



33° salone internazionale del biologico e del naturale  
33<sup>rd</sup> international exhibition of organic and natural products

## LA VIA DELLE ERBE, SECOND EDITION

*At the centre of the initiative this year are the "Fire" plants:  
pepper, chilli pepper, guaranà, ginger, genus Boswellia, tea and cocoa*

*Bologna, 2 September 2021* - The extreme weather events we have witnessed in recent times and the pandemic are the result of a global policy based solely on profit and the exploitation of natural resources without taking into consideration the consequences and the negative impact that human activities have on the environment. Mankind has managed to disrupt all of the planet's delicate balances, making the Earth inhospitable even for our own species. Health, which is a systemic process that includes the wellbeing of nature and the animal world (One Health, 2004), is the first to feel these effects.

This dramatic scenario means that it is essential to revise the policies that have been implemented until now and to introduce programmes that aim to rebalance nature's systems through a holistic vision that considers air, water, soil and living creatures together.

This is the aim of the European Green Deal programme that aims, among other things, to ensure the health of future generations through "clean air and water, respect for the soil, the protection of biodiversity and healthy eating."

The plant world represents an infinite source of nutrients that can be alternatives to those of animal origin, as well as functional substances that can be used for the health and wellbeing of humans and animals. And there is still much more to be learnt about these substances.

**La Via delle erbe**, an initiative launched by SISTE (the Italian Society of Applied Sciences to Botanicals and health products) together with the association of herbalist technicians of the University of Turin (ALTEA), intends to introduce the history and socio-economic value of some plants and their possible applications, beyond those uses for which they are commonly recognized.

The plants selected for the 2021 edition are linked by the common theme of **FIRE**: these are species that express power and energy and are able to provoke intense sensations, as well as having a number of useful functions.

**La Via delle erbe 2021** will examine, therefore: **Pepper** (*Piper nigrum L.*), the king of spices, known for its culinary uses but also rich in bioactive components with numerous organic properties, used also in perfumes; **Chilli pepper** (*Capsicum annuum*), used since antiquity in medicines, aphrodisiacs, for magic and torture and as a spice for cooking; **Sichuan Peppers** (*Zanthoxylum Bungeanum*) employed for millennia in traditional Chinese medicine and cuisine; **Ginger** (*Zingiber officinale Roscoe*) a sacred plant linked to fire in pagan rituals, recognised since antiquity for its medicinal and aphrodisiac properties; **Genus Boswellia** (*Boswellia serrata Roxb. ex Colebr.*) the oily resin of which is used in religious rituals, but also in medicine, cosmetics and dietary supplements; **Guaranà** (*Paullinia cupana Kunth*), and **Tè Mate** (*Ilex paraguariensis A.St.-Hil.*), on which the future of entire populations depends, used as a drink but its organic properties make it interesting for potential uses in medicines, dietary supplements and cosmetics; **Tea**, one of the



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world's most consumed drinks, made from the leaves of *Camellia sinensis (L.) Kuntze*, is rich in active ingredients and is used also in dietary supplements and cosmetics, and finally "the food of the Gods", **chocolate** (*Theobroma cacao*) with its physiological effects and benefits for the mind and body that are yet to be fully discovered.

Also on the subjects of sustainability and health, SISTE will be involved in two meetings at SANA:

- With the Consorzio CCPB, on Thursday 9 September at 2.30pm at the conference "**Sustainability and organic cosmetics: commercial leverage or ethical business value?**". At the meeting **Federica Rossi** (CNR) will be speaking about climate change, **Giuseppe Maio** (CCPB) about tools for measuring and certifying sustainability and **Alessandra Pantella** (OWAY), **Francesco Marchetti** (CTM Altromercato) and **Linda Masello** (Salix) about convincing businesses to invest in sustainability.
- and with ASSOERBE, on Friday 10 September 2021 at 2.30 pm at the conference: "**The strange case of Aloe and anthracene preparations: when standards and science contradict each other**".  
The subject of the meeting is the ban on the use of Aloe spp. and the preparations based on hydroxyanthracenes, a substance contained in various plant species.  
The discussion will touch upon the traditional use of such preparations in herbal remedies, the legislative process that led to the current ban, how science contradicts the presumed dangers, and the difficulties in application and analysis.

Speakers will include **Giovanni Appendino** - PO at the University of Eastern Piedmont, **Valeria Dusolina Di Giorgi Gerevini** – Head of Office 4 at the General Department for Hygiene and Safety of Food and Nutrition (DGSAN), **Corrado Galli** – President of SITOX (the Italian Toxicology Society).

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