Pumping Essentials: What Do You Really Need? A Complete Guide to Pumping Breast Milk for Your Baby Value: Old= 0.007 Value-new= 0.007 lift= 2.39 % Mean cosine\_similarity: Old= 0.697 new= 0.697 ------------------------------------------------------------------------------------- Current article being read:- ['Schizoid Personality Disorder'] Recommended using distance-based:- What to know about cluster A personality disorders Types of personality disorder Antisocial Personality Disorder Schizoaffective Disorder What to know about paranoid personality disorder Recommended using value-based:- What to know about cluster A personality disorders Schizoaffective Disorder Types of personality disorder What is histrionic personality disorder? Antisocial Personality Disorder Value: Old= 0.008 Value-new= 0.011 lift= 29.31 % Mean cosine\_similarity: Old= 0.783 new= 0.779 ------------------------------------------------------------------------------------- Current article being read:- ['8 Health Foods That Are Harmful If You Eat Too Much'] Recommended using distance-based:- 20 Foods That Are Bad for Your Health 10 "Low-Fat" Foods That Are Actually Bad for You 7 High-Cholesterol Foods That Are Super Healthy 10 Foods That Are Highly Fattening 13 Low-Fat Foods That Are Good For Your Health Recommended using value-based:- 20 Foods That Are Bad for Your Health 10 "Low-Fat" Foods That Are Actually Bad for You 7 High-Cholesterol Foods That Are Super Healthy 10 Foods That Are Highly Fattening 13 Low-Fat Foods That Are Good For Your Health Value: Old= 0.007 Value-new= 0.007 lift= 0.00 % Mean cosine\_similarity: Old= 0.718 new= 0.718 ------------------------------------------------------------------------------------- Current article being read:- ['How Do Ear Infection Antibiotics Work?'] Recommended using distance-based:- What’s a Double Ear Infection and How Is It Treated? What does it mean when you have a double ear infection? Home Remedies for Your Baby’s Ear Infection How to treat ear infections Tubes No Better Than Antibiotics to Treat Childhood Ear Infections Recommended using value-based:- What’s a Double Ear Infection and How Is It Treated? What does it mean when you have a double ear infection? Home Remedies for Your Baby’s Ear Infection How to treat ear infections Tubes No Better Than Antibiotics to Treat Childhood Ear Infections Value: Old= 0.006 Value-new= 0.006 lift= 0.00 % Mean cosine\_similarity: Old= 0.728 new= 0.728 ------------------------------------------------------------------------------------- Current article being read:- ["'Statins linked to acute memory loss - but are unlikely to cause it'"] Recommended using distance-based:- Statins and Memory Loss: Is There a Link? Memory Loss Statins Don’t Cause Memory Loss in Older Adults, Study Concludes Long-Term Memory Loss: What You Need to Know Could reducing brain inflammation prevent memory loss in Alzheimer’s? Recommended using value-based:- Statins and Memory Loss: Is There a Link? Memory Loss Statins Don’t Cause Memory Loss in Older Adults, Study Concludes Could reducing brain inflammation prevent memory loss in Alzheimer’s? Long-Term Memory Loss: What You Need to Know Value: Old= 0.012 Value-new= 0.013 lift= 0.94 % Mean cosine\_similarity: Old= 0.662 new= 0.662 ------------------------------------------------------------------------------------- Current article being read:- ["Too much sugar may harm men's mental health"] Recommended using distance-based:- Sugar and mental health: A toxic combination? Men's mental health: What you need to know Even minor stress can impact long-term health, study warns Physical fitness may help prevent depression, anxiety The Connection Between Sugar and Depression Recommended using value-based:- Sugar and mental health: A toxic combination? Men's mental health: What you need to know Physical fitness may help prevent depression, anxiety The Connection Between Sugar and Depression Urologic conditions lead to depression, sleep issues in men Value: Old= 0.014 Value-new= 0.017 lift= 17.29 % Mean cosine\_similarity: Old= 0.587 