

Title: Comparison Between Natural and Mainstream Medicine on a Molecular Level

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Grade: 8

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DATE	ACTION	RESOURCES USED	OTHER NOTES
September 29th, 2023	<ul style="list-style-type: none"> ● Project topic decided <ul style="list-style-type: none"> ○ Comparing natural and conventional medicine on a molecular level ● Slideshow template downloaded (from Slidesgo) ● Information provided about phenylephrine (from my mom) <ul style="list-style-type: none"> ○ A drug recently found to be ineffective when taken by mouth (still effective when taken through nose, such as vapours) 	<ul style="list-style-type: none"> ● SlidesGo 	<ul style="list-style-type: none"> ● Phenylephrine is the basis for my project as it is a type of synthetic drug that was only found to be effective in certain ways ● Phenylephrine idea was presented from my mom, Ramani Pathak
October 8th, 2023	<ul style="list-style-type: none"> ● Research done on the “general idea” of the project <ul style="list-style-type: none"> ○ 8% hospital admissions due to side effects from conventional 	<ul style="list-style-type: none"> ● https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5297475/ 	

	<p>medicine</p> <ul style="list-style-type: none"> ○ Around 100,00 die ○ More than 3x number of people that die to drunk drivers ○ Deaths/hospitalizations due to side effects from herbal medicine is rare ○ Herbs used in the medicine can be toxic/"contaminated" so this is not completely non-existent ○ There could be chemicals or other things that could have come into contact with the plant posing a risk to people who are using the plant as medicine ○ People normally use herbal/natural medicines because they have a generally lower death/hospitalisation rate ○ Medicinal plants have antioxidant properties ○ Many types of conventional and synthetic are based off of herbal 	<ul style="list-style-type: none"> ● https://www.genexa.com/blog/how-do-cough-drops-work ● https://www.imperial.ac.uk/news/166651/scientists-find-variant-streptococcal-bacteria-causing/ ● https://www.researchgate.net/figure/Scanning-Electron-Microscopy-revealing-the-morphological-changes-of-MRSA-cells-after-the_fig1_344335903 ● https://www.mdpi.com/2079-6382/8/4/251 ● https://www.compoundchem.com/2015/04/02/throat-lozenges/ 	
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or natural medicines that were present before (eg: aspirin)

- Main Questions about this topic
 - Are people willing to give up the number of things that can be treated using natural medicine in exchange for effectiveness and safety
 - There are many different types of natural medicines but there might be more conventional medicines as many synthetic medicines are tailored for specific infections/viruses
 - Even though there may be less types of natural medicines, they are generally considered safer and more effective and most people prefer to take natural medicines due to this
 - Normally synthetic medicines are based off of previous natural medicine, however, the success

	<p>rates of both the medicines differ vastly. Is there any specific reason?</p> <ul style="list-style-type: none"> ○ This would mean that the molecular structures would be slightly similar so why does the body react differently to both medicines (eg: honey and cough lozenges) 		
<p>October 28th, 2023</p>	<ul style="list-style-type: none"> ● Some research added into slideshow ● Title slides, table of contents, background information, introduction and pictures added into honey vs. cough drop slide ● Introduction: Recently, a medicinal drug called Phenylephrine was found to be ineffective. In addition, From this I got the idea of comparing natural and synthetic medicines and looking at which are more effective as remedies for illnesses such as Influenza (flu). ● Background information: Natural 	<ul style="list-style-type: none"> ● Links used in previous log ● https://www.simplyrecipes.com/is-it-safe-to-eat-crystallized-honey-7508590 ● https://www.amazon.ca/Ricicola-Cough-Drops-Honey-Echinacea/dp/B085XM1C92 	

	<p>medicines are medicines created using natural ingredients, such as herbal medicines or honey, for example.</p> <p>Conventional medicines, are medicines made using artificial/man-made ingredients, such as over-the-counter medicines like cough drops. Currently, there is not much research on comparing if natural and conventional medicines are more effective. In this project, I will be looking at both types of medicines on a molecular level, meaning I am comparing the chemical composition of both, for example.</p>		
<p>November 1st, 2023</p>	<ul style="list-style-type: none"> ● Slideshow edited and more background information added <ul style="list-style-type: none"> ○ 8% hospitalisations due to side effects and around 100,00 die due to this ○ Hospitalizations due to herbal medicine is rare but there are still risks to herbal medicine 	<ul style="list-style-type: none"> ● Links used in the October 8th log ● https://www.cerave.com/skincare/acne/acne-control-gel ● https://parade.com/1398229/kelli-acciardo/aloe-ve-ra-benefits/ 	

