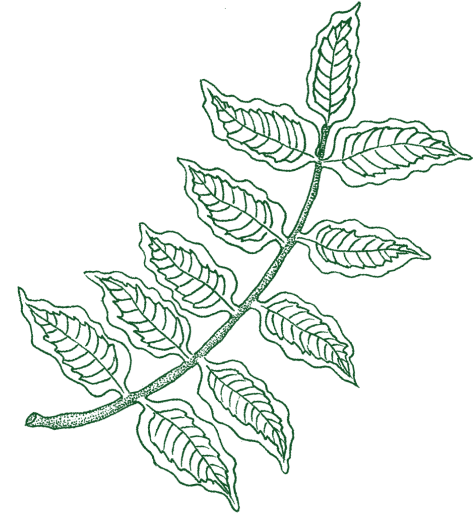
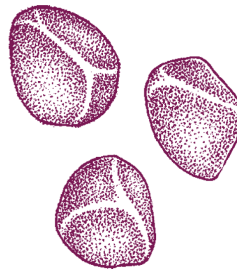
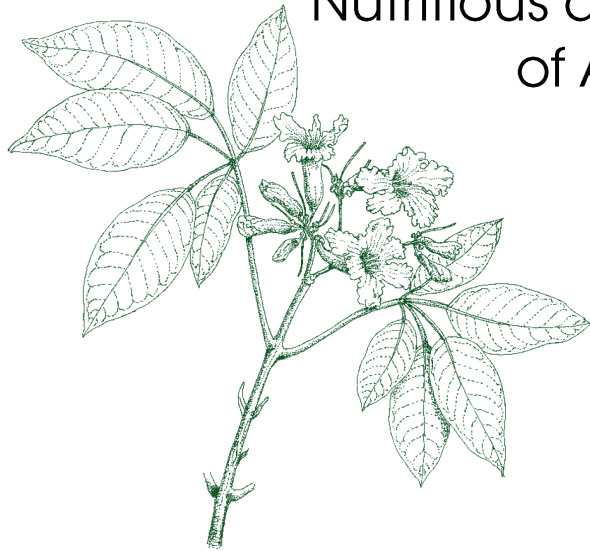
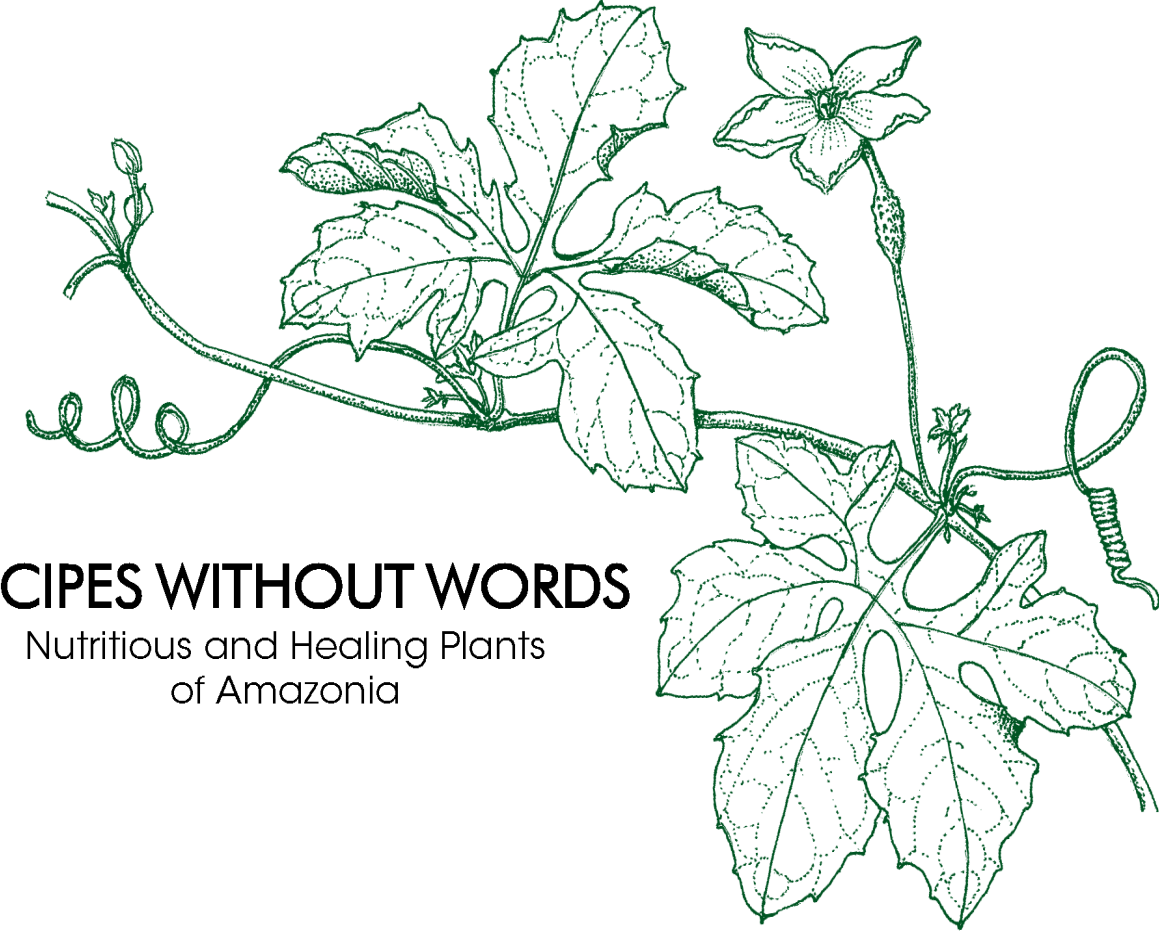


RECIPES WITHOUT WORDS

Nutritious and Healing Plants
of Amazonia





RECIPES WITHOUT WORDS
Nutritious and Healing Plants
of Amazonia

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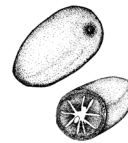


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Nutritious and Healing Plants
of Amazonia

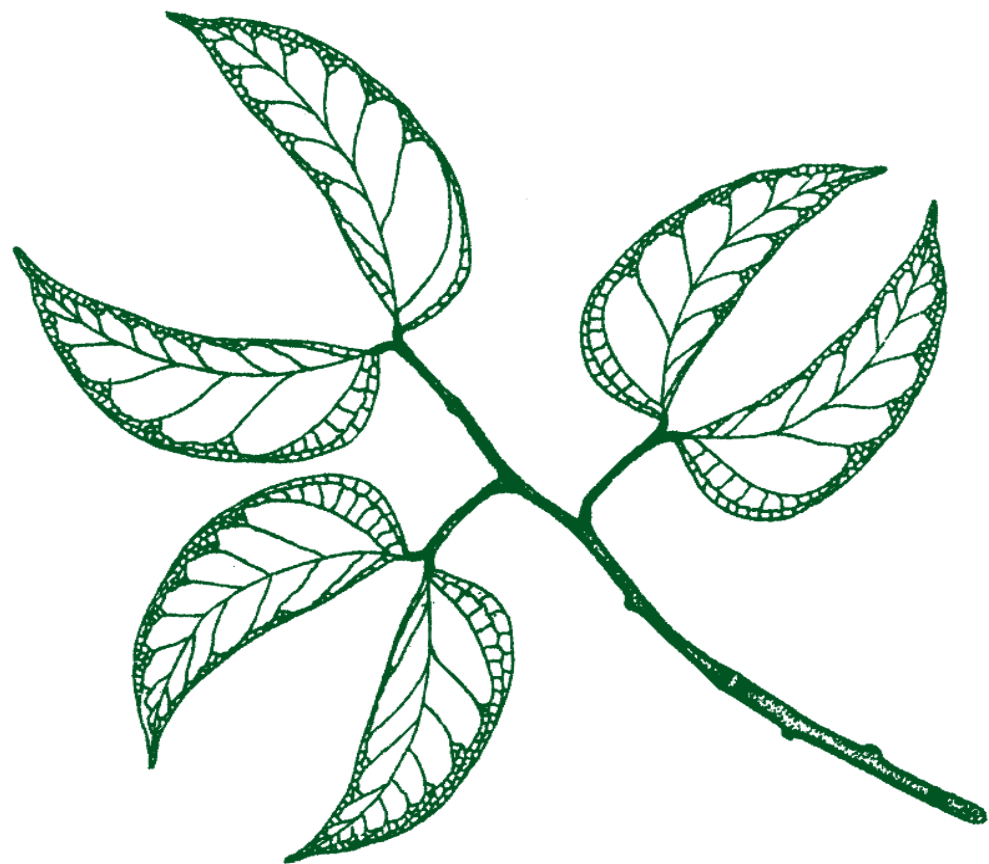


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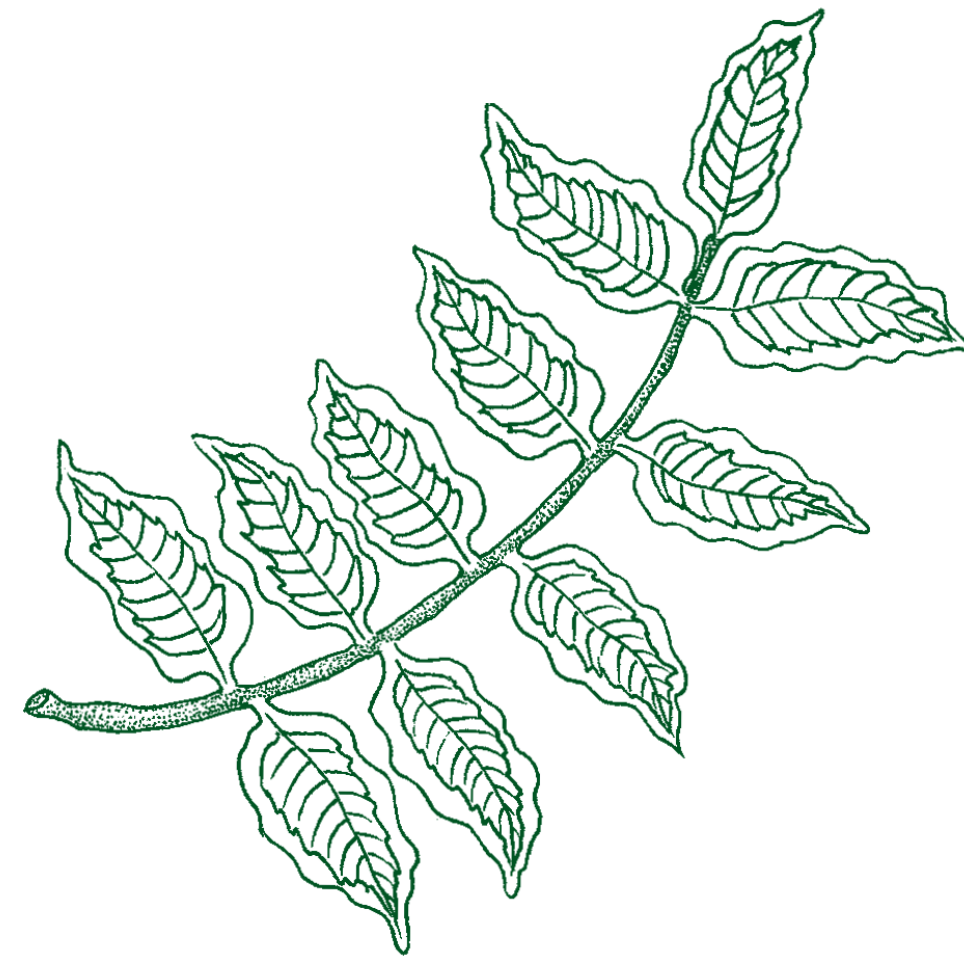
WITH THANKS

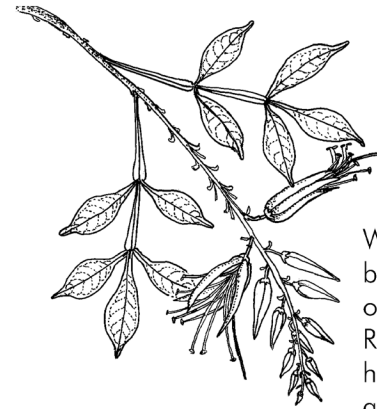
To the many rural and urban community members and dedicated researchers who have contributed to this book, sharing their knowledge to help others.



DEDICATION

To Sister Lygia Constantina da Silva, Roberto Remegi and Senhor Braz Brito who enthusiastically dedicated their lives to helping people through plants.



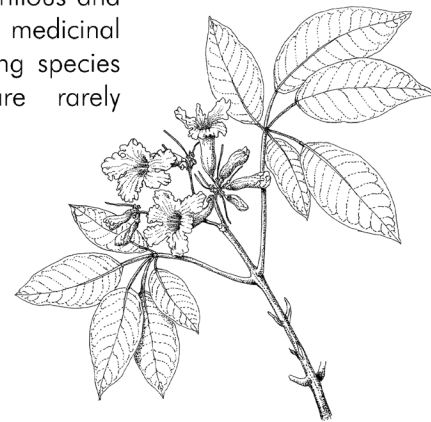


INTRODUCTION

Worldwide, 80% of the people in developing countries use biodiversity to meet their families' health care needs. An estimated one billion people rely upon wild harvested products for their food. Research proves the effectiveness of nutritious plants to promote health and prevent disease. Eating foods fresh from your forests and gardens is one of the best ways to maintain health. Brazil nuts, bananas, mangos, fresh greens and avocado are remarkable because they have a complex combination of vitamins, minerals and nutrients responsible for their health-giving properties. One of the most effective ways to maintain your well being is through a healthy diet.

