding sleep when taken at night. It is a favourite remedy for tension, restlessness and over-excitability in children. It can be used with confidence to

combat any childhood illness where these characteristics are contributing to the overall problem.

It helps to open up the circulation of blood to the skin, which will encourage perspiration in cases of feverishness. It will also reduce high blood-pressure by reducing tension in the muscle layer of the blood-vessels. It is one of the few remedies reputed to have a healing effect on damaged linings in blood-vessels.

An infusion can be taken 3 times daily, or at night to promote restful sleep. For infants, if the infusion is not to be taken by mouth, it can be added to the bath-water and they will absorb it through their skin. It is a successful method of tired, fractious babies.

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Text 42. Marigold

Common name: MARIGOLD

Alternative common name(s): ENGLISH POT MARIGOLD

Botanical name: CALENDULA OFFICINALIS

Family: COMPOSITAE

Part used: Flowers

Constituents and used: This remedy is an invaluable antiseptic and healer. It contains bitters, oils and resins. It works well against fungal infections, and is particularly useful for the athlete's foot/thrush-type infections that affect skin and mucous membranes.

It has a toning, anti-inflammatory and mucous membranes. It has a toning, anti-inflammatory and healing influence when applied topically to most skin problems, such as slow-healing wounds and minor burns and scalds; it is worth trying in cases of eczema and psoriasis.

It is also beneficial as a local application to varicose veins and haemorrhoids. Internally, it is used in the treatment of gastric and duodenal ulcers.

An infusion should be taken internally 3 times daily. A double-strength infusion can be used as a lotion to apply to skin problems. Alternatively, a very convenient form of local application is marigold cream or ointment.

Peterson N. Herbs and Health.

Text 43. Myrrh

Common name: MYRRH

Botanical name: COMMIPHORA MOLMOL

Family: BURSERACEAE

Part used: Resin (dried gum)

Constituents and uses: This remedy has been prized for thousands of years for its anti-microbial properties. It contains bitters, oils, gums and resins. It has a very “antiseptic” smell and taste. It works in a twofold way: firstly, it has a direct action to destroy bacteria that comes into contact with it, and secondly, it helps stimulate the body’s natural immune powers – the white cells of the blood.

Use as a gargle for mouth problems: aphthous ulcers, gingivitis, abscesses, tonsillitis, etc. Externally, apply to skin infections – spots, boils, abscesses, and early stages of cold sores.

The resin does not dissolve well in water, so the most effective and convenient preparation is the alcoholic tincture, still on the BP list and available at most chemist shops.

This should be diluted – use about ½ a teaspoon of the tincture to 3 tablespoons of warm water as a gargle. Sip after gargling in order that the immune system can benefit.

Apply to skin infections at the same dilution or more dilute, if it stings, on broken skin. Use full strength on unbroken skin.

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Text 44. Slippery Elm

Common name: SLIPPERY ELM

Botanical name: ULMUS FULVA

Family: ULMACEAE

Part used: Powdered inner bark

Constituents and uses: The remedy most widely applicable to all digestive problems. It contains astringent tannins, but most of the benefit is due to the mucilage in the bark. When the powder is mixed with liquid it forms a gel consistency, which, when swallowed, puts a protective mucilaginous lining over the oesophagus and stomach. This help directly with an anti-inflammatory and

calming action and it allows underlying healing to progress. It is very soothing after the discomfort of vomiting, and will help reduce irritation and over-activity in the bowel, via a nerve reflex bulking laxative remedy.

Take as often as required for stomach problems: add 1 teaspoon of the powder to a little cold milk, water or juice. When mixed to form a smooth paste, top with warm liquid, stirring constantly. The consistency can be varied to suit individual taste.

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Text 45. White Willow

Common name: WHITE WILLOW

Botanical name: SALIX ALBA

Family: SALICACEAE

Part used: Bark

Constituents and uses: The name of salicylic acid (aspirin) was derived from the botanical name of the willow family: this plant is a good natural source of a similar substance. Taken in the natural form, side-effects are less likely than when taking artificial aspirin. The benefits, however are similar: White Willow is used for its anti-inflammatory, anti-fever and mild analgesic properties. It is used in the treatment of rheumatism and arthritis to reduce pain and inflammation. It will help bring down a dangerously high temperature. It also contains tannins, which help to reduce inflammation in the digestive system.

A weak decoction should be taken 3 times daily, and is most effective when combined with other anti-rheumatic remedies, ideally Meadowsweet.