	<p>such as contamination</p> <ul style="list-style-type: none"> ○ Many plants have medicinal properties and 10% of plants can be used in medicine, which might not seem like a lot but it is ○ Synthetic medicines can be based off of plants and aspirin is an example of a medicine that is based off of an ancient remedy <ul style="list-style-type: none"> ● Aloe vera and acne gel picture slide added 		
<p>November 3rd, 2023</p>	<ul style="list-style-type: none"> ● Research about cough drops (throat lozenges) conducted and added <ul style="list-style-type: none"> ○ Throat lozenges (cough drops) are composed of either amylmetacresol, dichlorobenzyl alcohol or both in some cases ○ Both compounds are shown to have an effect on bacterial infections ○ Hexylresorcinol, another 	<ul style="list-style-type: none"> ● https://www.compoundchem.com/2015/04/02/throat-lozenges/ 	

	<p>compound, has a mild anaesthetic effect</p> <ul style="list-style-type: none"> ○ After the lozenges are taken, sodium channels are blocked due to the anaesthetic effect, meaning that pain signals are not sent to the brain, causing reduced cough or even decreased throat pain ● Image relating to this topic also added from same website 		
November 4th, 2023	<ul style="list-style-type: none"> ● More images added which show the chemical compositions of the compounds in cough drops 	<ul style="list-style-type: none"> ● https://www.compoundchem.com/2015/04/02/throat-lozenges/ 	
November 12th, 2023	<ul style="list-style-type: none"> ● Slideshow edited ● Research conducted about aloe vera <ul style="list-style-type: none"> ○ According to multiple studies conducted, the major molecular components of Aloe Vera (aleosin, aloin and emodin) have been shown to have properties that protect the skin 	<ul style="list-style-type: none"> ● https://cen.acs.org/pharmaceuticals/Periodic-Graphs-chemistry-acne-treatment/100/i28 ● https://www.healthline.com/health/beauty-skin-care/aloe-vera-for-face#what-to-look-for 	

	<ul style="list-style-type: none"> ○ In addition, acemannan, aloe-emodin and aloin have been shown to also protect human skin by preventing inflammation ● Pictures of chemical composition of aloe vera added 	<ul style="list-style-type: none"> ● https://encyclopedia.pub/entry/25567 	
November 13, 2023	<ul style="list-style-type: none"> ● Research conducted on acne gel and added to slideshow <ul style="list-style-type: none"> ○ Acne is caused when dead skin or a substance called sebum blocks follicles ○ Benzoyl peroxide, tretinoin, tetracycline, azelaic acid and many more can be used in acne treatments like acne gel ○ Benzoyl peroxide kills bacteria on skin (formed by the blockage) by oxidising the bacteria ○ Tretinoin lessens acne by reducing the blockage of follicles by increasing the removal (shedding) of dead skin cells 	<ul style="list-style-type: none"> ● Previously used links for research ● https://cen.acs.org/pharmaceuticals/Periodic-Graphs-chemistry-acne-treatment/100/i28 ● https://www.sciencedirect.com/science/article/abs/pii/B978012819828500005X?via%3Dihub ● https://www.healthline.com/health/aloe-vera-for-acne 	<ul style="list-style-type: none"> ● Comparisons and benefits of studying this topic written by myself and not based off of online sources

