

Identification of Needs for Training in Phytotherapy in Slovakia

Characteristics of Banska Bystrica voluntary region in numbers

This region is the second largest voluntary region in Slovakia with 9455 km² and 654 414 inhabitants living there. It consists from 13 departments with 492 villages and 24 cities.

The department Banska Bystrica has the largest number of inhabitants / 109 958/. The smallest department is Banska Stiavnica with 16 842 people.

In whole Banska Bystrica region, there is only 69 inhabitants on 1 km², which means that Banska Bystrica voluntary region is the most callow region.

Concerning the class of age in this region, Banska Bystrica is specific with its bad age structure. From the number 654 414 inhabitants,

21,33% are people aged 0 – 18 yrs / 139 586/

54,90% are people aged 19 – 54 yrs / 359 310/

6,3 % are people aged 55 – 59 yrs / 41 274 /

17,45% are people aged 60 and more yrs / 114 244/

Healthy life style – resources

Many resources of modern lifestyle show how the contaminated or polluted air in cities or long continuance on the sunshine maltreat us. Environmental pollution has an accretive effect to the health of population.

The health is apprehended like critical thing for community development and environment is considered as a main factor of health progress. Improvement of the people health condition, the health care, increasing a quality of lifestyle and environment, alleviation of global climatic changes effects – these are some of main targets in consistent retain development.

Our primary purpose is to minimise risks which resulting from negative impression to the environment and working space and to retain the environment in that status, from which it cannot damage and menace the people life and health and makes its positive progress possible.

The body is constantly attacked by unstable substances called free radicals, which can damage healthy cells. This damage was indicated in the course of cardiovascular diseases, apoplexy, cancer and ageing process too.

Receiving some food and drinks which contain antioxidants will be one of the way of battle against that minimis – free radicals. Not only eating fruits and vegetables, but with drinking some tea you can increase the number of antioxidants in your body.

Tea is the most famous store of antioxidants called flavonoids.

The Tea Story

The story of a tea begins a 4500 years ago. According to Chinese mythology ruler Shen Nung, scholar and herbalist was sitting under the tree when his servant was boiling a water. A leaf from that tree earing by wind left down to the water without Shen Nung noticing that. A leaf made a water become green and the first tea was born. When the ruler tasted this drink, he found out that this water gave him an energy and ordered to his servant to pick up the same leaf as he found in his pot, when he drunk it to the bottom. Later a tea became the same value as a gold and China became big power thanks the tea, because the tea leafs was changed all over the world to horses, farms, land, camels and also women.

For example in tree cups of tea there is 8 times more antioxed energy than in one apple and for every minute of boiling a tea we'll got 140 mg flavonoides which battle against bad free radicals in our cells.

Tea as a cure

Tea is natural refreshing drink with no calories and it is an ideal drink for every people. After drinking it you will feel good and looks better. 98% of population prefer tea towards milk.

Four cups of tea daily give important dosage of following nutritives : approximately

17% of calcium

5% of zinc

22% of B2 vitamine

5% of B9 vitamine and also vitamins B1 and B6.

A cup of tea is also great source of magnesium which is needed for total physical development and a potassium too which helps to keep the balance of liquids.

70% of human body create water. It is important to fill up liquids which were losing during every days activities. Doctors recommend to drink 1,5 of liquids every day and avoid dehydration. Even two cups of tea /4dl/ will give a quarter of daily necessity of liquids which will keep to body to stay fit.

The public often thinks that tea contains as same caffeine as a coffee. But the fact is, that it contains only a half at it. The caffeine is a natural composition which is in lots of meals and drinks. It is also a stimulant so a cup of tea will give an energy needed and a vitality for difficult afternoon for each of us. Researches show that rational amount of caffeine, 300 mg daily or 4 litres of tea, is safe for most of people.

In accordance of whole world researches using of herbal pills increased from 1900 to 1997 about 38 %. This reality shows while classic medicine reaches bigger successes in treating health problems /cancer, cardio-vascular diseases,.../ it doesn't comply with treating not so serious medical problems and without unwanted side effects rather natural medicine. Nowadays 80% of world population is using healing herbs as primary form of medicine.

Herbs accompany people from a cradle to a grave. We can divide them into two main groups. In the first there are herbs which are eatables /cereals, fruit and vegetables/ and technical herbs / flax, cotton, cannabis, paper, building materials, fuel.../. The second group create healing herbs. Between first and second groups is difficult to make a border, for example tea is a cure and a eatable too. There are 1000 species of healing herbs in Europe. Our official

medicine use around 150 of them, European more than 300 herbs, in folk treatment is used around 800 of healing herbs.

The medical term „herb“ means every kind of herb and any kind of herb part, which we can use as a healing tool. Many of herbs support and strengthen activity of organs in human body. They are ideal for home treatment of minor health problems and chronic diseases.

Treatment based on natural appliance and on modification of way of life is not so big weight for organism as taking of strong synthetic pills. Natural medicine respects her own threatening ability of organism and is trying to support them maximally. Every natural cure is completely opposite of classic pills.

The cures contain huge amount of only effective thing and may easily affect balance of chemical reactions in organism. Natural medicine regards about individual way of life and is taking care of a people totally – both physical and mental parts, not only about abolish some insulated attributes.

Our culture welcomed the coming of modern medicine with many ways of contribution. We create an addiction of pills, we are relying on products of pharmaceutical industry and doctors. But even a system of conventional or orthodox medicine is not mistakeless. Many of nowadays pills have an origin in herbs, growing of health herbs has its solid place in a public. Natural medicine attract more and more people.

Nature on its own is giving us a lots of ingredients for health style of living. It is upon every person to accept the offer of a nature and to learn how to operate and handle this natural wealth to the usable form.

The analyses of the risk factors of disease in Slovakia show that the problems are tobacco, alcohol, high blood pressure and also high cholesterol.

And what is the task for everybody of us? The task is to learn everybody,...men, women, children, students, pensioners etc how to do their life better, more healthy and to change their lifestyle.