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Text 46. Witch Hazel

Common name: WITCH HAZEL

Botanical name: HAMAMELIS VIRGINIANA

Family: HAMAMELIDACEAE

Part used: Bark, twigs, leaves

Constituents and uses: Best known in the clear liquid form Distilled Witch Hazel. This should occupy a place in every first-aid box. The main constituents are tannins, though there is also a volatile oil and bitters. Externally the remedy is anti-inflammatory, soothing and cooling, and is very useful for any minor injury.

It will ease bruises and swellings and will help staunch blood-flow from small wounds: it also allays the discomfort of varicose veins and haemorrhoids. The distilled preparation should not be taken internally, but an infusion of the leaves can be made to soothe digestive problems where irritation and mucus discharge is present.

It should be taken 3 times daily.

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Text 47. Yarrow

Common name: YARROW

Alternative common name(s): MILFOIL

Botanical name: ACHILLEA MILLEFOLIUM

Family: UMBELLIFERAE

Part used: Leaves

Constituents and uses: This plant has a wide range of constituents, including oils, bitters, tannins, resins and salicylates. Its main action is one the circulation: it helps to improve circulation to the skin by opening up the surface blood-vessels. This action promotes perspiration and is very useful in helping to control dangerously high temperatures. It also results in a lowering of ,blood-pressure, and helps to improve the condition of damaged blood-vessels. Yarrow is also useful in cases of varicose veins.

It can stimulate the appetite and aid the digestion. Its astringent properties may be useful, when taken internally, for heavy menstrual blood-loss, and when applied externally it will help staunch the flow of blood from wounds. It has a good reputation as a healing agent in the treatment of slow and stubborn wounds.

An infusion should be taken 3 times daily. A infusion can be used externally as a lotion.

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Text 48. Valerian

Common name: VALERIAN

Botanical name: VALERIANAE OFFICINALIS

Family: VALERIANACEAE

Part used: Root

Constituents and uses: The volatile oil in this plant gives it the characteristic smell that cats love! It also contains resins and gums and on humans it has a

relaxing, calming action. It can be used for all types of nervous tension, anxiety, insomnia, etc, and will help to relax the muscle tension that may cause cramp, or colic if in the digestive system. It is very useful for reducing high blood-pressure, particularly if nervous tension is one of the causes. Make a decoction of the root, to take 3 times daily.

Caution: Occasionally, when taken in large amounts, it may have a stimulating rather than a relaxing effect.

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Text 49. Angelica

Common name: ANGELICA

Botanical name: ANGELICA ARHANGELICA

Family: UMBELLIFERAE

Part used: Leaf and root

Constituents and uses: This plant has a gentle warming stimulating action on the digestion, the lungs and the circulation. It can be safely used where stronger stimulants, such as **Ginger** or **Cayenne**, may be too irritating. The soothing and carminative volatile oil, giving the root in particular its characteristic scent, helps support the digestion appetite. Bitters and astringents also contribute to this. **ANGELICA** helps to loosen phlegm in the lungs, and helps protect against the harmful influence of cold and damp in lung disease. As a general warming circulatory remedy, it may help in many conditions where poor circulation is a factor.

The leaves can be prepared as an infusion and the root as a decoction. It should be taken 3 times daily.

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Text 50. Arnica

Common name: ARNICA

Botanical name: ARNICA MONTANA

Family: COMPOSITAE

Part used: Flowers

Constituents and uses: This plant is for external use only on unbroken skin, due to its toxicity when taken internally. It is a most useful plant for dispersing bruises and swellings due to minor injuries when applied over the affected area,

provided that the skin is not broken. The bruise will fade and the swelling subside much more rapidly than otherwise, giving quicker relief of pain and discomfort, and speeding the healing process. The plant contains essential oils, bitters and astringents. It is available in cream form which makes a very convenient application. The cream can be used after applying distilled Witch Hazel-which has a strong astringent anti-inflammatory action. Follow up by using Comfrey poultice or ointment to heal the injury as quickly as possible. An infusion can be made from the dried flowers and applied in the same way as the cream.

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Text 51. Balm Of Gilead

Common name: BALM OF GILEAD

Alternative common name(s): POPLAR BUDS

Botanical name: POPULUS GILEADENSIS

Family: SALICACEAE

Part used: Leaf buds harvested while rightly closed.

Constituents and uses: The resin coating of these fragrant, sticky buds has a strong antiseptic and expectorant action. This remedy helps in all chest infections, to combat the infection directly and to help loosen the infected phlegm. The preparation of the buds is important –the resin does not dissolve well in water, so an infusion will not give the greatest benefit : an alcohol-based solution, such as made by adding 90ml vodka to 10 ml water, is much more effective. Soak 20kg (3\4oz) of the buds in this for 2 weeks, then be taken internally in doses of up to 1 teaspoon, 3 times a day. Alternatively, 2 teaspoons of the tincture can be added to a bowl of boiling water, and the vapours inhaled to bring the evaporated constituents of the buds directly in contact with the lung tissue.

