



Alegría

LOCALLY-GROWN,
NATURALLY!

FRESH

REGENERATIVE ORGANIC SALAD GREENS
HIGHLY NUTRITIOUS SAME-DAY HARVEST // CLEAN & NATURAL
PESTICIDE FREE // SPECIALLY SELECTED SUPERFOODS
GREAT TASTE DELIVERED TO YOUR DOOR!

Welcome to the Alegría Farmacy!

Longevity, health and well-being is just a delicious salad away!

SALAD GREENS

HEALTHY FACTS



Echinacea

Scientific name: Echinacea
Spanish name: Equinácea

- Echinacea contains flavonoids, oils, polysaccharides, phenols (cichoric, caffeic, and caftaric acids and echinacoside), and alkylamides.
- Phenols have many anti-inflammatory and anti-clotting qualities and it is phenols that are believed to make olive oil such a beneficial thing to consume
- Echinacea also contains polysaccharides which can improve mood via the production of feel good hormones as well as helping to improve cardiovascular health and crucially immunity.
- It also contains copper, iron, iodine, potassium, and vitamins A, C, and E.
- Due to this combination of ingredients Echinacea works as a natural antibiotic, which can suppress viruses' activity and promote immune stimulating effect through the activation of T-cells (immune system natural bacteria killers).

- Echinacea is an immune booster and it helps the body resist and fight the illnesses, making it stronger. People who take Echinacea tend to fall ill less often, experience milder symptoms, and recover sooner.
- The diseases, against which Echinacea is a strong helping hand, are respiratory problems, bronchitis, sore throat, enlarged prostate glands, urinary tract infections, vaginal yeast (candida) infections, ear infections (otitis), sinusitis, hay fever (allergic rhinitis).
- Topically it can help heal eczema, psoriasis, and slow-healing wounds. Echinacea is added to anti-hemorrhoids medications; it is also a mighty skin protector from the sun damage.