

NEWSLETTER

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Plant Focus : Horsetail

Horsetail, *Equisetum arvense*, is characterized by its two types of stems: the fertile stems (on the right) appear in spring and then later the sterile stems (below).

Traditional medicine has long used it in different cultures: the Romans, the ancient Greeks in particular to treat wounds by ingestion and as a poultice, the Indians to strengthen the bones, the Amerindians to treat teeth and as an analgesic.

Today, it is one of the most prescribed plants in phytotherapy because of its numerous properties of which we will detail some.



• Anti-oxidant properties

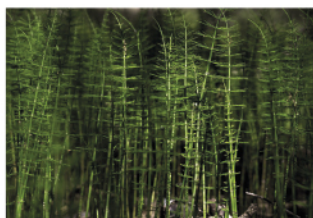
In 2010, Cetojevic-Simin et al. evaluated the antioxidant capacity of horsetail stems using three different methods. The results indicate that different types of extracts have significant free radical scavenging activity, demonstrating its antioxidant properties. Dos Santos et al, in 2005, reversed the cognitive impairment of aged rats following chronic administration of hydroalcoholic extracts of *E. arvense* related to the anti-oxidant properties.

• Anti-inflammatory properties

Various studies on several species of *Equisetum* have demonstrated its anti-inflammatory effects by accelerating healing and reducing pain. One of the mechanisms studied is the inhibition of the production of a pro-inflammatory molecule (cytosine) by an extract of this plant.

• Anti-rheumatic properties

The use of horsetail for the treatment of osteoporosis has been widely studied thanks to its silica content leading to the absorption and use of calcium allowing the formation of collagen. Several studies conducted on rats in the laboratory have demonstrated its beneficial effects, particularly on bone mineral density.



Many uses of horsetail exist on the market, notably in cosmetics in the formulation of anti-aging creams, moisturizing creams, as well as shampoos and conditioners to strengthen hair. Horsetail manure is also used as a natural fungicide in agriculture and organic gardening.

The bibliographical references and sources used to create this newsletter are available on request



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Country Focus : Thailand

Considered the most popular destination in the world, with its crystal clear waters and temperatures around 30°C, Thailand is a dream for European tourists.

The country's surface area is a little bit smaller than France.

The distribution between residents is very uneven, with a big concentration around the big cities like Bangkok, where more than 18 million people live.



Thailand has established itself both in the tourism and also in the agriculture sectors. With more than 6 million farms, with a surface of 3 hectares, the sector contributes to 8.7% of the national GDP and employs a third of the population.

The aquaculture sector is very important for the country with the species of Tilapia and shrimp. However, it faces problems like water quality or sanitary problems to prevent the development of the sector.

The pig sector, with 19.2 million head, is largely dominated by big integrators, like Betagro or Thai Food Group, which produce 56% of the livestock, compared to 43% for the family farms.

As for the cow industry, it is underdeveloped due to the poor performance of the farms and the lack of genetic renewal of the livestock.

Broiler chicken, the leading meat consumed in the country, is spread over farms ranging from less than 10,000 chickens to more than one million producing 2.1 million tonnes of meat annually. Production is mainly generated by integrators, with 5% of the largest farms producing 50% of the meat at the national level. The meat sector as a whole exports 75% of its production to Europe, China and Japan.

For the egg industry, it generates 13.4 billion eggs each year, 98% go to the Asian market, particularly the Hong Kong one. The industry is going to change, with new animal welfare standards which are expected to increase the credibility of Thai livestock farming. This situation enables various players (75% of them are independent) to do some work in order to improve their buildings.



Welcome Darya !

We are happy to welcome Darya PETRUSHA, our new Quality Assistant, to our team! Our objective is to bring you even more quality with the implementation of a new certification (FCA).

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