Food gathered freely from the forest and garden is particularly rich in nutrients our bodies need. The plants which feed and heal us, as well as the knowledge as to how to prepare them, should be valued and preserved. Many nutritious foods and healing plants of our woods, waysides and gardens are effective against disease, cost little and treat illnesses for which there are not yet pharmaceutical medicines.

Because of the high rate of deforestation and fire, some nutritious and healing species have become scarce. Many fruit and medicinal species worldwide are now being logged. Slow growing species that occur at low densities in the forest, and which are rarely planted, are especially vulnerable to exploitation.



Management to ensure sustainable harvest

To guarantee that we will continue to have nutritious food and plant-based remedies in the future, it is important to know where the most useful plants grow, how many there are and how to manage them. It is also important to extract the desired part of the plant in a sustainable manner, leaving the plant alive with the potential to reproduce in the future.



This booklet is an effort to document and rescue traditional knowledge passed down from parents to children and to compliment this with relevant scientific findings. In addition to knowledgeable community members, phytochemists, botanists, pharmacologists, doctors, ecologists & medicinal plant specialists contributed their expertise. Our goal is to reach a broad public, and to include widely known plants which help maintain health, as well as some which treat common illnesses. The illustrated recipes include plants of primary and secondary forest, gardens and roadsides, so that people in the city or countryside can find nutritious and healing plants underfoot and overhead.

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Food is our medicine
 Medicine is our food
 Hippocrates



SECRETS OF HEALTH:
 HYGIENE, CLEAN WATER
 & NUTRITIOUS FOOD

Secrets of Health: Hygiene and Nutrition

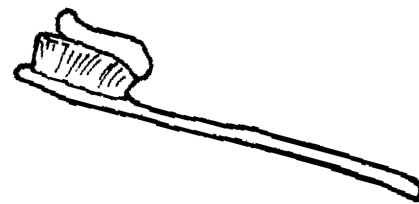
There are some simple secrets to maintain our health. The first is to remember that prevention is the best medicine. Five secrets to prevent disease include; personal hygiene, clean water, breast milk, nutritious food and avoidance of foods, alcohol and other bad habits that make us sick.

Because it is extremely important to prevent disease we will start with personal hygiene. Many diseases are transmitted by our hands, feet and mouths. For this reason it is important to remember:

- Always wash hands before you eat and after using the bathroom



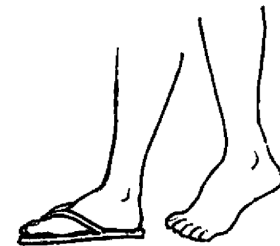
- Brush your teeth daily



- Bathe frequently



- Use sandals or shoes to prevent worms



Secrets of Health: Clean water

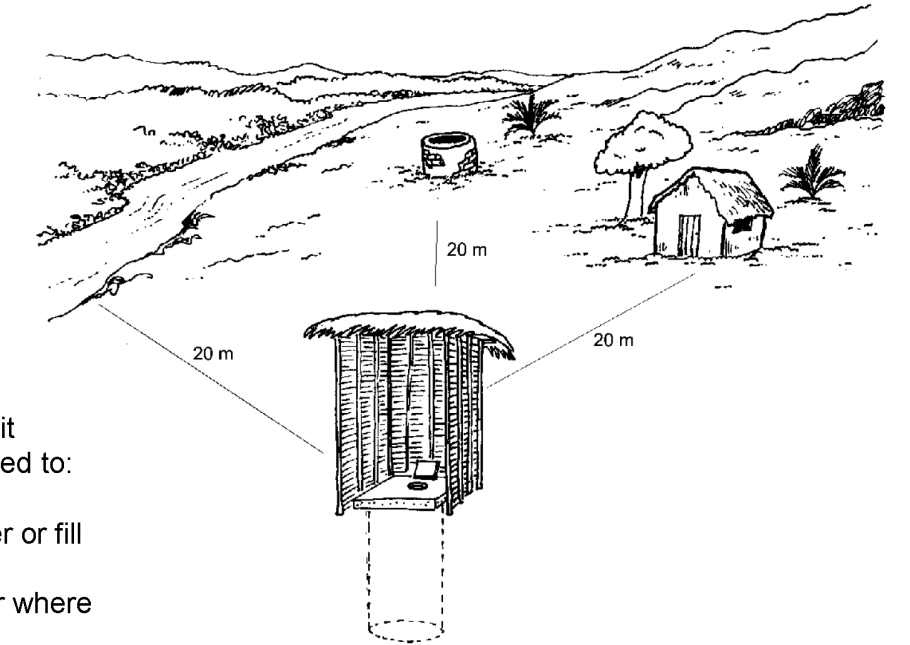
One of the secrets to maintaining good health is to drink a lot of water. Water cleans the body and prevents and cures illness. But be careful! When it is dirty, water is a source of serious diseases. Filter or boil water before drinking.



A well is a good source of clean water, however it should be placed at a minimum distance of 20 meters from the sanitary. It is also important to leave the well covered.

To avoid bites from mosquitoes that transmit diseases like malaria and dengue, we need to:

- K Remove or empty containers with water or fill holes that have sitting water
- K Cover wells and other sources of water where mosquitoes reproduce
- K Sleep with sheets or mosquito nets



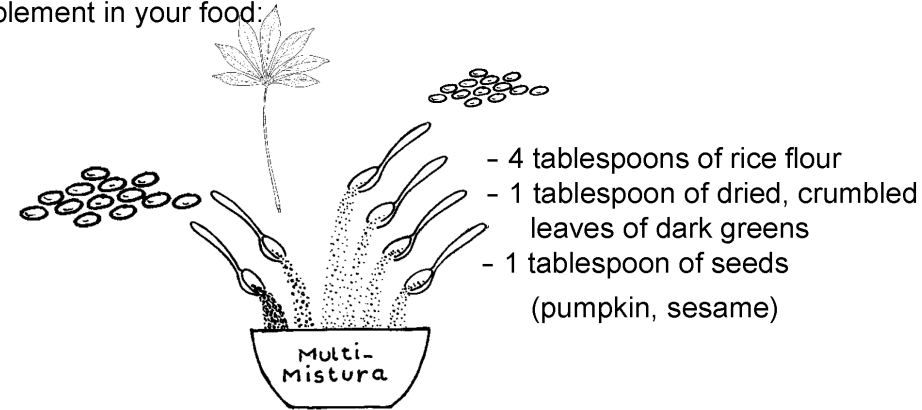
Place the sanitary 20 meters away from the well, house or corral.

Secrets of Health: Breast Milk

To prevent diseases in young children there is nothing better than mothers' milk. Studies prove that mothers' milk possesses all the nutrients to nourish and strengthen babies. Children that breast feed have greater resistance to common and serious diseases. Beside this, mother's milk helps in the growth and maturation of brain cells. Doctors state that the longer a child feeds at the breast, the better; the minimum time frame should be six months.

Use nutritious multi-mixtura

Strengthen the body with vitamins and nutrients. Mix together and use as a supplement in your food:



Avoid food & habits that are bad for your body

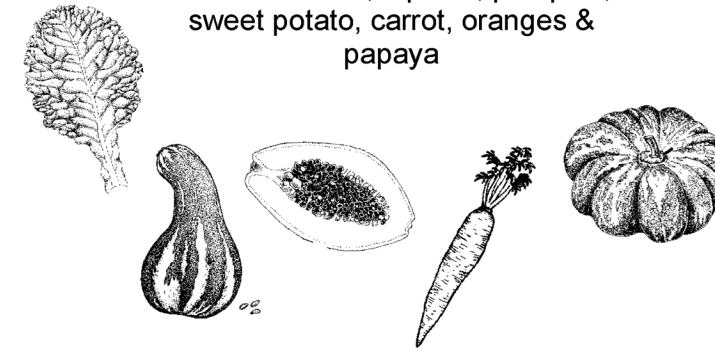


Secrets of Health: Eat Diverse Foods

Eating healthy food prevents diseases. A secret of health is to eat diverse, colorful, natural food to: protect your body against disease; have sufficient energy; and help young bodies grow.

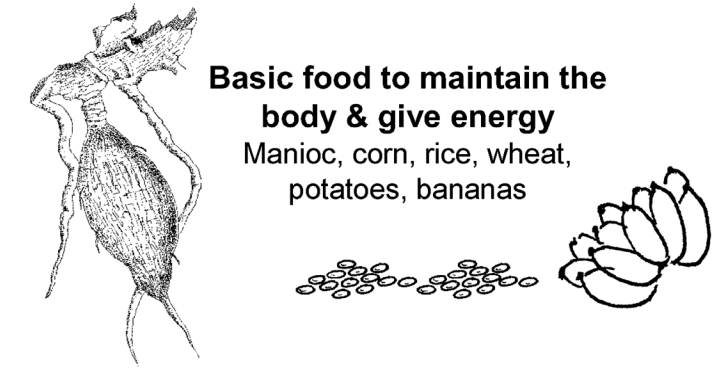
Food to protect health: Rich in vitamins and nutrients

Dark leafy greens, orange and yellow vegetables and fruits, like kale, manioc leaves, squash, pumpkin, sweet potato, carrot, oranges & papaya



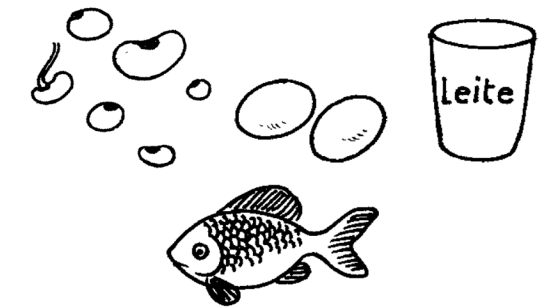
Basic food to maintain the body & give energy

Manioc, corn, rice, wheat, potatoes, bananas



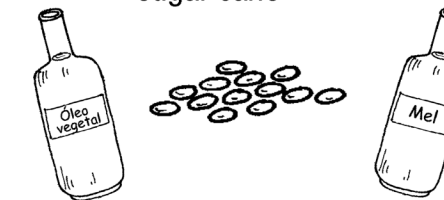
Food to promote growth

Beans, seeds, milk, eggs, fish, chicken meat and larva



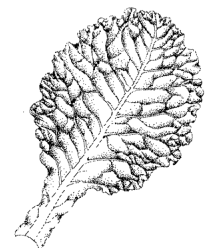
Food to help boost energy

Vegetable oils, nuts, & seeds that have oil (pumpkin, sesame, sunflower), honey & sugar cane



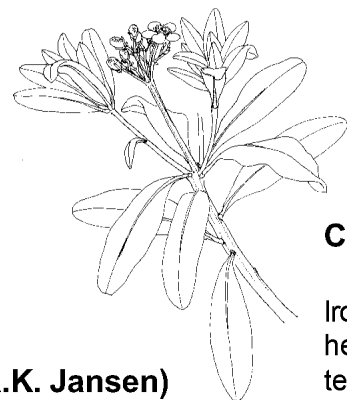
Greens for Health

Good eating includes plenty of fruits and vegetables, these strengthen your body to prevent and fight diseases.



Kale (*Brassica oleracea* L.)

Leaves: iron, calcium & vitamin C
Juice of the leaf: cleans the intestine
Used against worms and gastric ulcers



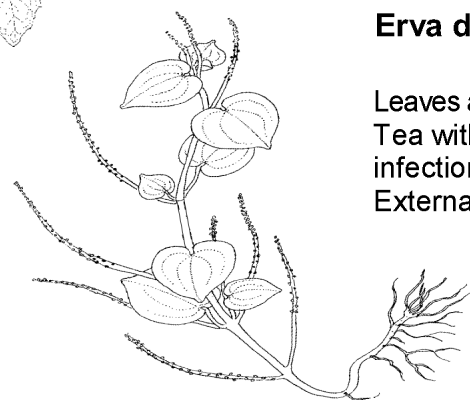
Caruru (*Talinum* spp.)

Iron & calcium, vitamin A, helps in the formation of teeth and bones, helps to alleviate gas.



Jambu (*Spilanthes oleracea* (L.) R.K. Jansen)

Leaves and flowers: anesthetic used to alleviate tooth aches



Erva de jaboti (*Peperomia pellucida* (L.) Kunth.)

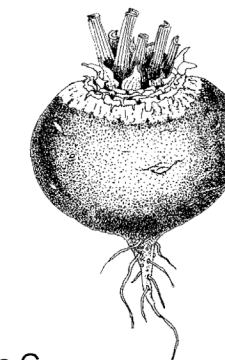
Leaves and whole plant: analgesic and anti-inflammatory
Tea with milk: used against gum disease and other infections
External use: cuts

Vegetables for Health



Onion (*Allium cepa* L.)

Calcium, sulphur, phosphorous, silicon, vitamins B e C.
Place onion juice on insect & spider bites.
For asthma: take juice with lemon and garlic.



Beet (*Beta vulgaris* L.)