new= 0.583 ------------------------------------------------------------------------------------- Current article being read:- ['Everything You Need to Know About ADHD'] Recommended using distance-based:- What to know about ADHD and hyperfocus Learn More About Combined Type ADHD Are there natural remedies for ADHD? How Is Adult ADHD Diagnosed? Symptoms of Adult ADHD Recommended using value-based:- What to know about ADHD and hyperfocus How Is Adult ADHD Diagnosed? Learn More About Combined Type ADHD Symptoms of Adult ADHD Are there natural remedies for ADHD? Value: Old= 0.023 Value-new= 0.025 lift= 8.16 % Mean cosine\_similarity: Old= 0.789 new= 0.789 ------------------------------------------------------------------------------------- Current article being read:- ['Dry Brushing for Cellulite: Does It Work?'] Recommended using distance-based:- Massage for Cellulite: What Is It, Does It Work? What Is Cellulite and How Can You Treat It? Cellulite on Arms: Why You Have It and How to Get Rid of It How to Get Rid of Cellulite on Thighs Try This: 9 Tips and Tricks to Get Rid of Butt Cellulite Recommended using value-based:- Massage for Cellulite: What Is It, Does It Work? What Is Cellulite and How Can You Treat It? Cellulite on Arms: Why You Have It and How to Get Rid of It How to Get Rid of Cellulite on Thighs Try This: 9 Tips and Tricks to Get Rid of Butt Cellulite Value: Old= 0.007 Value-new= 0.007 lift= 0.00 % Mean cosine\_similarity: Old= 0.784 new= 0.784 ------------------------------------------------------------------------------------- Current article being read:- ['We Quizzed Americans on Sexual Health: What It Says About the State of Sex Ed'] Recommended using distance-based:- Finally — A Sex Ed Platform for People Schools Usually Leave Out How Planned Parenthood’s New Sexual Health Chatbot Is Helping Teens Look, We Can’t Talk About Sex Without Mental Health I Went to Sex Ed Camp and This Is What Happened 5 Sex Questions You Were Afraid to Ask, Answered Recommended using value-based:- Finally — A Sex Ed Platform for People Schools Usually Leave Out How Planned Parenthood’s New Sexual Health Chatbot Is Helping Teens Look, We Can’t Talk About Sex Without Mental Health I Went to Sex Ed Camp and This Is What Happened Abstinence Programs Are Ineffectual and Stigmatizing, Study Finds Value: Old= 0.005 Value-new= 0.006 lift= 11.65 % Mean cosine\_similarity: Old= 0.602 new= 0.600 ------------------------------------------------------------------------------------- Current article being read:- ['Do Exogenous Ketone Supplements Work for Weight Loss?'] Recommended using distance-based:- WTF Is Lipozene, and Does It Work for Weight Loss? Here Are the Facts Can Thermogenic Supplements Help You Burn Fat? What Is Meratrim, and Does It Work for Weight Loss? Glucomannan — Is It an Effective Weight Loss Supplement? Does the Ketogenic Diet Work for Weight Loss? Recommended using value-based:- WTF Is Lipozene, and Does It Work for Weight Loss? Here Are the Facts Can Thermogenic Supplements Help You Burn Fat? What Is Meratrim, and Does It Work for Weight Loss? Does the Ketogenic Diet Work for Weight Loss? Glucomannan — Is It an Effective Weight Loss Supplement? Value: Old= 0.009 Value-new= 0.009 lift= 0.32 % Mean cosine\_similarity: Old= 0.750 new= 0.750 ------------------------------------------------------------------------------------- Current article being read:- ['Music and Hearing Loss: What You Hear Shapes How You Listen'] Recommended using distance-based:- What's to know about deafness and hearing loss? Hearing Loss What's the difference between hearing amplifiers and hearing aids? How Does Being Hard of Hearing Differ from Being Deaf? Reverse Hearing Loss Recommended using value-based:- What's to know about deafness and hearing loss? Hearing Loss What's the difference between hearing amplifiers and hearing aids? How Does Being Hard of Hearing Differ from Being Deaf? Reverse Hearing Loss Value: Old= 0.007 Value-new= 0.007 lift= 0.00 % Mean cosine\_similarity: Old= 0.673 new= 0.673 ------------------------------------------------------------------------------------- Current article being read:- ['10 benefits of cycling'] Recommended using distance-based:- 11 Benefits of Cycling, Plus Safety Tips 9 Benefits of the Exercise Bike You Should Care About What Are the Benefits of Cycling vs. Running? Indoor Cycling Class Benefits: Are They Worth the Hype? The Ultimate Cardio Showdown: Cycling vs. Running Recommended using value-based:- 11 Benefits of Cycling, Plus Safety Tips 9 Benefits of the Exercise Bike You Should Care About What Are the Benefits of Cycling vs. Running? 