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| | <ul style="list-style-type: none">○ Tetracycline is taken orally for severe acne and erythromycin and clindamycin are used topically for mild acne○ Tetracycline increases sensitivity to sunlight which leads to decrease of acne○ Azelaic acid is an exfoliant used to treat mild acne○ Co-cyprindiol reduces sebum production and is used for severe acne● Comparison between aloe vera and acne gel<ul style="list-style-type: none">○ Many research studies conclude and support the idea that aloe vera is one of the most effective acne treatments as it is an effective bacterial killer. Aloe vera poses little to no risk in terms of side effects and there is high chance of success in aloe vera acne treatments. | | |
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| | <ul style="list-style-type: none">○ Acne gel have also been shown to be effective even though in some cases they may be less effective than aloe vera. A main concern with acne gel is the side effects that are imposed as there are many chemical compositions that can cause redness (itchiness) of skin.● Comparison between honey and cough drops<ul style="list-style-type: none">○ According to one study conducted, taking one spoonful of honey every night was more effective than cough drops. Honey also does not present major side effects (1+ years old)○ Most cough drops have been shown to be ineffective in combating cough. Additionally, the risk of severe side effects are also present. Overall, honey is more effective than cough drops. | | |
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| | <ul style="list-style-type: none">● Benefits of study this topic<ul style="list-style-type: none">○ Science: By studying this, it could help combat future diseases that can arise that are similar to acne. It could also pave the way for a new field of science.○ Technology: By studying and publishing studies, patients would have access to information about treatments and decide how they want to treat their acne.○ Society: Many kids and even adults suffer from acne and by studying treatment types, they can find effective ways that work for their skin type. This could also reduce insecurities that many people have.○ Environment: Studies about natural medicines can help increase the prevention in | | |
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	<p>diseases found in humans and animals. It could also encourage humans to reduce pollution to protect medicinal plants.</p> <ul style="list-style-type: none"> ● Summary slide for all comparisons added 		
<p>November 14th, 2023</p>	<ul style="list-style-type: none"> ● Research conducted on chemical composition of honey <ul style="list-style-type: none"> ○ In most types of honey, the production of an enzyme called hydrogen peroxide promotes honey's antimicrobial properties ○ Hydrogen peroxide is a mild antiseptic that can be taken orally to reduce mucus or the irritation in the mouth that many people experience during cough/colds ○ The high sugar content and the low PH of honey also contributes to the prevention of the growth of microbial bacteria ○ Honey also has amounts of 	<ul style="list-style-type: none"> ● https://www.walmart.ca/en/ip/halls-cherry-flavour-cough-drops-4-packs-of-9-pieces-36-total-pieces/6000084143768 (for Halls cough drops image) ● https://www.sciencedirect.com/science/article/abs/pii/S2221169111600166?via%3Dihub ● https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4264806/ ● https://www.fortunejournals.com/articles/chemical-composition-and-uses-of-honey-a-review.pdf 	

	<p>Vitamin C, which is beneficial when fighting colds or even cough</p> <ul style="list-style-type: none"> ● Few other slides also changed a little bit (grammar, point form and the like) ● More information added to benefits slide <ul style="list-style-type: none"> ○ By studying the chemical compositions of natural remedies on a molecular level, we would be able to understand if and how some natural remedies work better than conventional medicine and possibly create new medicines. ● Cough drop image changed from Ricola cough drops to Halls cough drops to show a cough drop packet without “made with natural ingredients” on the front of the packet 		
<p>November 15th, 2023</p>	<ul style="list-style-type: none"> ● Slideshow edited by Dr. Iaci Soares for feedback to be shorter for the purpose of presenting in school (to decide which 	<ul style="list-style-type: none"> ● No new sources used 	<ul style="list-style-type: none"> ● After presentations in school, I was selected to participate in CYSF

	<p>projects are going to CYSF)</p> <ul style="list-style-type: none">○ Few edits made by me to shorten slides for the same purpose● Benefits slide edited and made into two slides<ul style="list-style-type: none">○ Science, technology, society and environment slide stays the same○ Why on a molecular level: By studying the chemical compositions of natural remedies on a molecular level, we would be able to understand if and how some natural remedies work better than conventional medicine and possibly create new medicines.○ Image added about chemical binding and not binding● Methods slide added<ul style="list-style-type: none">○ Search scientific Literature○ Scientific papers○ University, Medical, and		
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	<p>Government websites</p> <ul style="list-style-type: none"> ○ Study The effects of Honey vc cough drops and its molecular effects in the body ○ Study The effects of aloe vera vs acne gel and its molecular effects in the body ○ Critically analyse the different products and summarise pros and cons 		
January 18th, 2024	<ul style="list-style-type: none"> ● Meeting with mentor, Dr. Sara Bourke, and edits made to presentation (majorly better wording, grammar, etc.) 	<ul style="list-style-type: none"> ● No new sources used 	
January 19th, 2024	<ul style="list-style-type: none"> ● Formatting of slides adjusted and methods slide hidden from presenter view 	<ul style="list-style-type: none"> ● No new sources used 	
February 2nd, 2024	<ul style="list-style-type: none"> ● Looking at previous links for deeper understanding of the topic ● Slideshow edited 	<ul style="list-style-type: none"> ● Previously used sources ● No new sources used 	