Carotene, vitamins B₁, B₂, C
Helps prevent colds and flu, purifies the blood, diuretic, stimulates digestion



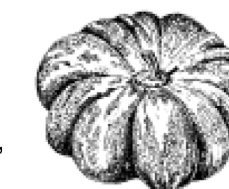
Manioc (*Manihot esculenta* Crantz.)

Root: Potassium & vitamin C
Leaves: from dried leaves (dry in the shade 3 days), mix 1 teaspoon of the crushed leaves in food two times daily to help the malnourished recuperate

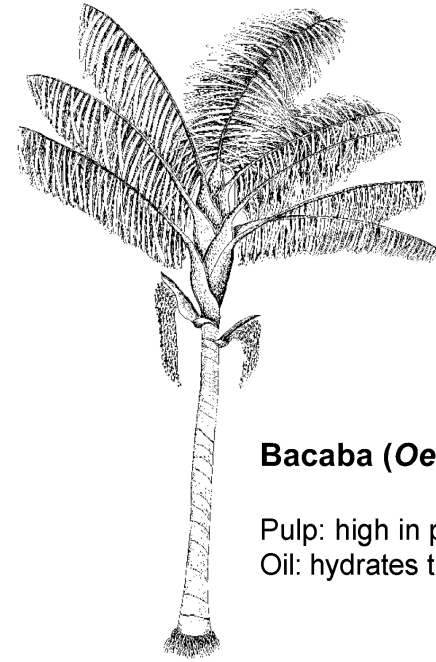


Pumpkin (*Cucurbita pepo* L.)

Carotene, iron, phosphorous & calcium
Seed: peeled and lightly sautéed are highly nutritious, used to help anemic, malnourished children

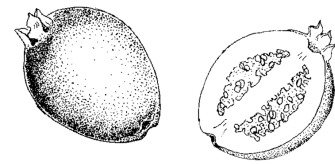


Fruits for Health



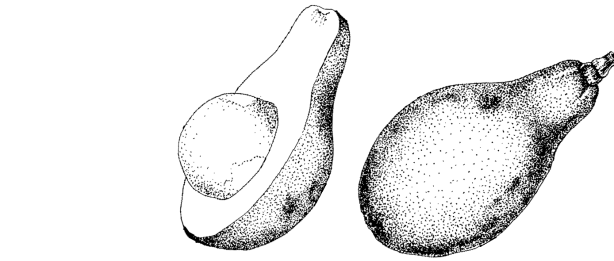
Bacaba (*Oenocarpus bacaba* Mart.)

Pulp: high in protein, like meat
Oil: hydrates the skin



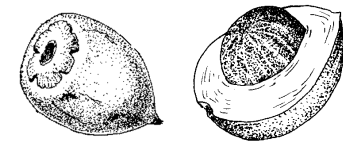
Goiaba (*Psidium guajava* L.)

Pulp: Calcium, phosphorous, iron and vitamin C
Leaves: Tea used against diarrhea



Avocado (*Persea americana* Mill.)

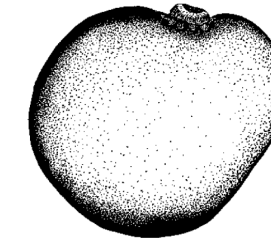
Rich in healthy nutrients and lipids
Fruit rind: finely minced with lemon & honey used against worms



Pupunha (*Bactris gasipaes* Kunth.)

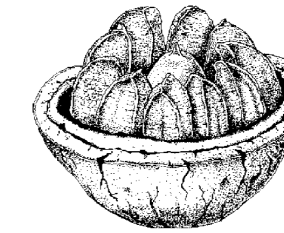
Fruit: carotene, calcium, iron & phosphorous
Oil: Indicated for earaches & sore throat

Fruits for Health



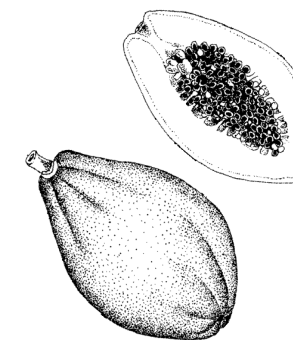
Piquiá (*Caryocar villosum* (Aubl.) Pers.)

Pulp: high in calories, up to 72% oil & 3% protein
Oil: used against asthma, muscle aches, rheumatism & skin ailments



Brazil nut (*Bertholletia excelsa* Bonpl.)

High in protein, oil possesses a high level of phosphorous Indicated for malnutrition, depression & to give an energy boost



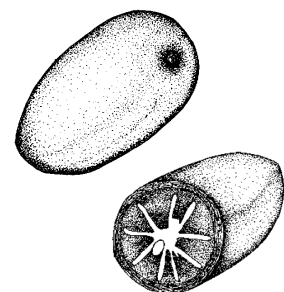
Papaya (*Carica papaya* L.)

Pulp: carotene, vitamins C & B complex, helps digestion

Seed: used against worms. Mix 3 tea spoons of dry, mashed seeds with 1 cup of water. Take 3 times a day for 7 days.

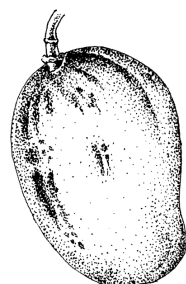
If desired, add 1 teaspoon of honey

Fruits for Health



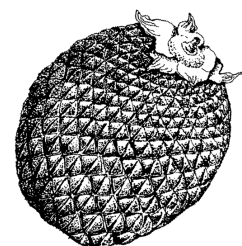
Uxi (*Endopleura uchi* (Huber) Cuatrec.)

Pulp: high in calories and fiber, potassium, calcium, magnesium, phosphorous, sodium, iron and vitamins B1, B2, & C
 Oil: warm oil is applied on the nose to treat sinus, & on the stomach to help release gas



Mango (*Mangifera indica* L.)

Pulp: carotene, vitamin C
 Used to treat respiratory diseases, bronchitis, catarrhs & coughs

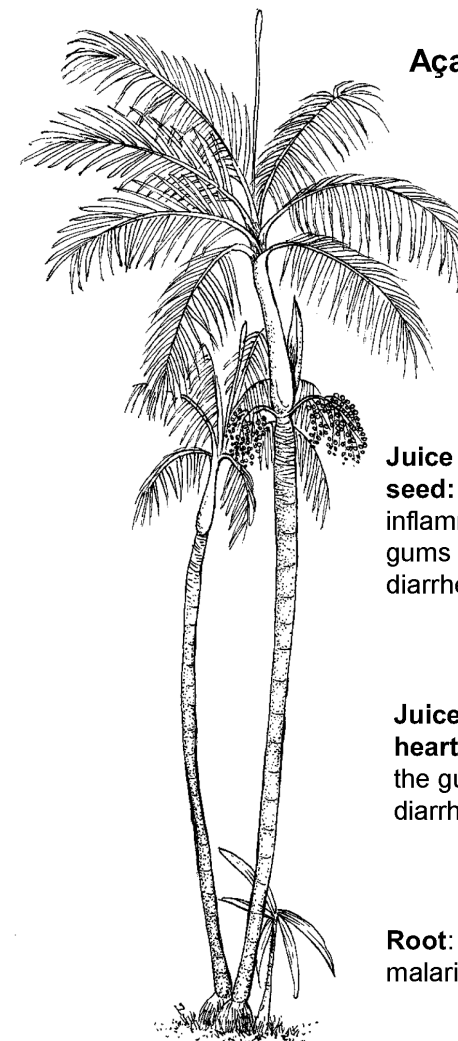


Buriti (*Mauritia flexuosa* L.f.)

Pulp: High level of carotene used to treat infections in the mouth and eyes, as well as for tooth aches. Needed to maintain healthy eyes, useful to improve night vision

Nutrition from the Garden

Even in your yard and garden there are important plants for your health & well being.



Açaí (*Euterpe olearaceae* Mart)

New leaf: staunch bleeding

Fruit: vitamins B1, C, carotene, calcium, phosphorous & iron

Juice of the green seed: gum disease, inflammation of the gums and teeth, diarrhea

Juice of the palm heart: inflammation of the gums and teeth, diarrhea, hemorrhages

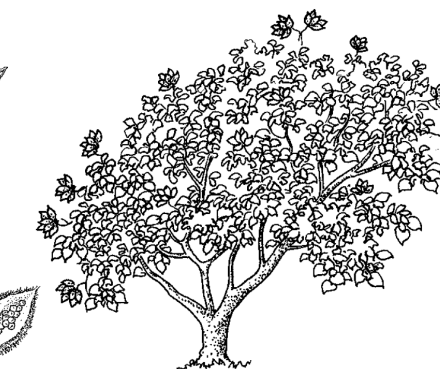
Root: diarrhea, worms, malaria, anemia

Urucum (*Bixa orellana* L.)

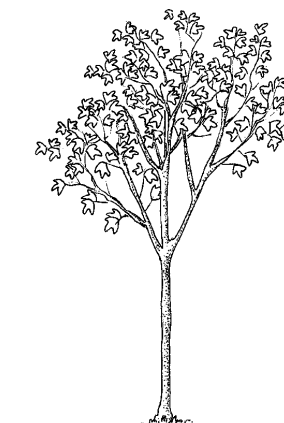
Leaf bud: inflamed eyes

Leaf: bronchitis, used as expectorant

Seed: bronchitis, asthma, stomach ache, insect repellent



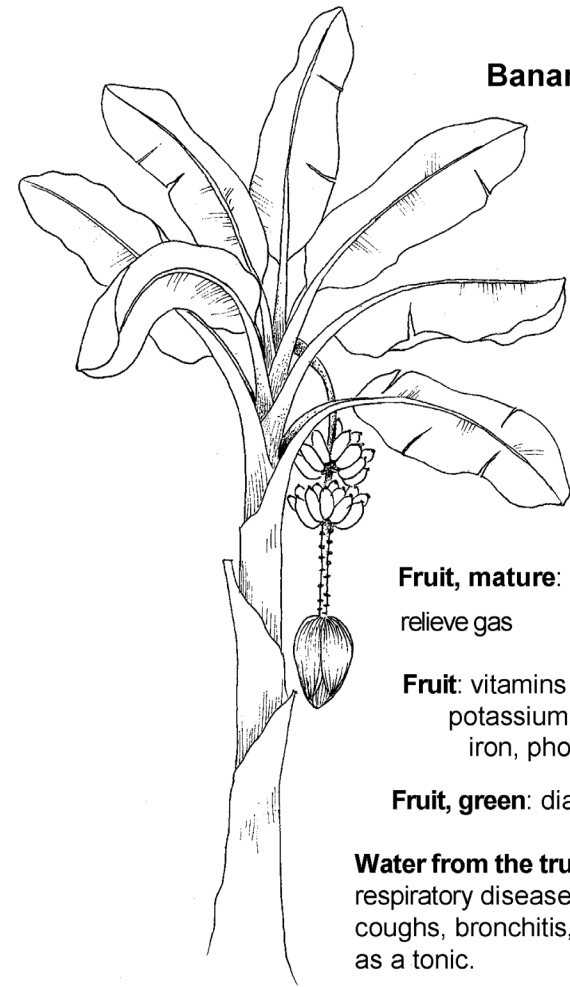
Algodoeiro (*Gossypium arboreum* L.)



Cotton: Bleeding, cuts, boils

Leaf: skin problems, burns, scrapes, bronchitis, asthma

Nutrition from the Garden



Banana (*Musa* spp.)

Fruit, mature: used to relieve gas

Fruit: vitamins B, B2, C, potassium, calcium, iron, phosphorous

Fruit, green: diarrhea

Water from the trunk: respiratory diseases, coughs, bronchitis, used as a tonic.



Cashew (*Anacardium occidentale* L.)

Leaf: throat infections, mouth sores

Fruit: vitamins C, B1, B2, potassium, carotene, calcium, iron, used to treat diarrhea

Bark and new leaf: diarrhea, bleeding, vaginal inflammations

Deserving of Special Nutrition: Mothers, Children and Elders

Who eats first in your house?
Often it is not those most in need.
Mothers, children and the elderly especially need healthy diets and good nutrition. These groups are more vulnerable to malnutrition.

- Older people tend to lose their appetites, but still need to eat well. Remember to joyfully and respectfully bring your grandparents to the table with you. And remember to wash your hands first!
- Children need very good diets and nutrition to grow.
- Pregnant and nursing mother also need excellent diets and nutrition to stay healthy so that they can take care of their family and have healthy children.



Be Careful: Serious Illnesses

For some health issues, such as, malaria, hemorrhaging, snake bites, cancer and tuberculosis it is very important to consult a doctor or go to a hospital. Sometimes a disease is so powerful or so advanced that healthy foods or medicinal plants cannot cure it. In serious cases, a doctor can make the difference between living and dying.

However, in cases where there is no doctor or hospital nearby, or when you have a common illness, you can try home remedies. But it is important to remember that the effectiveness and safety of some traditional remedies is not yet tested scientifically.

The following pages show foods to maintain a healthy body and recipes to treat common diseases which have been researched by experts. It is important to remember that all foods and medicinal plants should be carefully identified and prepared, with the proper dosage taken.



