

## CWSF 2014 - Windsor, Ontario



### Krishshain Nathan

#### Asafoetida: The Miracle Herb

**Challenge:** Health

**Category:** Intermediate

**Region:** Annapolis Valley

**City:** Falmouth, NS

**School:** King's-Edgehill School

**Abstract:** My project is about the herb Asafoetida. I tested asafoetida with intestinal bacteria and enzymes. It turn out that asafoetida has a moderate antimicrobial effect and greatly increase the effect of both Alpha and Beta-Galactosidase. This results in the elimination of IBS and Lactose intolerance. These two illnesses affect many people across the world and I'm proud to have found an effective cure for both.

#### Biography

My name is Krishshain Nathan. I am a grade nine honors student. I go to King's Edge-hill School in Windsor, NS. I like to ski, play soccer and rugby. I volunteer at a nursing home every Monday and at a hospital on Saturdays. My hobbies are painting, experimenting and playing video games. My main interest in school is the science of the human body. I am planning to become a surgeon. Last year (2013) I got gold at regionals and I qualified to go to nationals and got bronze. This year I got gold at regionals and best health project and multiple other awards. My inspiration for my project "Asafoetida: The Miracle Herb" came when I found the scientific community has no idea what this powerful digestive herb can do. I have found that this herb can cure many digestive illnesses, that affect people across the world. Further investigations include testing this herb against more dangerous illnesses. The best advice I could give to someone doing a project is never give up, hard work and persistence always pays off.

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