February 8th, 2024

- Slideshow further edited based on Dr. Sara Bourke's feedback
 - Image citations added
 - New slides added for comparisons in specific areas for each (honey vs cough drops and aloe vera vs acne gel)
- Slideshow shortened (to be less text-heavy) and new document, named "Speech" created to put all present information on slides before shortening (so information doesn't get deleted)

- Google Docs
- No new sources (below are the previously used sources for citations)
- <https://www.simplyrecipes.com/is-it-safe-to-eat-crystallized-honey-7508590>
- <https://www.walmart.ca/en/ip/halls-cherry-flavour-cough-drops-4-packs-of-9-pieces-36-total-pieces/6000084143768>
- <https://www.compoundchem.com/2015/04/02/throat-lozenges/>
- <https://parade.com/1398229/kelli-acciardo/aloe-vera-benefits/>
- <https://www.cerave.com/skincare/acne/acne-control-gel>
- <https://www.webmd.com/drugs/2/drug-76035/hyd>

		rogen-peroxide/details	
February 9th, 2024	<ul style="list-style-type: none"> ● Information added to aloe vera vs acne gel comparison slides ● Meeting with Dr. Sara Bourke <ul style="list-style-type: none"> ○ Information added to slideshow in comment section 	<ul style="list-style-type: none"> ● No new sources used 	
February 14th, 2024	<ul style="list-style-type: none"> ● Slideshow edited based on mentor's feedback ● New slide added for ingredients of acne gel listed on Cerave website (below is some information although not all is included on the slide) <ul style="list-style-type: none"> ○ Ceramides <ul style="list-style-type: none"> ■ Responsible for keeping skin moisturised and preventing germs from entering your skin ■ Synthetic ceramides (pseudo ceramides) are used more often than natural ceramides ○ Niacinamide 	<ul style="list-style-type: none"> ● https://www.cerave.com/skincare/acne/acne-control-gel#key-ingredients ● https://www.webmd.com/beauty/what-to-know-about-ceramides-for-skin ● https://www.webmd.com/ingredients/ai/ingredientmono-1534/niacinamide 	

	<ul style="list-style-type: none"> ■ Helps maintain healthy cells in the body ■ Type of Vitamin B3 ■ Found in common foods such as green vegetables, fish or milk ○ Lactic Acid ○ Salicylic Acid ○ Glycolic Acid 		
<p>February 15th, 2024</p>	<ul style="list-style-type: none"> ● Cerave slide completed (information/research below) <ul style="list-style-type: none"> ○ Lactic Acid <ul style="list-style-type: none"> ■ Is essentially produced by your body when the cells break down carbohydrates and they make energy that the body can use ■ Is commonly used in over-the-counter exfoliants and face washes 	<ul style="list-style-type: none"> ● https://www.verywellhealth.com/lactic-acid-skin-care-4178819 ● https://my.clevelandclinic.org/health/body/24521-lactic-acid ● https://www.webmd.com/drugs/2/drug-18-193/salicylic-acid-topical/salicylic-acid-for-acne-topical/details ● https://www.verywellhealth.com/glycolic-acid-1577 	

	<ul style="list-style-type: none">■ Can benefit the skin as it can remove dead skin cells, giving the opportunity for new skin cells to grow instead (better skin)■ One of most common uses for this, apart from OTC exfoliants/scrubs, is in acne treatment■ Increases sensitivity to the sun■ Skin irritation (common symptoms in chemicals such as these)○ Salicylic Acid<ul style="list-style-type: none">■ Normally applied topically and used for mild or moderate acne■ Also works like an exfoliant and removes dead skin cells leading to a decrease in the	4	
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	<p>number of pimples formed (similar to lactic acid)</p> <ul style="list-style-type: none">■ Side effects include allergies, although severe allergies are quite uncommon, and irritation or itchiness of skin <ul style="list-style-type: none">○ Glycolic Acid<ul style="list-style-type: none">■ Smallest sized molecules of all AHA's (alpha-hydroxy acids, which include lactic and salicylic acid) which allows for better exfoliation of the skin■ Apart from acne treatments, it is also used for anti-aging, brightening the skin, fading dark spots, or hydrating the skin		
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February 16th,
2024