RULES TO PREPARE
REMEDIES

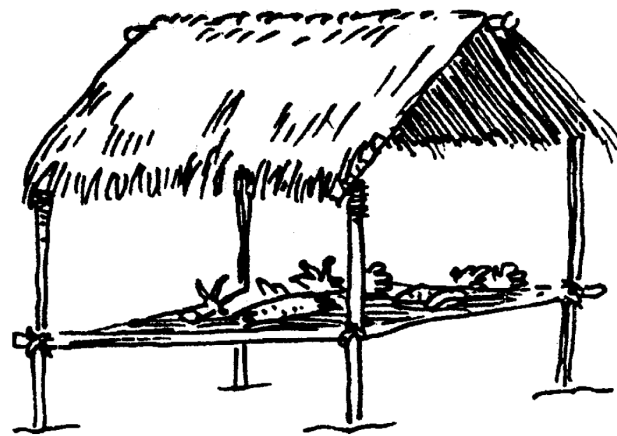


Identify the plant, consulting a knowledgeable person.

Popular names vary by locality and can be confusing. That is why it is important that every plant also has a scientific name.

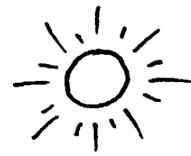


Wash the plant material with clean water.



Dry the plants in the shade in a ventilated area.

16

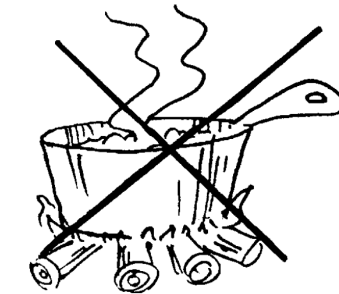
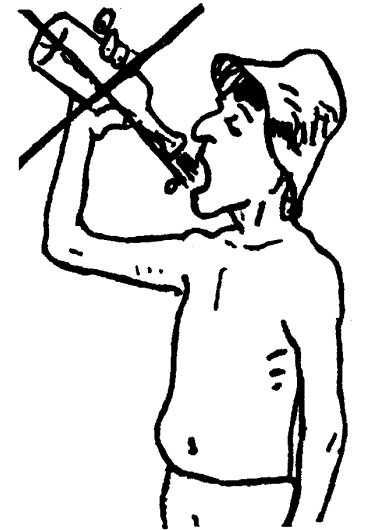


Prepare medicines on the day that you will use them.



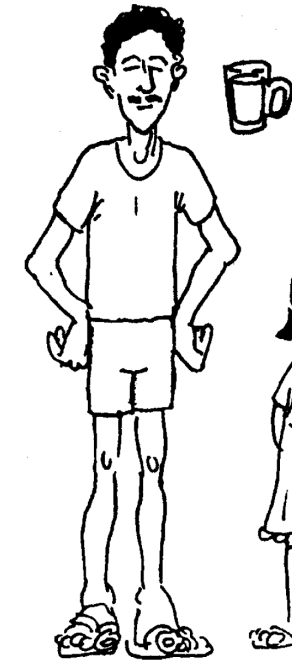
Do not collect plants near to roads or where you know agro-toxins or pesticides are being used. Also avoid collecting plants near a sanitary.

Do not drink medicinal teas, syrups or medicines as if they were water. Use the designated amount of medicine and no more. Also be careful mixing plants of different species, because mixing various species can cause toxicity.



Do not use pots or pans made of metal to boil the plants, because these can alter the medicine; instead use porcelain or enamel pots.

17



The doses presented in this booklet are for adults.



For children (6-15 years), use a half of the adult dose.



For children (1-5 years) use a half of the dose used for children.

Teaspoon = 5 Grams

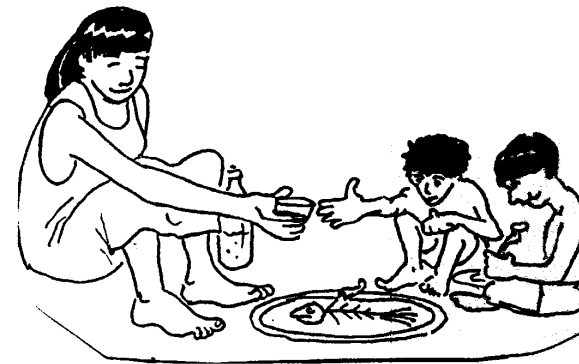
Tablespoon = 10 Grams

Handful = 20 a 40 Grams

Glass with water = 250 ml

Glass with water

The proper time to take a medicine depends upon the illness and the plant used. Some medicines are taken without food on an empty stomach. Others are taken with food.



Normal Doses: use for each liter of water



1 liter of water



20 grams of dry bark

or



20 grams of fresh leaves

or



10 grams of dry leaves

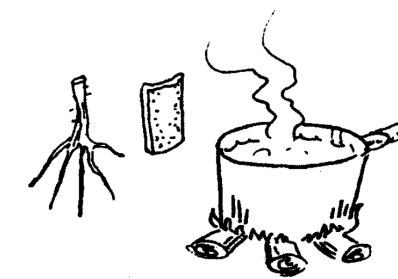
Cooking time depends on the material and quantity used

Barks & roots: boil in water 5-20 minutes

Leaves & green material: boil in water 5-10minutes

Aromatic plants, infusion: boil the water and place the plant in a porcelain container.

Cover and wait 10 to 15minutes before drinking.

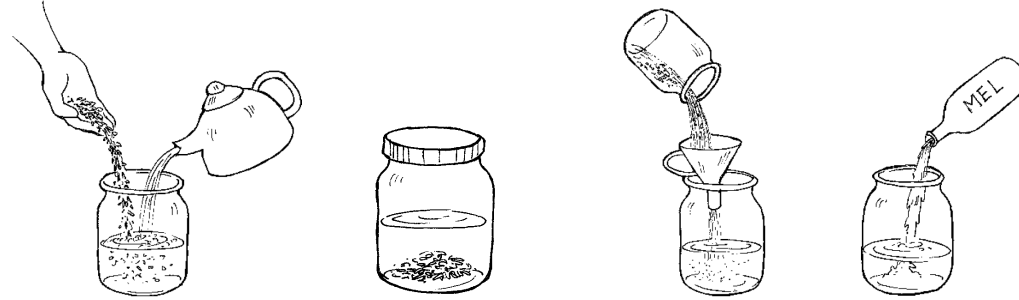


Barks & roots:
15 minutes



Green material & leaves:
5 to 10 minutes or as an infusion

How to prepare syrups and a rehydration drink



Syrup

Syrups are liquid, viscous medicines used to treat various illnesses. To make syrup, mix two parts of tea with one part honey until it reaches a thick consistency, You can also boil one cup of tea with 1 cup of sugar in the place of honey. Syrups are good for children and patients who have difficulty swallowing.

Against dehydration

Children and adults can die of diarrhea, because they do not have sufficient water in their bodies. Signs of dehydration include: diarrhea with water, dry mouth, little urine, and weight loss.

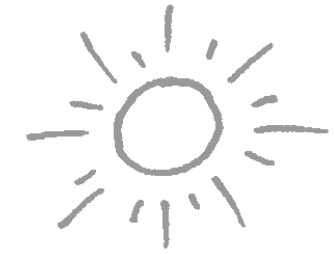


It is important to act rapidly – drink a lot of liquid – & drink this mixture:

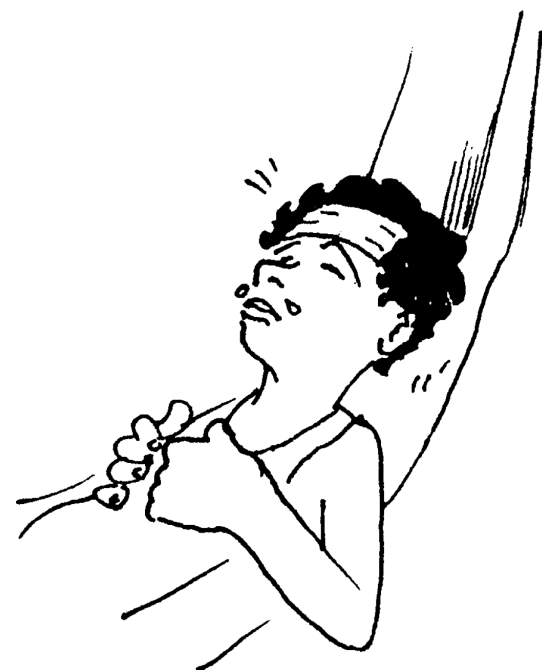
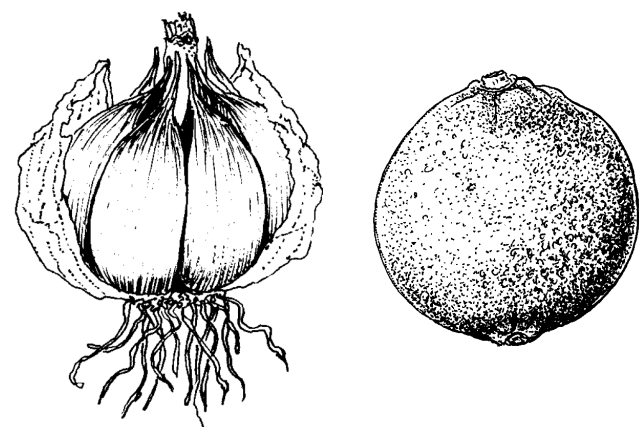
Dehydration remedy:

- K Half a tablespoon of salt
- K 8 teaspoons of sugar
- K 1 liter of clean water

If you have either of these, add a half a cup of coconut milk or mashed banana, these will help the body absorb potassium.



THE PLANTS
& REMEDIES



Tonic, Fever, Flu, Dysentery,
Worms, High blood pressure,
Cholesterol

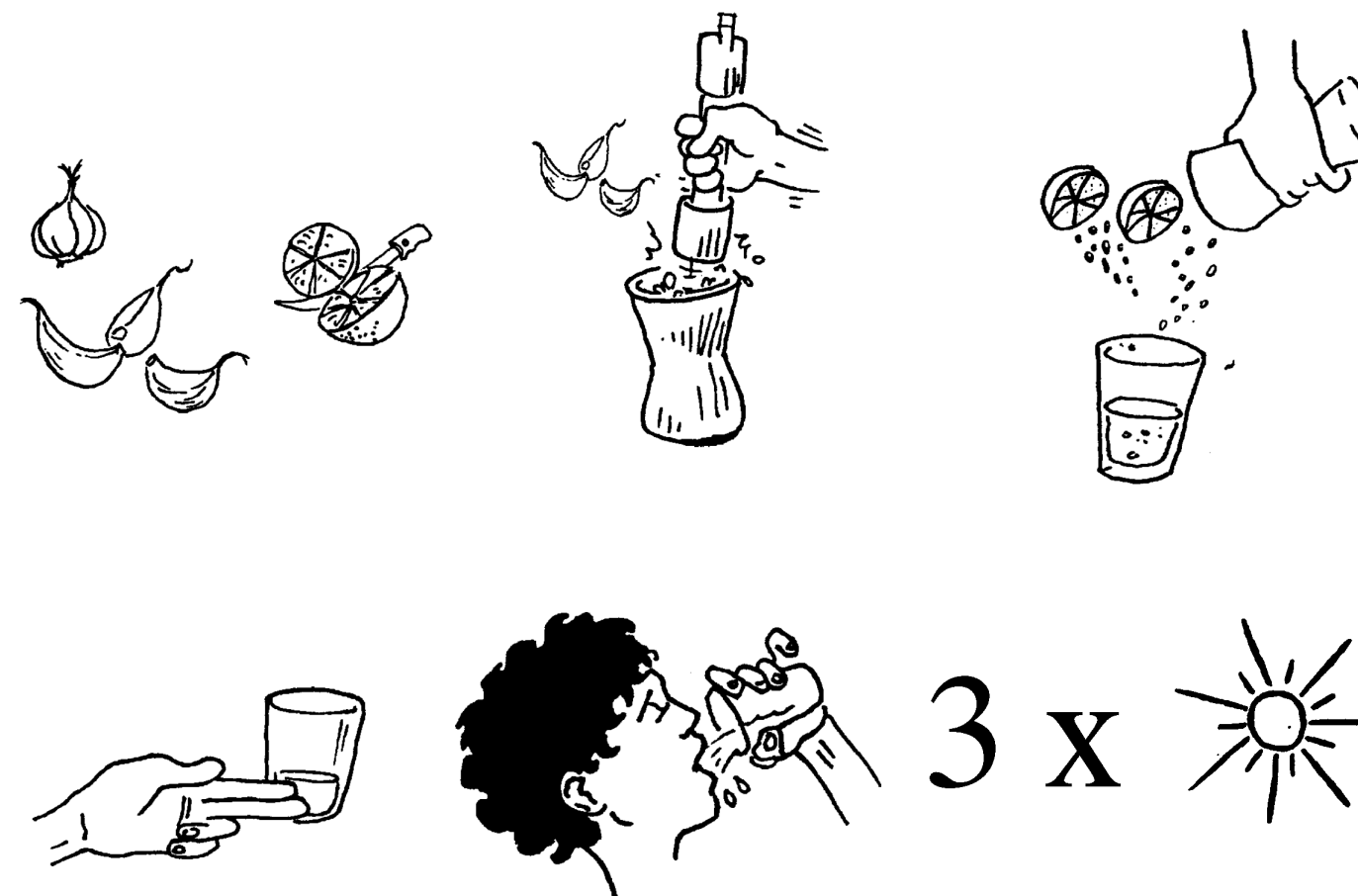
1. Garlic (*Allium sativum* L.) & Lemon (*Citrus spp.*)

Fever & flu: cut 3 cloves of garlic in small piece and crush. Mix the garlic with the juice of one lemon. Take 2 fingers of this juice 3 times per day. Add honey if you like.

