



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



Shiso Basil

Scientific name: Perilla frutescens
Spanish name: Shiso albahaca

- **Anti-inflammatory Agent: Shiso has an anti-allergic effect.** Some doctors treat atopic dermatitis and hay fever with the fluid extract of Shiso and report remarkable results. Shiso inhibits the inflammation caused by the allergic response. In an animal study, inflammation was reduced by 68% when the extract was administered. In the same study, steroids, popular prescription drugs, inhibited inflammation by 99%.
- **Respiratory Tract Inflammation:** A decoction of Shiso and ginger root was given to 552 patients with chronic bronchitis, another chronic inflammatory condition. After two months of treatment, there was good control in 11.2%, great improvement in 27.2%, slight improvement in 36.8%, and no change in 23%. The only side effect observed was dryness of mouth, which was rare and transient.
- Shiso has been long used to treat chronic inflammatory conditions like eczema, asthma, hay fever, and rheumatoid arthritis and contemporary scientific research validates this use. **Shiso is a safe and effective means of combating inflammation without the side effects associated with steroid use.**

