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Ibn el-bitar project

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According to the results of scientific research, the premature cellular aging triggered by the oxidative stress gives rise to many diseases like obesity, diabetes and other health complications. This oxidative stress caused by free radicals, chemical species, extremely unstable containing an electron not paired. This compound may react by attacking the more stable molecules cells of our body to match its electron, thus speeding up the cellular aging. GM foods, meat from animals fed artificially, artificial food additives (preservatives, flavors, dyes etc.,) excessive consumption of drugs and emotional stress is the main source of free radicals. To address this serious problem of free radicals, we tried to have a solution by the production of the nutraceutical products based on medicinal plants, rich in natural antioxidants that they have the ability to inhibit the free radicals by creating the covalent addition, thus inhibits the triggering oxidation chain reactions and stop their propagation. Ibn El-Bitar Project is for the valorization of medicinal plants..

Biography

Sakina Benabdelkader, Biologist and project leader of Ibn El-Bitar project. The scientific research for the preparation her thesis in the laboratory of phytochemistry of the University allowed her to understand the value of medicinal and aromatic plants. That is why she decided to enrich the university course by other training in the valorization of medicinal plants and the participation in the different national and international scientific activities. Then, she had the chance to complete the professional career by several national and international training in Entrepreneurship. This training allowed her to discover the path that lead to the success in entrepreneurship and consequently, the success of her project.

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