Preventing disease: eat 1 raw clove of garlic 2 to 3 times each day to prevent diseases such as heart disease, colds, coughs and sore throats. Cooking with lots of garlic also benefits your health.

Worms: Crush 6 cloves of garlic and boil in 250 ml of milk.

Note: this remedy is not indicated for people with gastritis or ulcers.

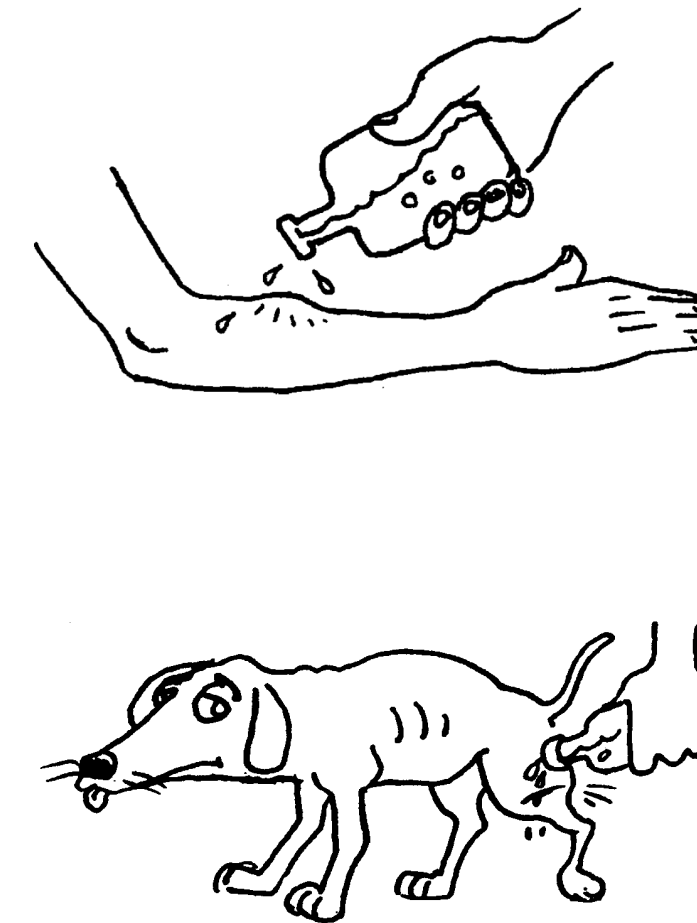


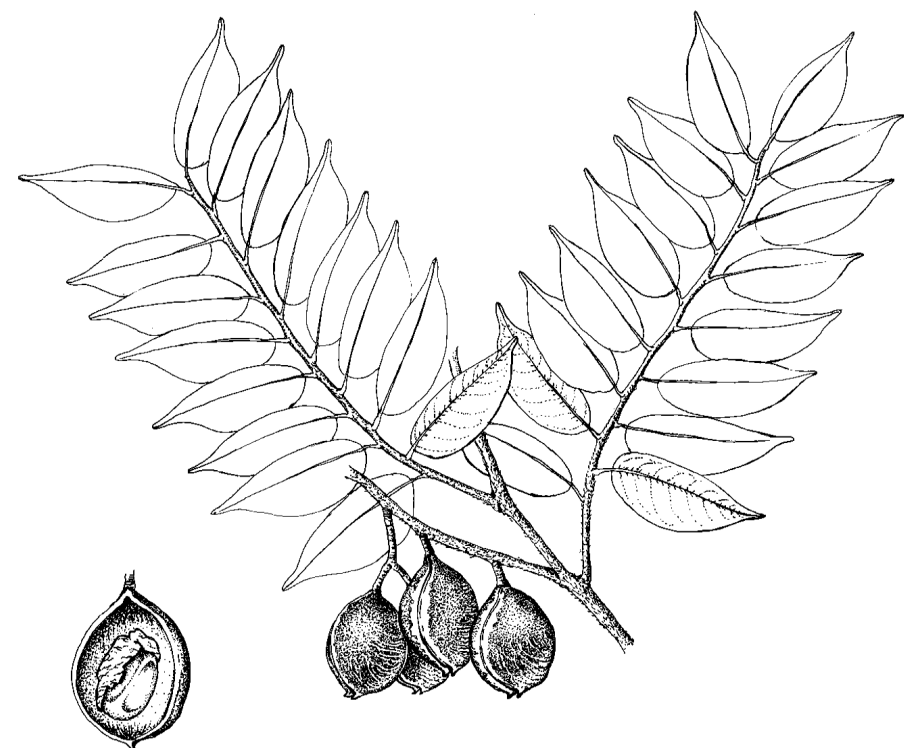


Cuts, Wounds, Sprains
Arthritis & Insect repellent

2. Andiroba (*Carapa guianensis* Aubl.)

Rub the andiroba oil into the affected areas and massage gently. It is best to warm the oil prior to use. The oil can also be used for veterinary care to treat the wounds of animals.





3. Copaiba (*Copaifera* spp, *C. reticulata* Ducke)

Wound: Wash the wound with soap and water; apply a little oil on the affected part. Repeat as needed. Sore throat: mix just 1to2 drops of copaiba oil in a tablespoon of honey. Take 2 times daily.

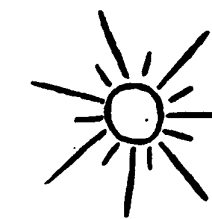
NOTE:do not take copaiba oil if you have a cough with catarrh.



Wounds, Burns, Cuts,
Inflammations, Sore throat



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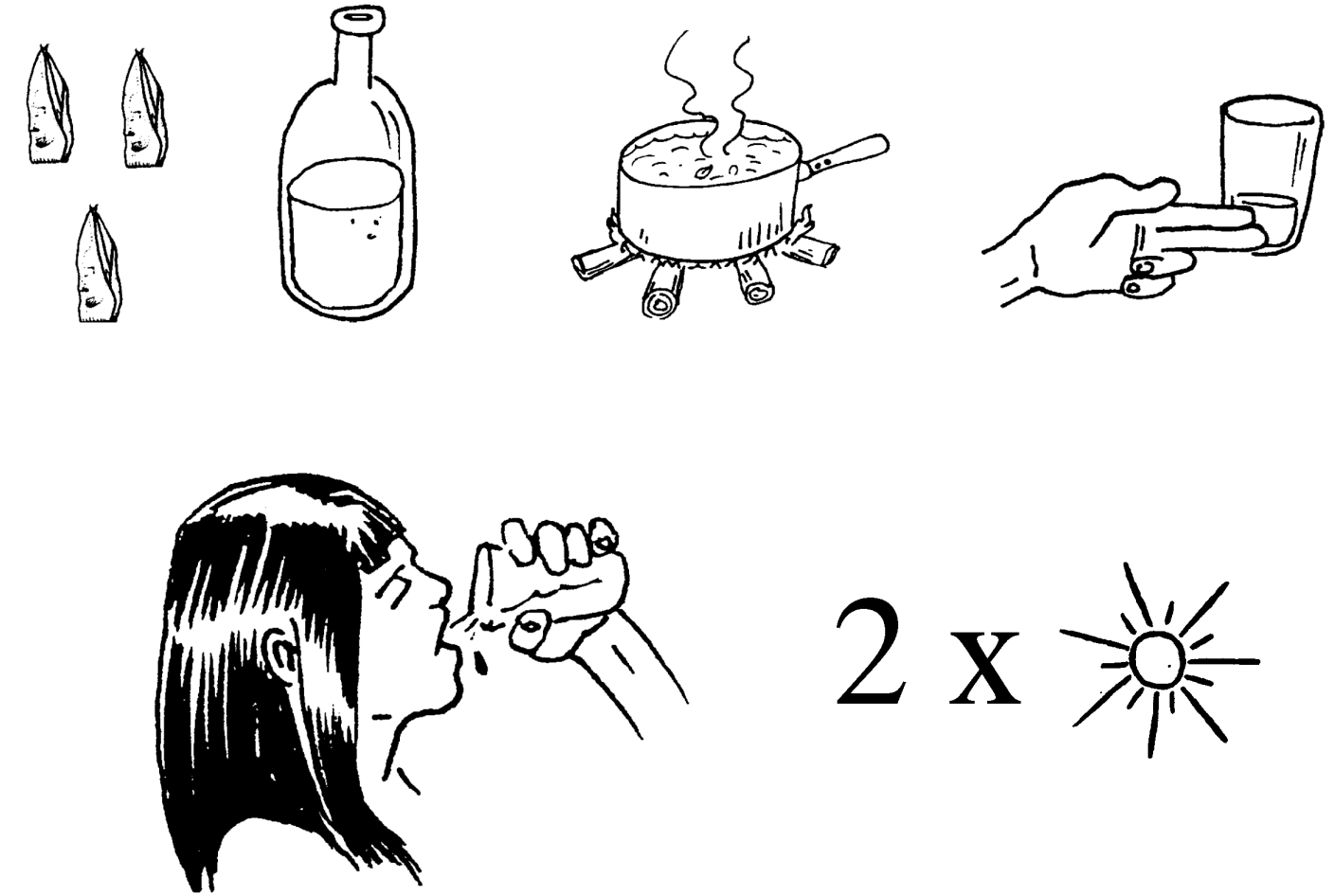


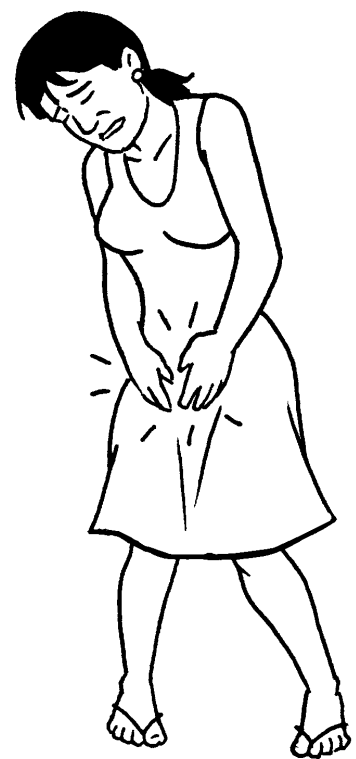


Bronchitis, Cough

4. Imbaúba-Branca (*Cecropia palmata* Willd.)

Boil 3 buds of imbauba-branca in half a liter of water for 10 minutes. Drink two fingers of the tea 2 times daily.



