



OVERVIEW

PHYTOCHEMICALS FOR HEALTH AND WELLNESS

BY DR. ZENAIDA G. SADIWA



- Back-to-Back Seminar of Food Safety and Phytochemicals for Health and Wellness by NRCP and MSU-Iligan Institute of Technology





- Phytochemicals for Health and Wellness initiated by the former Chair, Prof. Lourdes Resubal
- 1990
 - Phytochemicals to fight the Big “C”
 - merging of western and alternative medicine in the Philippines
 - New age allure for “natural remedies”



- 1992 – publication of a brochure of 10 medicinal plants: akapulko, ampalaya, bawang, bayabas, lagundi, niyog-niyogan, pansit-pansitan, sambong, tsaang-gubat, yerba buena
- 1997 - TAMA (Traditional and Alternative Medicine Act) was passed



- Philippines diverse flora: 1,500 of 15,000 species
- Research and Development efforts to provide scientific basis of the claimed therapeutic uses of herbal medicines.
- NRCPP advocacy: importance of phytochemicals for health and wellness

Topics

- Changing Face of Herbal Plants by Prof. Lourdes E. Resubal
- “Medicine Cabinet” from Plants: New Concept for the Philippines by Dr. Antonio C. Laurena
- “Health Promoting Phytochemicals” by Dr. Evelyn B. Rodriguez
- “How to Make and Use Herbal Preparations” by Dr. Zenaida G. Sadiwa
- “Health and Wellness” Agriculture for UP Los Banos by Dr. Antonio C. Laurena



Objectives



- At the end of the seminar, the participants are expected to:
 - Gain knowledge and appreciation of the phytochemicals present in herbal medicine and functional foods
 - Apply the gained knowledge in the wiser choice of plant food and medicine.
 - Promote proper utilization and conservation of the plant resources