- Scales graphics added to benefits of each slide to show a comparison affect (from SlidesGo template)
- Benefits slide, for both honey vs cough drops edited for new talking points
 - Honey
 - It takes a longer time for the honey to act on the body and a person may have to take honey multiple times to get the desired effect
 - While honey also contains sugar, there are alternatives that have less sugar, such as raw honey
 - Cough Drops
 - Relief from sore throats is fast and nearly instantaneous, or at least it is supposed to be, making it more
- <https://blog.bonsecours.com/healthy/how-many-cough-drops-is-too-many/>
- <https://www.verywellhealth.com/honey-and-diabetes-5115267>
- <https://en.wikipedia.org/wiki/Ceramide>
- <https://pubchem.ncbi.nlm.nih.gov/compound/Niacinamide>
- <https://www.toppr.com/guides/chemistry-formulas/lactic-acid-formula/>
- <https://pubchem.ncbi.nlm.nih.gov/compound/Salicylic-Acid>
- <https://pubchem.ncbi.nlm.nih.gov/compound/Glycolic-Acid>

	<p>preferred as it provides quick relief</p> <ul style="list-style-type: none"> ■ Contain quite a bit of sugar and people with diabetes or sugar problems are cautioned when taking cough drops (primary reason for this is to appeal to younger audiences, such as kids, so it tastes more like candy or to appeal to adults who can't take medicine easily) 		
<p>February 19th, 2024</p>	<ul style="list-style-type: none"> ● New slide added for Halls (Cherry Flavour) Ingredients specifically <ul style="list-style-type: none"> ○ Menthol <ul style="list-style-type: none"> ■ Menthol is found in the peppermint plant and can also be made artificially ■ Works by providing a 	<ul style="list-style-type: none"> ● https://gethalls.ca/en/relief/halls-cherry-flavour-cough-drops ● https://pubchem.ncbi.nlm.nih.gov/compound/1S_2R_5S_-5-methyl-2-propan-2-ylcyclohexan-1-ol ● https://www.pharmacy18 	

	<p>cooling effect to the mouth which provides relief from sore throats or cough</p> <ul style="list-style-type: none"> ■ Also increases the amount of saliva in the mouth <p>○ Eucalyptus Globulus Essential Oil</p> <ul style="list-style-type: none"> ■ Helps suppress cough ■ Loosens mucus from chest and as a result helps remove mucus (from the chest) and makes it easier to breathe ■ Also presents multiple other benefits such as reducing joint pain and disinfecting wounds <p>○ Soy Lecithin</p> <ul style="list-style-type: none"> ■ Helps all of the ingredients in the cough 	<p>0.com/article/eucalyptus-oil-253/</p> <ul style="list-style-type: none"> ● https://www.webmd.com/drugs/2/drug-21050/menthol-cough-mucous-membrane/details ● https://www.mountsinai.org/health-library/herb/eucalyptus ● https://www.healthline.com/health/9-ways-eucalyptus-oil-can-help#cough-relief ● https://www.healthline.com/health/food-nutrition/is-soy-lecithin-good-or-bad-for-me#What-is-soy-lecithin? ● https://www.healthline.com/nutrition/glucose-syrup 	
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	<p style="text-align: center;">drops mix together</p> <ul style="list-style-type: none"> ■ Derived from soy and is present in many foods that we buy today ○ Glucose Syrup <ul style="list-style-type: none"> ■ Is a liquid sweetener that is used to make cough drops taste sweeter and to extend the shelf-life of foods ○ Sucralose <ul style="list-style-type: none"> ■ Is normal sugar that is likely present in our own homes 		
<p>February 20th, 2024</p>	<ul style="list-style-type: none"> ● Slideshow changed to be according to CYSF format but new information not added <ul style="list-style-type: none"> ○ Problem ○ Method ○ Data ○ Conclusion ○ Citations 	<ul style="list-style-type: none"> ● https://emmettroyalhoney.com/bee-education/the-chemistry-of-honey/ ● https://edu.rsc.org/soundbite/hydrogen-peroxide/2021244.article ● https://www.merckmanuals.com/home/drugs/drug- 	