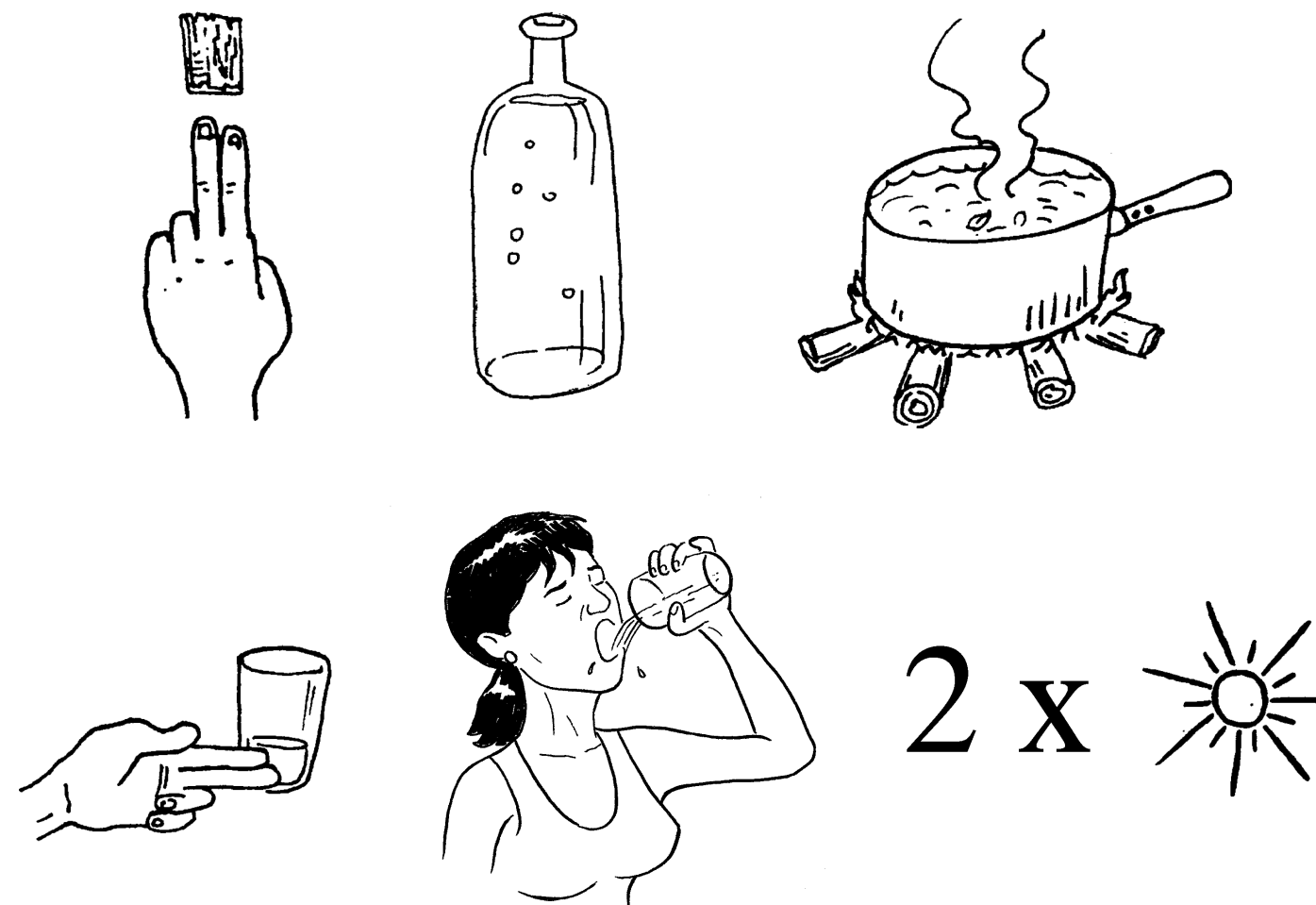


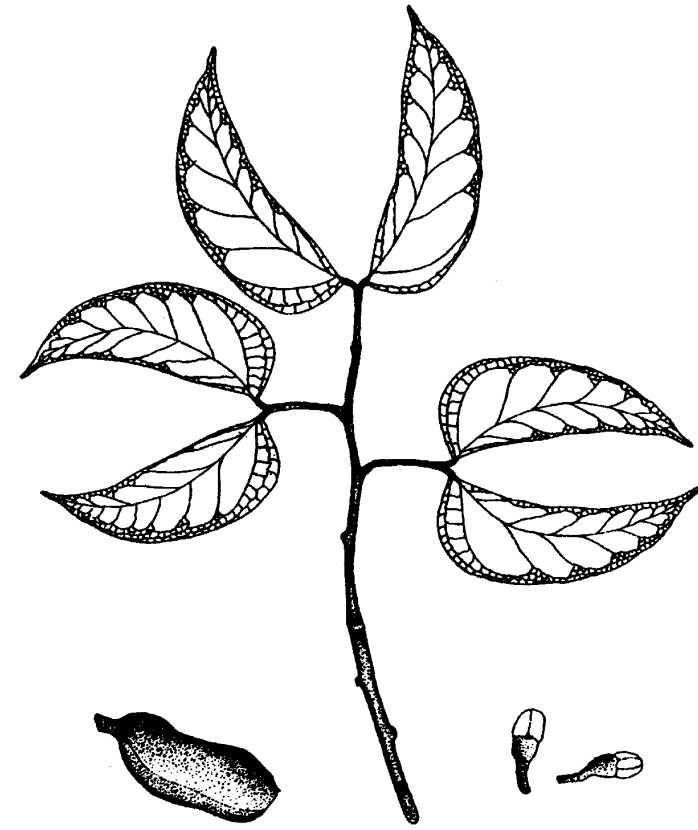
Inflammation, Gastritis,
Problems in the uterus or
ovaries, Itching

5. Ipê-Roxo, Pau d'Arco (*Tabebuia impetiginosa* (Mart. ex. DC.) Standl.))

Inflammation, gastritis, problems in the uterus e ovaries: Boil 2 fingers of bark (20 g) in 1 liter of water for 15 to 20 minutes. Drink 2 fingers, 2 times a day.

Itchiness: Place tea from the bark on the affected area.



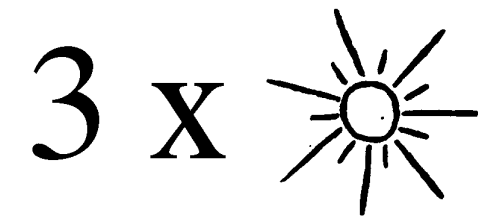
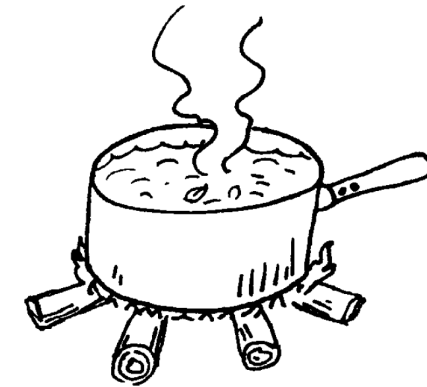


6. Jatobá (*Hymenaceae courbaril* L.)

Boil three fingers of bark (20 g) in 1 liter of water for 15minutes. Drink 1 cup, 3times per day. If you prefer, you can prepare a syrup with jatoba tea.



Flu, Tonic to fortify the body



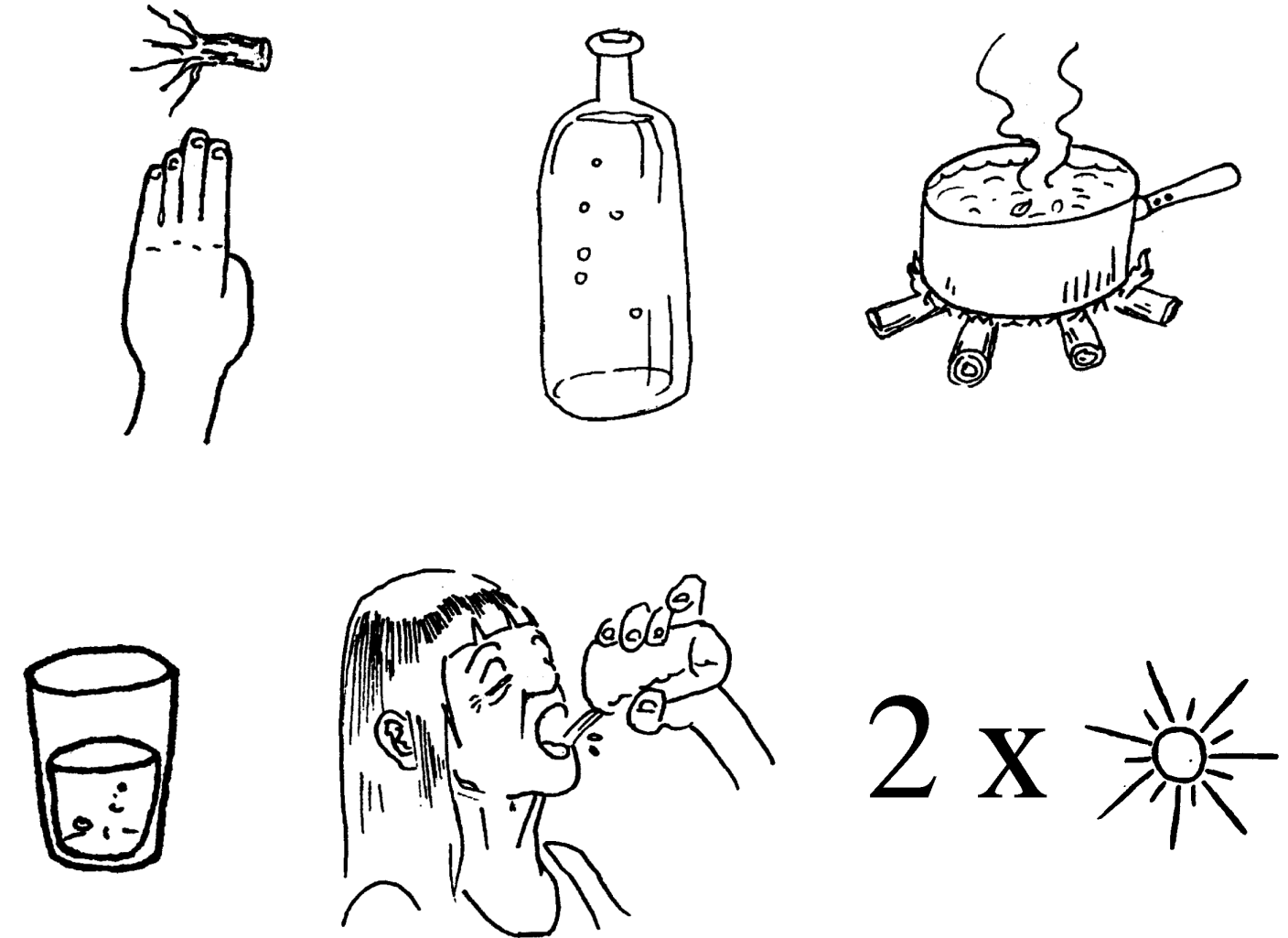


7. Jurubeba (*Solanum paniculatum* L.)

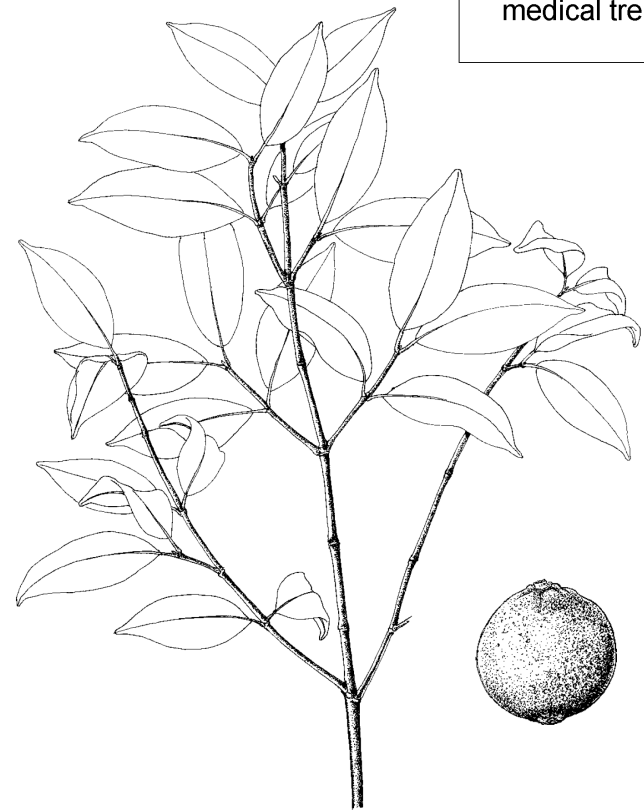
Cut into small pieces 4 fingers (20g) of root. Boil the root of jurubeba in 1 liter of water for 15 minutes. Drink a half cup of tea 2 times daily.



Heartburn and gas
Ailments of the liver



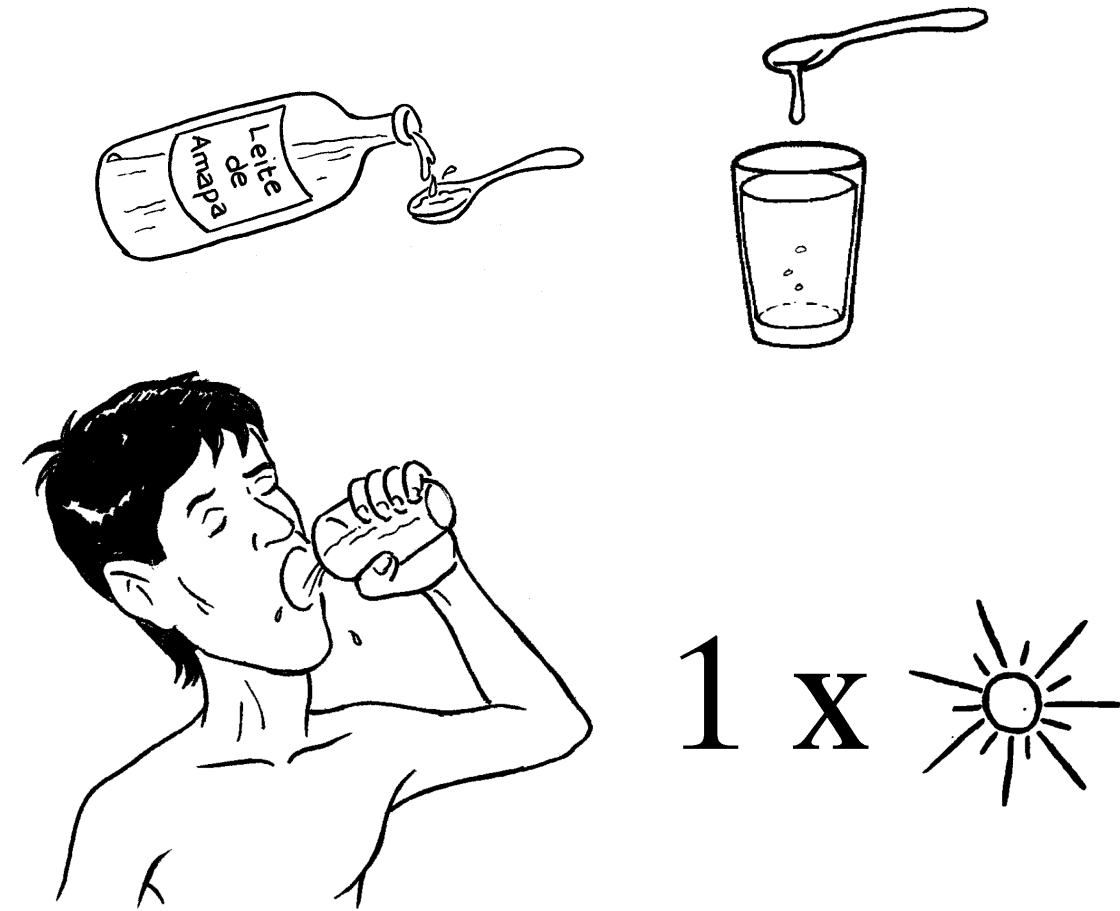
Note: serious diseases such as tuberculosis & pneumonia require medical treatment



Respiratory disease, Bronchitis, Asthma, Pneumonia, Tuberculosis, Gastritis, Ulcers, Inflammation of the uterus, Tonic to nourish and strengthen the body

8. Latex of bitter amapá (*Parahancornia fasciculata* (Poir.) Benoist)

Drink 1 teaspoon (5 ml) in 1 cup of water (250 ml) on an empty stomach once daily during 30 days. Some people drink small amounts of amapa over a period of 90 days to treat serious diseases such as tuberculosis.