5 of the best recumbent exercise bikes Takin’ It for a Spin: Peloton vs. NordicTrack Value: Old= 0.005 Value-new= 0.008 lift= 43.46 % Mean cosine\_similarity: Old= 0.686 new= 0.680 ------------------------------------------------------------------------------------- Current article being read:- ['How to Gain Muscle, No Matter Who You Are'] Recommended using distance-based:- 11 Tips to Gain Muscle Like a Pro How to build muscle with exercise The No BS Guide to Building Lean Muscle How long does it take to build muscle? How Much Muscle Can You Gain in a Month? Recommended using value-based:- 11 Tips to Gain Muscle Like a Pro How to build muscle with exercise The No BS Guide to Building Lean Muscle How long does it take to build muscle? How Much Muscle Can You Gain in a Month? Value: Old= 0.006 Value-new= 0.006 lift= 0.00 % Mean cosine\_similarity: Old= 0.772 new= 0.772 ------------------------------------------------------------------------------------- Current article being read:- ['Musical training may improve attention'] Recommended using distance-based:- Mindfulness Practice May Improve Test Scores and Focus Five ways to boost concentration Trouble Focusing with ADHD? Try Listening to Music Study: ‘Inflated’ Praise May Make Children Less Willing to Learn 12 Tips to Improve Your Concentration Recommended using value-based:- Mindfulness Practice May Improve Test Scores and Focus Trouble Focusing with ADHD? Try Listening to Music How Aerobic Classes Can Make You a Better Problem Solver Five ways to boost concentration Reading in company might enhance linguistic creativity Value: Old= 0.008 Value-new= 0.015 lift= 79.00 % Mean cosine\_similarity: Old= 0.512 new= 0.501 ------------------------------------------------------------------------------------- Current article being read:- ['12 Forearm Exercises to Do at the Gym or at Home'] Recommended using distance-based:- Stuck at Home? 21 Arm Exercises You Can Do With and Without Weights Are You Working Your Forearms? Because You Should Be 11 Ways to Strengthen Your Wrists 7 Exercises to Get a Great Leg Workout with Dumbbells At-Home Arm Workouts Are Simple with These 20 Exercises Recommended using value-based:- Stuck at Home? 21 Arm Exercises You Can Do With and Without Weights Are You Working Your Forearms? Because You Should Be 11 Ways to Strengthen Your Wrists 7 Exercises to Get a Great Leg Workout with Dumbbells At-Home Arm Workouts Are Simple with These 20 Exercises Value: Old= 0.007 Value-new= 0.007 lift= 0.00 % Mean cosine\_similarity: Old= 0.714 new= 0.714 ------------------------------------------------------------------------------------- Current article being read:- ['What to know about ginger for diarrhea'] Recommended using distance-based:- Is Ginger a Safe and Effective Treatment for Nausea? Imodium: Helpful Information to Know Ginger nanoparticles show promise for inflammatory bowel disease 20 Causes for Nausea and Diarrhea Watery diarrhea: Treatments, remedies, and prevention Recommended using value-based:- Is Ginger a Safe and Effective Treatment for Nausea? Imodium: Helpful Information to Know Ginger nanoparticles show promise for inflammatory bowel disease Imodium (loperamide) 20 Causes for Nausea and Diarrhea Value: Old= 0.011 Value-new= 0.012 lift= 6.65 % Mean cosine\_similarity: Old= 0.604 new= 0.604 ------------------------------------------------------------------------------------- Current article being read:- ['Hot tea may raise esophageal cancer risk'] Recommended using