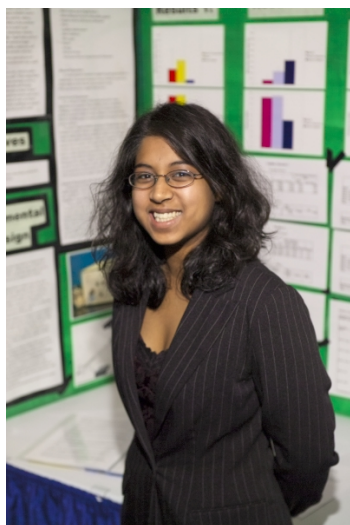


## CWSF 2005 - Vancouver, British Columbia



### Sheila Parai

#### Goodbye Mr. Sniffles

**Division:** Health Sciences

**Category:** Senior

**Region:** Eastern Newfoundland

**City:** St. John's, NL

**School:** Holy Heart of Mary

**Abstract:** Nigella sativa seeds are a known herbal remedy for a diverse range of illnesses. While the mechanisms of its effects are largely unknown to scientists, Nigella seed is known to have a potent effect in treating upper respiratory diseases. This project deals with the mucolytic effect of Nigella sativa seeds.

Awards	Value
The University of Western Ontario Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Western Ontario	\$1 000
Bronze Medal - Health Sciences - Senior Sponsor: Canadian Institutes of Health Research	\$300
Total	\$1 300