Note: Careful-extremely toxic in high doses. Pregnant women, the elderly and children below the age of 3 years and people with liver or kidney problems should not take mastruz. The active compound is most concentrated in the flowers and fruits. The concentration also varies according to region, locale of collection and season.



Worms, Stomach ache

9. Mastruz (*Chenopodium ambrosioides* L.)

Extract the juice from 1 handful of leaves (20g). Mix the juice with a half cup of water. Take 2 fingers of tea twice a day during 3 days. Take the first time on an empty stomach.



Note: External use only. Do not ingest.
The plant possesses toxic substances.

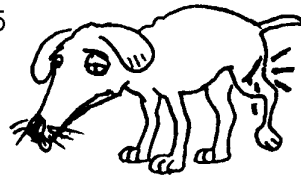


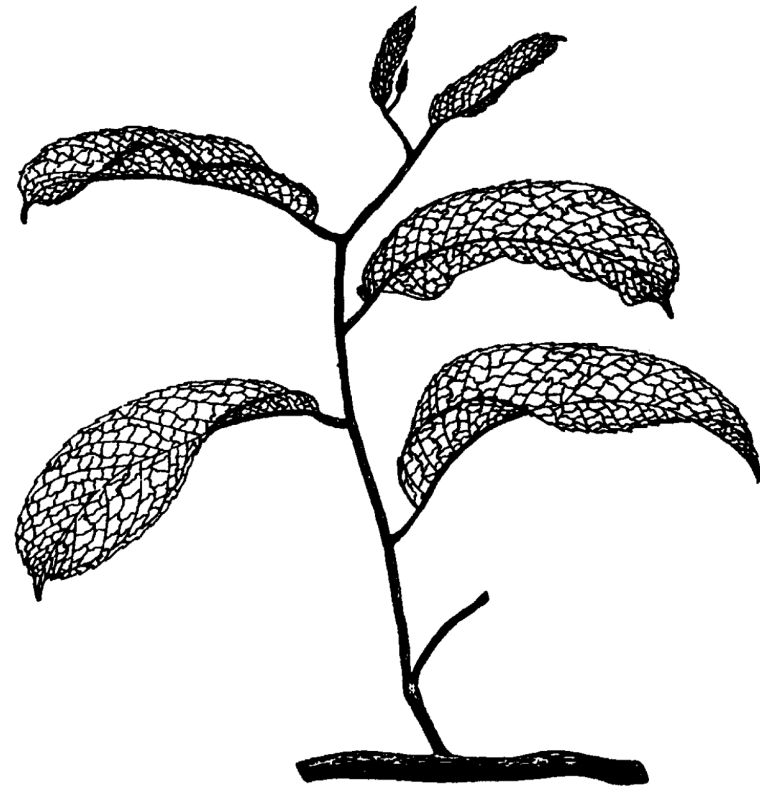
Lice, Cuts, Skin Ailments,
Veterinary care for animal
wounds and skin conditions

10. Melão de São Caetano (*Mormodica charantia*)

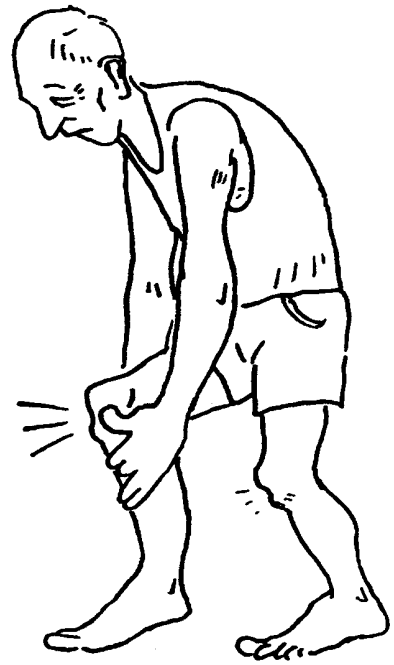
Lice: Crush 5 handfuls of leaves (100 g) and mix with 1 cup of water. Remove the liquid and apply on hair like shampoo. Secure a cloth on your head and leave this covering your hair for 5 minutes (careful, this plant can burn your skin if you leave it on for more than 5 minutes). Next, wash the liquid extract out thoroughly with water.

Cuts and skin ailments in people and animals: place the liquid leaf extract on the affected part. You can also mix the liquid with alcohol and apply.

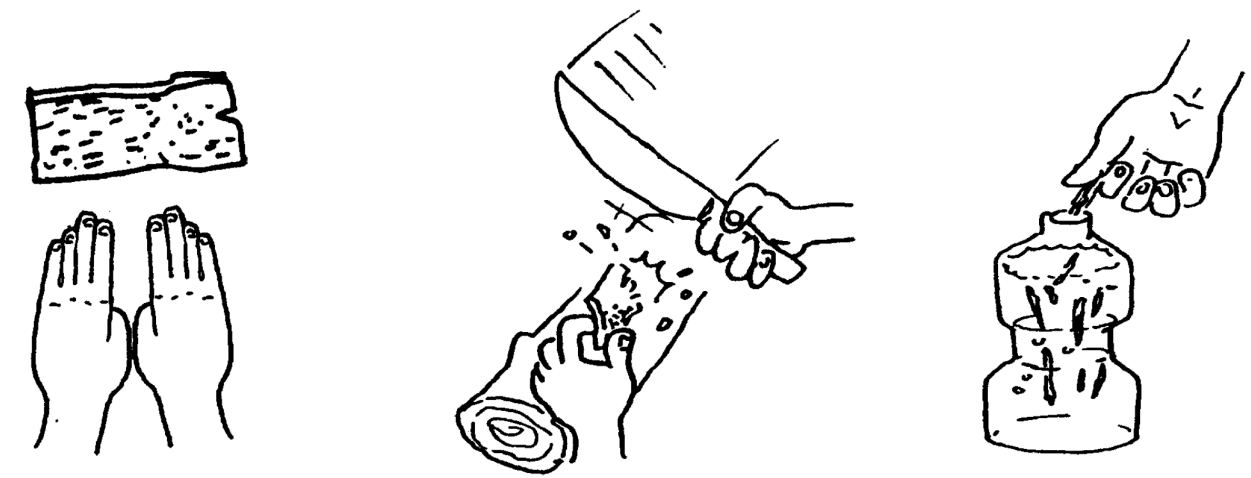




Note: Toxic in high doses
External use only.



Arthritis, Rheumatism

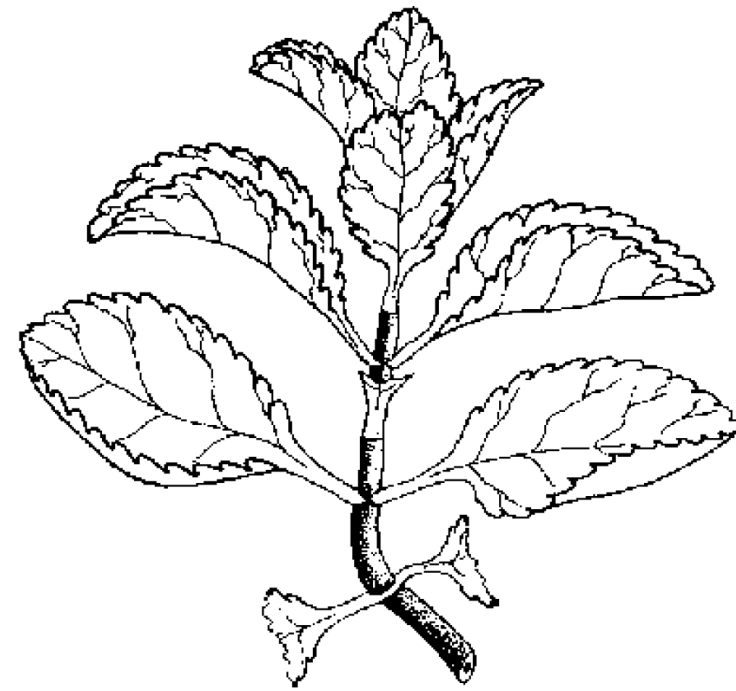


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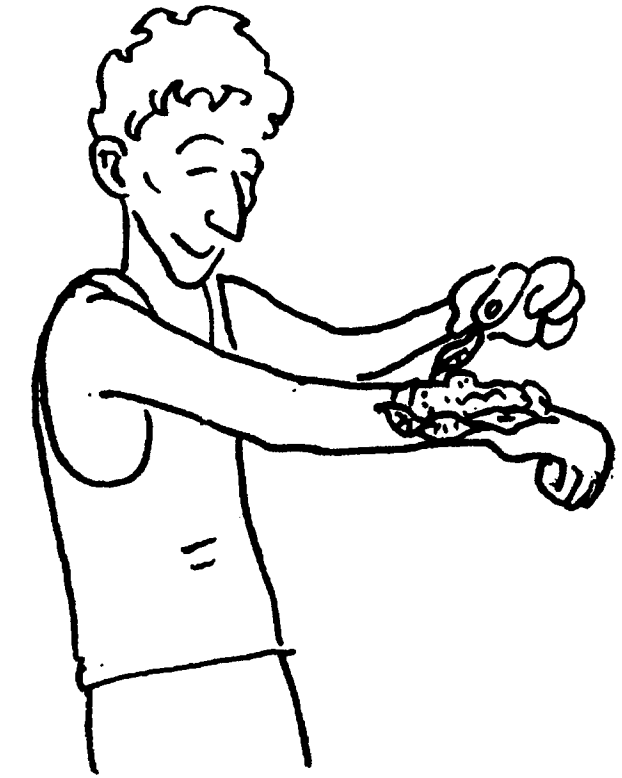
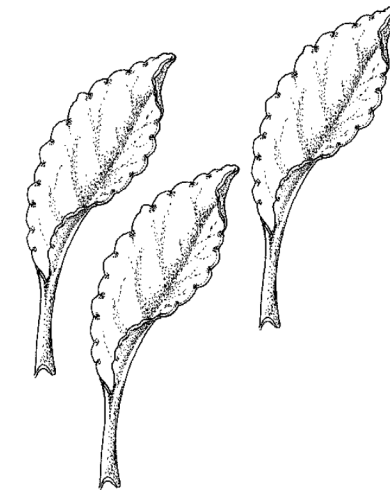
11. Mururé (*Brosimum acutifolium* Huber)

Tincture (**external use**): cut and mash 8 fingers of bark (100 g) and place the small pieces in 1 liter of alcohol. Let this sit in a dark, fresh place for 1 week. Rub the tincture on the affected part twice daily as needed. If desired, you can cover the affected area with a bandage or cloth.

Some hunters apply the red sap of murure on their backs, at times with hot pepper, to give luck on the hunt.



Burns, inflammations,
Skin and eye problems



12. Pirarucu ou Folha-da-fortuna (*Bryophyllum calycinum* Salisb.)

Burns and skin problems: Make a plaster of crushed leaves and apply on the affected area. Change the plaster morning, noon and night. The leaves of pirarucu contain anti-bacterial properties.



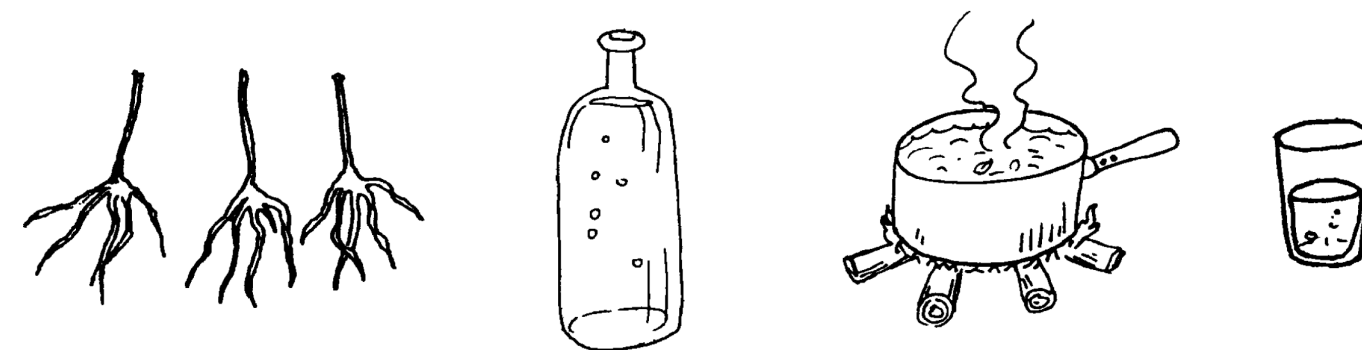
13. Quebra-pedra branca (*Phyllanthus niruri* L.)