distance-based:- Drinking hot tea can contribute to cancer risk Hot Tea and Esophageal Cancer: How Hot Is Too Hot? GERD may increase risk of some cancers Coffee Drinking May Halve Risk Of Mouth And Throat Cancer Cancer: 'Ultra-processed' foods may increase risk Recommended using value-based:- Drinking hot tea can contribute to cancer risk Hot Tea and Esophageal Cancer: How Hot Is Too Hot? Coffee Drinking May Halve Risk Of Mouth And Throat Cancer GERD may increase risk of some cancers Too much TV may raise men's colorectal cancer risk Value: Old= 0.010 Value-new= 0.018 lift= 69.92 % Mean cosine\_similarity: Old= 0.682 new= 0.679 ------------------------------------------------------------------------------------- Current article being read:- ['How to Lose Fat Without Losing Muscle'] Recommended using distance-based:- The Cutting Conundrum: How to Lose Fat While Preserving Muscle Body Recomposition: Lose Fat and Gain Muscle at the Same Time Body Recomposition: Lose Fat and Gain Muscle at the Same Time How to Lose Upper Belly Fat the Healthy Way 8 Effective Tips to Lose Fat in Your Face Recommended using value-based:- The Cutting Conundrum: How to Lose Fat While Preserving Muscle Body Recomposition: Lose Fat and Gain Muscle at the Same Time How to Lose Upper Belly Fat the Healthy Way Body Recomposition: Lose Fat and Gain Muscle at the Same Time 8 Effective Tips to Lose Fat in Your Face Value: Old= 0.006 Value-new= 0.007 lift= 4.34 % Mean cosine\_similarity: Old= 0.724 new= 0.724 ------------------------------------------------------------------------------------- Current article being read:- ['10 Ways to Stretch and Strengthen Your Lats'] Recommended using distance-based:- 4 Triceps Stretches for Tight Muscles What are the best foot exercises for healthy feet? How do you strengthen hip flexors? 9 Stretches to Help Relieve a Tight Lower Back What are the best stretches for tight hamstrings? Recommended using value-based:- 4 Triceps Stretches for Tight Muscles What are the best foot exercises for healthy feet? How do you strengthen hip flexors? What are the best stretches for tight hamstrings? 9 Stretches to Help Relieve a Tight Lower Back Value: Old= 0.007 Value-new= 0.007 lift= 0.33 % Mean cosine\_similarity: Old= 0.696 new= 0.696 ------------------------------------------------------------------------------------- Current article being read:- ['How I Rediscovered My Creative Groove After 9 Years of Mental Blocks'] Recommended using distance-based:- Wellness Stans: How Li Ziqi Challenges Me to Reignite My Own Creativity What are the health benefits of being creative? How Recognizing and Overcoming Functional Fixedness Can Release Your Creativity BuJoy: Bullet Journal Tips for Creative Inspiration Is being unsociable the secret to creativity? Recommended using value-based:- What are the health benefits of being creative? Wellness Stans: How Li Ziqi Challenges Me to Reignite My Own Creativity How Recognizing and Overcoming Functional Fixedness Can Release Your Creativity BuJoy: Bullet Journal Tips for Creative Inspiration 5 Ways to Fight Your Perfectionism to Be More Successful Value: Old= 0.009 Value-new= 0.013 lift= 37.12 % Mean cosine\_similarity: Old= 0.520 new= 0.508 ------------------------------------------------------------------------------------- Current article being read:- ['Alpharadin (radium-223 Chloride) Improves Prostate Cancer Patient Survival Considerably'] Recommended using distance-based:- No Improvement In Survival With Hormone Therapy For Prostate Cancer What are bone metastases in prostate cancer? Surgery For Aggressive Prostate Cancer Gives 92% 10-year Survival Rate Longer Survival Rates After Surgery For Prostate Cancer Patients Prostate Cancer Treatments Recommended using value-based:- No Improvement In Survival With Hormone Therapy For Prostate Cancer Surgery For Aggressive Prostate Cancer Gives 92% 10-year Survival Rate What are bone metastases in prostate cancer? Breakthrough prostate cancer treatment Prostate cancer: New drug for aggressive, resistant cases Value: Old= 0.014 Value-new= 