











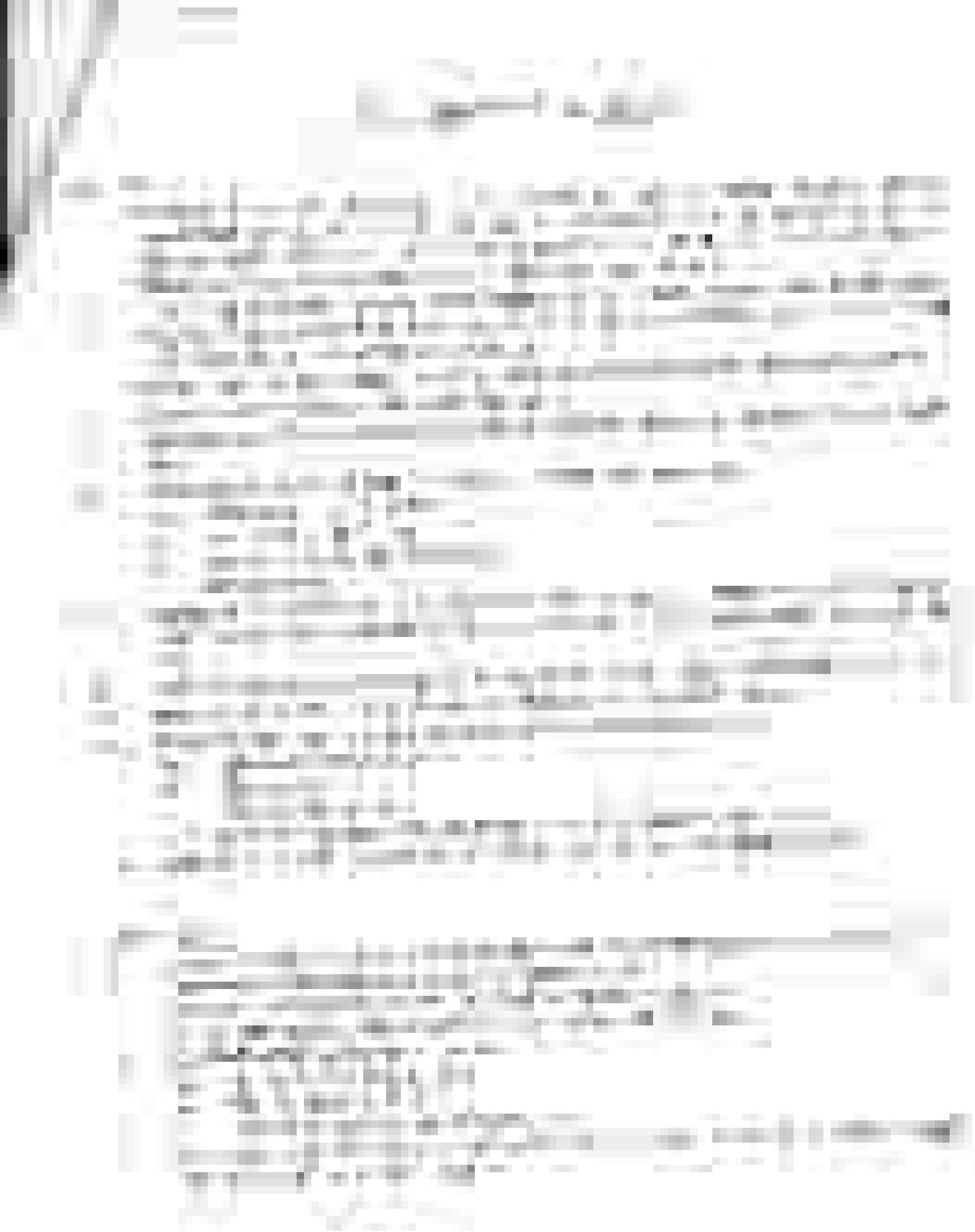
the same time, the number of people who have been infected with the virus has increased rapidly. This has led to a significant increase in the number of deaths from COVID-19.

The government has taken several measures to combat the spread of the virus. These include the implementation of strict lockdowns, the closure of non-essential businesses, and the promotion of social distancing. However, despite these efforts, the situation remains dire.

In conclusion, the COVID-19 pandemic is a major threat to public health. It has caused a significant increase in the number of deaths and has disrupted the lives of millions of people around the world. The situation remains dire, and it is essential that we continue to work together to combat this global crisis.

[REDACTED]





## 1. *Perilla*

Perilla is a genus of plants in the mint family, Lamiaceae. It includes the species *P. frutescens*, commonly known as shiso or red perilla, which is widely used in Japanese cooking.

*P. frutescens* is a tall, upright annual herb with opposite, ovate leaves. The leaves are deeply lobed and can be either green or purple, depending on the variety. The flowers are small, two-lipped, and typically light purple or white.

The leaves of *P. frutescens* are often used in Japanese cuisine, particularly in soups like miso soup and in salads. They have a slightly peppery flavor and a cooling effect on the palate.

In addition to its culinary uses, *P. frutescens* has been used in traditional medicine for centuries. It is believed to have anti-inflammatory, antioxidant, and analgesic properties. Some studies have shown that it may help reduce blood pressure and cholesterol levels.

Perilla is also known for its ability to improve cognitive function. It contains compounds called terpenoids, which have been shown to enhance memory and cognitive performance.

Overall, *P. frutescens* is a versatile and healthy plant that has many potential benefits for both food and medicine.

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