White Break-stone

Boil 3 roots in 1 liter of water for 15 minutes. Take one half cup of tea 3 times each day.
The tea of quebra-pedra branca is an anti-inflammatory of the urinary tract.
An infusion of 1 handful of leaves and seeds increases the volume of urine and assists the passing of kidney stones.



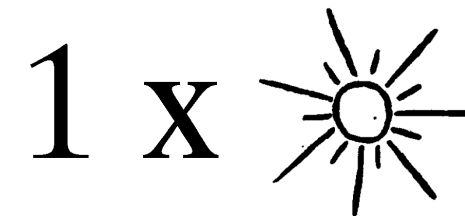
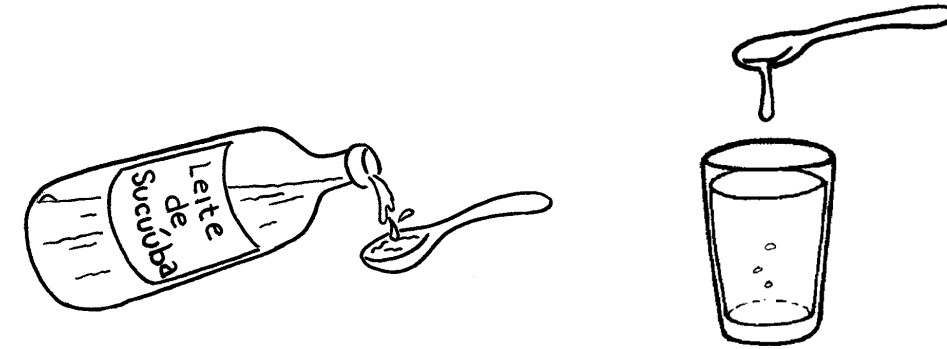
Diuretic, Urinary problems,
Kidney stones



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Worms, Gastritis



14. Sucúba (*Himatanthus sucuba* (Spruce ex Müll. Arg.) Woodson)

Take 1 teaspoon (5 ml) in 1 glass of water (250 ml) on an empty stomach once a day for 20 days.



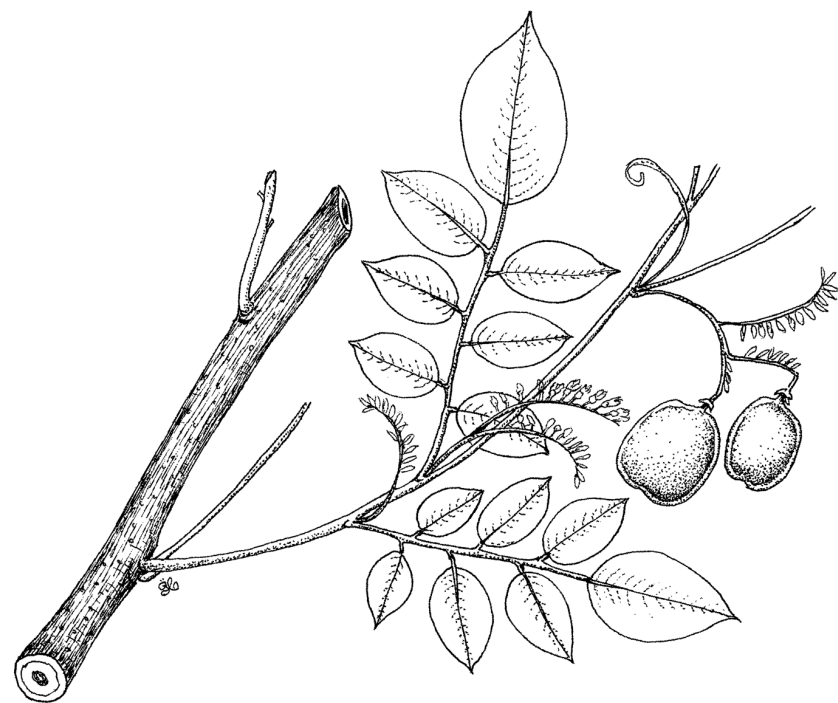
Skin problems, Itching,
Bronchitis, Fever

15. Vassourinha (*Scoparia dulcis* L.)

Skin problems: squeeze the juice from 3 handfuls of leaves (60g), mix with a little water or alcohol and place on the affected parts.

Bronchitis & fever: Boil 1 handful of leaves (20g) in 1 liter of water for 10 minutes. Take half a cup of tea 2 times per day.





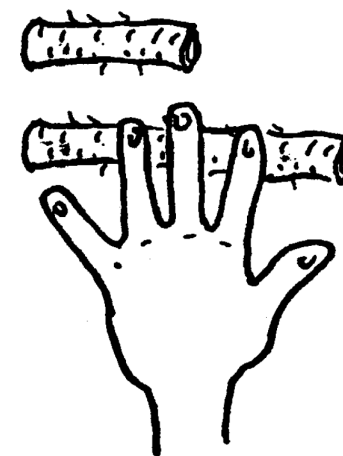
Vaginal discharge,
Inflammation of the
uterus Anemia, Wounds

**16. Verônica-da-terra firme (*Dalbergia subcymosa* Ducke) e
Verônica-da-várzea (*Dalbergia monetaria* L.f)**

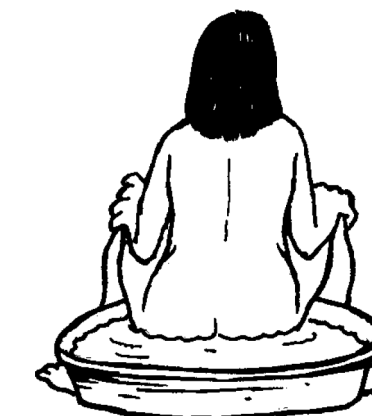
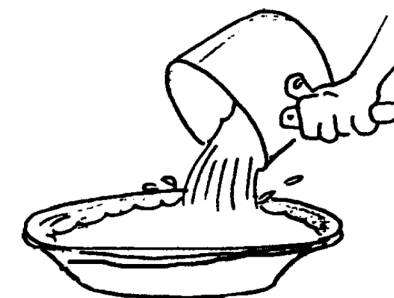
Wash: boil one handful and a half (100 a 150 g) of bark and inner bark in 2 to 4 liters of water for 15 to 20 minutes. Let it cool and place the infusion in a large bowl or basin. Sit in the basin for 5-10 minutes.

Tonic for anemia: mash ½a handful (30g) of bark and inner bark in 1 liter of water and leave it for 4 hours. Drink ½ a cup of the tea 3 times daily.

Home remedy for wounds and cuts: place 2 handfuls of inner bark in 1 liter of alcohol and leave it in a shady, ventilated place for 1 week. Use externally as needed.

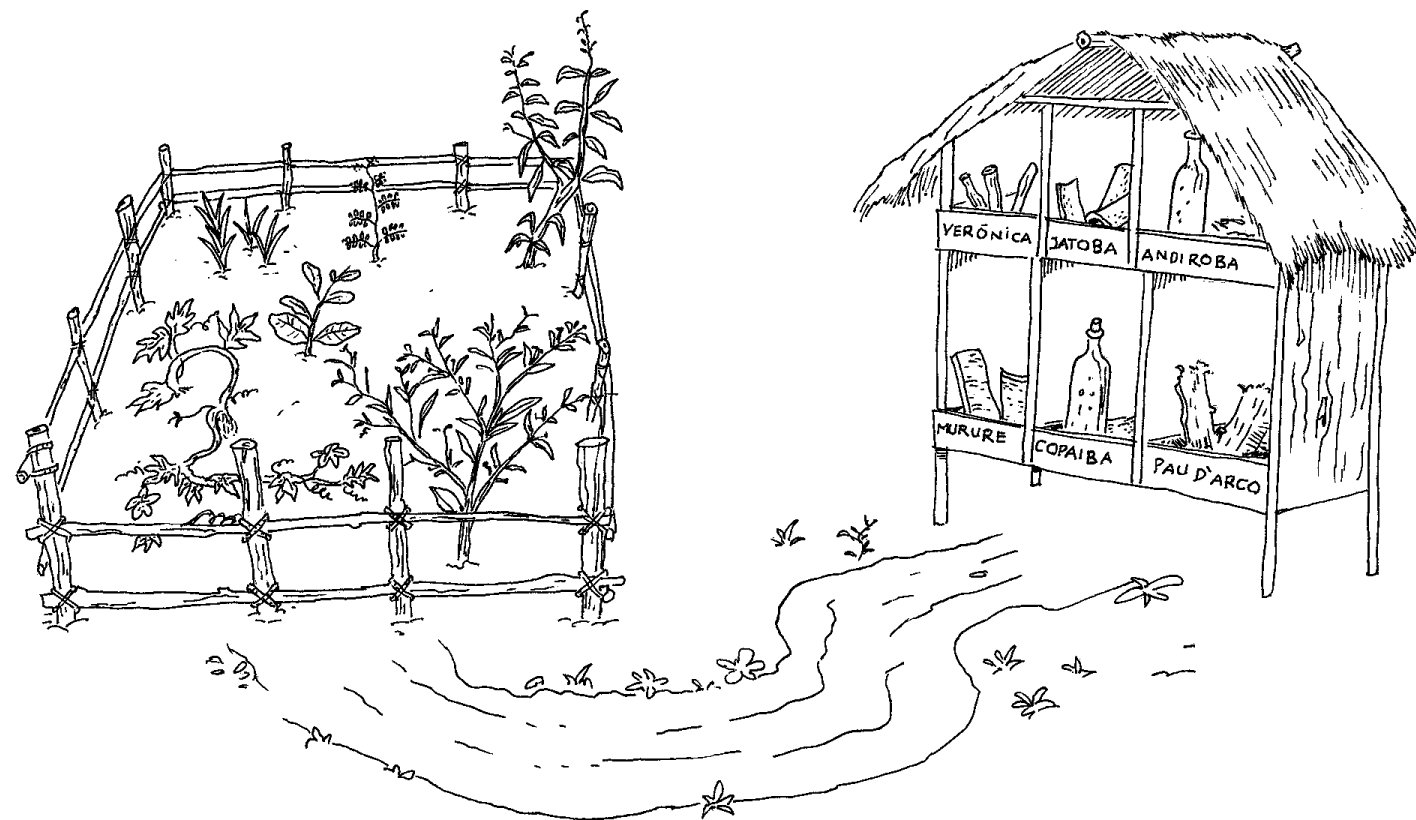


2 a 4 litros



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Home Market and Pharmacy



To maintain your family's health and prevent illness, it is helpful to have a garden near the house which offers greens, herbs and vegetables. The garden can also have nutritious fruit, nut and oil bearing trees. If a family member happens to fall ill with a common ailment, a nearby vegetable and medicinal plant garden is a good way to treat the illness quickly and at no cost. Such a garden can also become a gathering place for families and the community to share knowledge about uses, recipes and management of useful plants. The knowledge of how to use, collect and prepare plants is as valuable as the plants themselves. Let us celebrate and protect both.

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APPENDIX:
foods, herbs and oils for treating
common ailments

Anemia	verônica, açai, quinine
Asthma	algodoeiro, urucum
Bites	algodoeiro
Bleeding	andiroba, copaíba
Bruise, sprain	andiroba
Bronchitis	imbaúba-branca, vassourinha, urucum, algodoeiro, banana, jatobá
Burns	pirarucu, algodoeiro
Conjunctivitis	pirarucu, urucum
Cough	copaíba, imbaúba-branca, banana, caju, urucum
Diarrhea	imbaúba branca, mastruz, garlic, cajueiro, açai, jatobá
Diuretic	quebra-pedra branca, mastruz
Eczema	melão-de-são caetano, pirarucu, banana
Eye itchiness	pirarucu, urucum
Fever	vassourinha, garlic, quinine, copaíba
Flu	jatoba, garlic, lemon
Gastritis	ipê-roxo
Heart burn, gas	jurubeba, banana, urucum, jatobá
Hemorrhage	algodoeiro, açai, bananeira, cajueiro
High blood pressure	garlic
Inflammation	ipê-roxo, pirarucu, cajueiro
Inflammation, uterus	ipê-roxo, veronica
Itching	ipê-roxo, vassourinha, algodoeiro

Kidney stones	quebra-pedra
Liver problems	jurubeba, quinine
Malaria	quinine, garlic, açai, algodoeiro, vassourinha, banana, andiroba, melão-de-são caetano, quebra-pedra branca
Morning sickness	Brazil nut
Rheumatism, arthritis	andiroba, garlic, lemon, mumuré, copaíba
Skin disease, animals	melão-de-são caetano
Skin problems	melão-de-são caetano, pirarucu, vassourinha, algodoeiro, jatobá
Sore throat	copaíba, andiroba, caju, urucum
Stomach ache	imbaúba branca, mastruz, alho, urucum
Tonic to fortify body	jatobá, mururé, garlic, limão, bananeira, açai
Urinary problems	quebra-pedra branca
Vaginal discharge	verônica, cajueiro
Worms	garlic, mastruz, açai
Wounds	andiroba, algodoeiro, copaiba, acai

PEOPLE & PLANTS