0.025 lift= 80.29 % Mean cosine\_similarity: Old= 0.661 new= 0.657 ------------------------------------------------------------------------------------- Current article being read:- ['What Are the Most Common Types of Probiotics?'] Recommended using distance-based:- A guide to the best probiotics 6 of the best probiotics for females When’s the Best Time to Take Probiotics? What Are Probiotics Anyway? Report Calls for a Stricter Definition Probiotics 101: A Simple Beginner’s Guide Recommended using value-based:- A guide to the best probiotics 6 of the best probiotics for females When’s the Best Time to Take Probiotics? Benefits of probiotics What Are Probiotics Anyway? Report Calls for a Stricter Definition Value: Old= 0.009 Value-new= 0.009 lift= 1.85 % Mean cosine\_similarity: Old= 0.691 new= 0.690 ------------------------------------------------------------------------------------- Current article being read:- ['How to treat whiteheads'] Recommended using distance-based:- Everything You Need to Know About Whiteheads How to treat whiteheads on the nose How to Deal with Sebum Plugs in the Skin What Causes Acne? Ten home remedies to get rid of whiteheads Recommended using value-based:- How to Deal with Sebum Plugs in the Skin Everything You Need to Know About Whiteheads How to treat whiteheads on the nose What Causes Acne? Everything you need to know about cystic acne Value: Old= 0.006 Value-new= 0.007 lift= 20.14 % Mean cosine\_similarity: Old= 0.750 new= 0.746 ------------------------------------------------------------------------------------- Current article being read:- ['Drunk Hiccups: Why the \*Hic\* Do They Happen and Are They Dangerous?'] Recommended using distance-based:- \*Hic\*zactly: Why Does Alcohol Make You Drunk? Is Alcohol a Stimulant? The 23 Best Hangover Foods Drinking Liquids with Meals: Good or Bad? Chugging Water All the Time? How to Avoid Overhydration Recommended using value-based:- \*Hic\*zactly: Why Does Alcohol Make You Drunk? Does Pickle Juice Relieve Heartburn or Cause It? 'Sodabriety' Intervention Helps Teens Cut Down on Sugary Drinks Can Pickle Juice Cure a Hangover? Chugging Water All the Time? How to Avoid Overhydration Value: Old= 0.005 Value-new= 0.013 lift= 167.59 % Mean cosine\_similarity: Old= 0.382 new= 0.351 ------------------------------------------------------------------------------------- Current article being read:- ['Sexually Transmitted Disease (STD) Information for Men'] Recommended using distance-based:- What you need to know about sexually transmitted diseases (STDs) Sexually Transmitted Diseases: Curable and Incurable What you need to know about sexually transmitted infections Everything You Need to Know About Sexually Transmitted Diseases (STDs) Sexually Transmitted Disease (STD) Information for Women Recommended using value-based:- What you need to know about sexually transmitted diseases (STDs) Sexually Transmitted Diseases: Curable and Incurable What you need to know about sexually transmitted infections Everything You Need to Know About Sexually Transmitted Diseases (STDs) Sexually Transmitted Disease (STD) Information for Women Value: Old= 0.003 Value-new= 0.003 lift= 0.00 % Mean cosine\_similarity: Old= 0.750 new= 0.750 ------------------------------------------------------------------------------------- Current article being read:- ['31 Smoothies That Pack in the Veggies (Not That You Can Tell)'] Recommended using distance-based:- 7 Sweet Veggie Recipes We Could Basically Eat for Dessert Are Smoothies Good for You? 7 Dreamy Vegan Smoothie Recipes 41 Vitamix Recipes That’ll Pulverize Your Preconceptions Start Your Day Right with a Vitamin-Packed Green Smoothie Recommended using value-based:- 17 Creative Ways to Eat More Vegetables 10 Sweet Recipes That Sneak In a Surprising Green Veggie Are Smoothies Good for You? 41 Vitamix Recipes That’ll Pulverize Your Preconceptions Start Your Day Right with a Vitamin-Packed Green Smoothie Value: Old= 0.005 Value-new= 0.015 lift= 200.33 % Mean cosine\_similarity: Old= 0.630 new= 0.612 ------------------------------------------------------------------------------------- Current article being read:- ['Medicare and You: What You Need to Know'] Recommended using distance-based:- Sign Up for Medicare: How and When to Enroll in Medicare Medicare Enrollment: When, How, and Taxes What Is Medicare? Everything You Need to Know About Medicare Basics Medicare Part A Eligibility Ohio Medicare Plans in 2021 Recommended using value-based:- Sign Up for Medicare: How and When to Enroll in Medicare Medicare Enrollment: When, How, and Taxes Medicare Part A Eligibility What Is Medicare? Everything You Need to Know About Medicare Basics What to Know About Medicare Part C Eligibility Value: Old= 0.016 Value-new= 0.016 lift= 4.04 % Mean cosine\_similarity: Old= 0.776 new= 0.775 ------------------------------------------------------------------------------------- Current article being read:- ['How to Cope with the Loss of a Beloved Pet'] Recommended using distance-based:- Why the Loss of Your Pet Could Be the Hardest to Bear A Careful Walk-Through of Your Pet’s Final Days (and After) I Don’t Need to Cry in Public to Prove My Grief — Private Rituals Are Just as Powerful 7 Tips for Managing Grief Over the Holidays During COVID-19 When Does Keeping Your Sick Pet Alive Become ‘Too Much’? Recommended using value-based:- Why the Loss of Your Pet Could Be the Hardest to Bear A Careful Walk-Through of Your Pet’s Final Days (and After) I Don’t Need to Cry in Public to Prove My Grief — Private Rituals Are Just as Powerful When Does Keeping Your Sick Pet Alive Become ‘Too Much’? 7 Tips for Managing Grief Over the Holidays During COVID-19 Value: Old= 0.006 Value-new= 0.006 lift= 1.14 % Mean cosine\_similarity: Old= 0.588 new= 0.588 ------------------------------------------------------------------------------------- Current article being read:- ['What You Need to Know About the Updated Vaccine Schedule for Kids'] Recommended using distance-based:- What vaccinations do children need at different ages? Adults Need Vaccines Too: What You Need to Know 9 Things Everyone Needs to Know About the COVID-19 Vaccines Vaccines 101: Everything to Know While Waiting for the COVID-19 Vaccine Delaying Vaccinations Is Not OK, Doctors Say Recommended using value-based:- What vaccinations do children need at different ages? Adults Need Vaccines Too: What You Need to Know Vaccines 101: Everything to Know While Waiting for the COVID-19 Vaccine Americans Still Skipping Out on Helpful Vaccines Your Local Pharmacist Can Now Give Your Kids Vaccines. What to Know Value: Old= 0.004 Value-new= 0.007 lift= 54.71 % Mean cosine\_similarity: Old= 0.686 new= 0.679 ------------------------------------------------------------------------------------- Current article being read:- ['Is it safe to mix ibuprofen and alcohol?'] Recommended using distance-based:- Is it safe to mix acetaminophen and alcohol? What happens when you mix MDMA and alcohol? Is it safe to take Humira and alcohol together? Is it safe to mix Zoloft and alcohol? Mixing Vyvanse and Alcohol: Is It Safe? Recommended using value-based:- Is it safe to mix acetaminophen and alcohol? Is it safe to mix Zoloft and alcohol? Mixing Vyvanse and Alcohol: Is It Safe? The Effects of Mixing Lexapro and Alcohol Cymbalta and Alcohol: Are They Safe Together? Value: Old= 0.016 Value-new= 0.027 lift= 67.95 % Mean cosine\_similarity: Old= 0.647 new= 0.628 ------------------------------------------------------------------------------------- Current article being read:- ['Causes of a sore on the side of the tongue'] Recommended using distance-based:- Cold sore on tongue: Causes, remedies, and prevention Canker sore on tongue: Symptoms, diagnosis, and remedies \*\*\* WARNING: skipped 8011674 bytes of output \*\*\* ['Paleo on the Go: Review, Cost, Options, and More'] Recommended using distance-based:- Paleo meal delivery review Pete's Paleo: A Comprehensive Review What’s the Difference Between Paleo and Whole30? The Paleo Diet — A Beginner's Guide Plus Meal Plan 10 of the Best Paleo Meal Delivery Services Recommended using value-based:- Paleo meal delivery review Pete's Paleo: A Comprehensive Review What’s the Difference Between Paleo and Whole30? 