	<ul style="list-style-type: none"> ○ Acknowledgement ● Speech completed ● Picture citations added for pictures on honey slide, chemicals binding picture and the picture comparison picture on slide 2 	<p>dynamics/site-selectivity</p> <ul style="list-style-type: none"> ● https://knowleswellness.com/blog/traditional-medicine-vs-modern-medicine-which-is-best/ 	
February 21st, 2024	<ul style="list-style-type: none"> ● Acknowledgements added <ul style="list-style-type: none"> ○ Parents ○ Dr. Sara Bourke and Dr. Shahin Jabbari ○ Dr. Iaci Soares ○ Dr. Miri Renert and Ms. Madison Paul ● All sources cited 	<ul style="list-style-type: none"> ● No new sources used 	<ul style="list-style-type: none"> ● I used Scribbr for my citations
February 28th, 2024	<ul style="list-style-type: none"> ● Edits made based on Dr. Sara Bourke's feedback <ul style="list-style-type: none"> ○ Hydrogen peroxide image changed as the image before was inaccurate ○ Labels added to pictures on "CeraVe Key Ingredients" slide 	<ul style="list-style-type: none"> ● https://simple.wikipedia.org/wiki/Hydrogen_peroxide 	

<p>February 29th, 2024</p>	<ul style="list-style-type: none"> ● Paper almost finished <ul style="list-style-type: none"> ○ Converted to proper format of a research paper 	<ul style="list-style-type: none"> ● Previously used resources 	<ul style="list-style-type: none"> ● Paper ready by March 1st for “trifold orientation session” in school
<p>March 3rd, 2024</p>	<ul style="list-style-type: none"> ● New slide added to slideshow called “Future Goals” <ul style="list-style-type: none"> ○ More research on receptor cells <ul style="list-style-type: none"> ■ For future research, I would like to delve deeper into the topic of receptor cells and how the natural and conventional medicines interact with our body. This would include research about if our cells more receptive one type of medicine compared to the other and if this is the reason for side effects. ○ Comparing more products <ul style="list-style-type: none"> ■ If time permitted, I 	<ul style="list-style-type: none"> ● No new sources used 	

	<p>would have liked to conduct more research on comparing more products and their effectiveness as the sample size was relatively small in this case. I would also have liked to expand this research and see if there are more places in which this research can be applicable.</p>		
<p>March 4th, 2024</p>	<ul style="list-style-type: none"> ● Project title changed to “Comparing Natural and Mainstream Medicine on a Molecular Level” ● Comparing more products future goal wording changed <ul style="list-style-type: none"> ○ In the future, one of my goals is to compare more products and their effectiveness as the sample size was relatively small in this 	<ul style="list-style-type: none"> ● No new sources used 	

	<p>case and generally conduct more research. I would also have liked to expand on this topic and see if there are more places in which this research can be applicable other than medicine.</p>		
March 7th, 2024	<ul style="list-style-type: none"> • More work done on paper (mainly adding citations in) 	<ul style="list-style-type: none"> • No new sources used 	
March 8th, 2024	<ul style="list-style-type: none"> • First draft of paper finished and sent to mentor • Paper, logbook and presentation all sent to mentor, Dr. Sara Bourke 	<ul style="list-style-type: none"> • No new sources used 	
March 11th, 2024	<ul style="list-style-type: none"> • Meeting with Dr. Miri Renert for APA citations and editing help (15 minutes) <ul style="list-style-type: none"> ○ Changes made to project based on feedback (primarily in-text and long citation changes, if any) 	<ul style="list-style-type: none"> • No new sources used 	

<p>March 12th, 2024</p>	<ul style="list-style-type: none">● Meeting with Ms. Madison Paul for citations and editing help (longer meeting)<ul style="list-style-type: none">○ Citations changed a little as there are different citation formats for image and information citations● Meeting with Dr. Sara Bourke and entire paper and presentation reviewed<ul style="list-style-type: none">○ No major feedback on presentation○ Title changed<ul style="list-style-type: none">■ Comparing Natural and Mainstream Medicines' Composition on a Molecular Level and Effectiveness○ Paper reviewed<ul style="list-style-type: none">■ Mainly sentence and wording feedback■ Tetracycline changed as tetracycline slows down bacteria growth (caused	<ul style="list-style-type: none">● Previously used sources● https://www.verywellhealth.com/oral-tetracycline-15840	
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	by acne) and has anti-inflammatory properties, it does not prevent acne by increasing sunlight sensitivity		
March 13th, 2024	<ul style="list-style-type: none">• Video recorded• Everything put in CYSF platform• Banner made on Canva• Presentation and paper finalised	<ul style="list-style-type: none">• Zoom	