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Text 52. Cayenne

Common name: CAYENNE

Alternative common name(s): CHILLIES

Botanical name: CAPSICUM MINIMUM

Family: SOLANACEAE

Part used: Fruits

Constituents and uses: The hottest spice available! This remedy must be used with care, as too much can be irritating to the stomach when taken internally. The action mirrors the taste-it has strong warming and stimulating actions on the digestion and the circulation, and is used when there is a weakness or deficiency in either system. Sluggish dyspepsia and flatulence will respond, plus all the circulatory problems that are worsened by cold weather.

This remedy is also excellent for chills, generally, and respiratory problems that are associated with cold, damp weather. For internal use, a tea made with 1/8 a teaspoon of crushed cayenne to 220ml (1 cup) of water should be taken three times a day. A pleasant compound mixture of circulatory stimulants Known as “Composition Essence” is another very convenient way of taking cayenne. 1\4-1\2 a teaspoon can be added to hot drinks. Externally, the tea can be added to a small amount of warm water and used as a hand or footbath, very useful on broken skin.

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Text 53. Cascara

Common name: CASCARA Botanical name: RHAMNUS PURSHIANA

Family: RHAMNACEAE Part used: Bark

Constituents and uses: Cascara is useful in conditions of long-term sluggish constipation. It is one of a group of remedies containing substances known as anthraquinones which act by stimulating, to the point of irritation, the lining of the upper intestines : this produces a reflex activation of the muscles further along in the colon, which then results in a bowel motion.

The drawback of this treatment is that the muscle can go into an over-active state, causing griping pains and colic. However, cascara is one of the gentler remedies in the group, and can be described as a general digestive\intestinal tonic. It also contains bitters, which contribute to its tonic effects, and tannins which help modify the strength of the laxative action.

The bark is made into a decoction and taken at night to be effective the next morning. It may be combined with any of the carminative, anti-griping remedies for a more soothing-and palatable-drink.

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Text 54. Expectorant

Expectorant

An expectorant will help the production and elimination of phlegm from the lungs. There are two types: irritant expectorants, of which **Ipecacuanha** is the best-known example; and the soothing expectorants, such as **Coltsfoot**. The irritants work by reflex action from the stomach to the lungs; when the stomach lining is irritated, a reflex response is produced in the lungs-more mucus is produced as a protective mechanism. This is then cleared from the lungs by coughing-a means of getting rid of any harmful substances. The irritant properties of **Ipecacuanha** on the stomach are well known-in large doses it causes vomiting! The soothing expectorants have an apparently paradoxical action: soothing any irritations and inflammation in the lungs, but helping to loosen right phlegm at the same time.

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Text 55. Laxative

Laxatives promote activity in the bowel. Many laxatives work on a reflex in the digestive tract: when the lining of the upper intestine (the duodenum) is irritated, the muscles in the bowel are stimulated by a nerve reflex to increase their activity. These laxatives work on the principle that the body is trying to speed up the elimination of the irritating substance to protect itself from further harm. The second type of laxative is one which works by creating more bulk of food for the muscles of the digestive tract to work on. The remedies in this group usually have a high starch or cellulose content, which when moistened swells to become a soft, slippery gel consistency. The lubricating action is another benefit, as it enables food to pass more easily along the digestive tract.

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Text 56. Hospital Pharmacy

Pharmacies within hospitals differ considerably from community pharmacies. Some pharmacists in hospital pharmacies may have more complex clinical medication management issues whereas pharmacists in community pharmacies often have more complex business and customer relations issues.

Because of the complexity of medications including specific indications, effectiveness of treatment regimens, safety of medications and patient compliance issues many pharmacists practicing in hospitals gain more education and training after pharmacy school through a pharmacy practice residency and sometimes followed by another residency in a specific area. Those pharmacists are often referred to as clinical pharmacists and they often specialize in various disciplines of pharmacy. For example, there are pharmacists who specialize in hematology/oncology, infectious disease, critical care, emergency medicine, toxicology, nuclear pharmacy, pain management, psychiatry, anti-coagulation clinics, herbal medicine, neurology/epilepsy management, pediatrics, neonatal pharmacists and more.

Hospital pharmacies can often be found within the premises of the hospital. Hospital pharmacies usually stock a larger range of medications, including more specialized medications. Hospital pharmacists require adequate training.

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