10 of the Best Paleo Meal Delivery Services The Paleo Diet — A Beginner's Guide Plus Meal Plan Value: Old= 0.015 Value-new= 0.015 lift= 1.39 % Mean cosine\_similarity: Old= 0.748 new= 0.748 ------------------------------------------------------------------------------------- Current article being read:- ['Ortho Mattress: Reputation and mattresses'] Recommended using distance-based:- About the Ortho Mattresses Brand Lull mattress and product review Choosing the best DreamCloud mattress MLILY mattress: Brand and products review Saatva Zenhaven mattress review Recommended using value-based:- About the Ortho Mattresses Brand Choosing the best DreamCloud mattress Lull mattress and product review How to choose the best Nolah mattress MLILY mattress: Brand and products review Value: Old= 0.026 Value-new= 0.028 lift= 7.84 % Mean cosine\_similarity: Old= 0.796 new= 0.796 ------------------------------------------------------------------------------------- Current article being read:- ['Why Does Your Nose Run When You Cry, Eat, or Are Cold?'] Recommended using distance-based:- Why Does My Nose Run When I Eat? What Causes a Stuffy Nose? Why does eating give me a runny nose? Why Do We Have Snot and Where Does It Come From? Why Do I Have a Cold Nose? Recommended using value-based:- Why Does My Nose Run When I Eat? Why does eating give me a runny nose? What Causes a Stuffy Nose? Why Do We Have Snot and Where Does It Come From? Why Do I Have a Cold Nose? Value: Old= 0.006 Value-new= 0.007 lift= 0.65 % Mean cosine\_similarity: Old= 0.701 new= 0.701 ------------------------------------------------------------------------------------- Current article being read:- ['What Are the Uses, Benefits, and Side Effects of Garlic and Honey?'] Recommended using distance-based:- What Is Vervain? All You Need to Know What are the benefits of ashwagandha? What are the Homeopathic Benefits and Uses of Dulcamara (Nightshade)? Benefits, uses, and side effects of Echinacea Bladderwrack: Benefits, Uses, and Side Effects Recommended using value-based:- What Is Vervain? All You Need to Know What are the benefits of ashwagandha? Bladderwrack: Benefits, Uses, and Side Effects What You Need to Know About Herbal Tinctures Benefits, uses, and side effects of Echinacea Value: Old= 0.006 Value-new= 0.007 lift= 22.50 % Mean cosine\_similarity: Old= 0.663 new= 0.659 ------------------------------------------------------------------------------------- Current article being read:- ['These 3 Lesser-Known ADHD Symptoms Are Important to Recognize'] Recommended using distance-based:- ADHD: Recognizing Symptoms, Diagnosis, and More What are the early signs of ADHD? Identifying Your ADHD Triggers Symptoms of Adult ADHD What to know about inattentive ADHD Recommended using value-based:- ADHD: Recognizing Symptoms, Diagnosis, and More Symptoms of Adult ADHD What are the early signs of ADHD? Identifying Your ADHD Triggers Symptoms of Adult ADHD Value: Old= 0.011 Value-new= 0.018 lift= 57.66 % Mean cosine\_similarity: Old= 0.716 new= 0.714 ------------------------------------------------------------------------------------- Current article being read:- ['7 Myths About Sex After Menopause'] Recommended using distance-based:- Tips for sex after menopause Can Sex Delay Menopause? Here's What We Know 5 Steps to Amazing Sex After Menopause 10 essential menopause facts 5 Things Nobody Ever Tells You About Menopause Recommended using value-based:- 5 Steps to Amazing Sex After Menopause Tips for sex after menopause Can Sex Delay Menopause? Here's What We Know 5 Things Nobody Ever Tells You About Menopause 10 essential menopause facts Value: Old= 0.005 Value-new= 0.005 lift= 4.05 % Mean cosine\_similarity: Old= 0.701 new= 0.701 ------------------------------------------------------------------------------------- Current article being read:- ['Herbs and Supplements for COPD (Chronic Bronchitis and Emphysema)'] Recommended using distance-based:- 11 supplements for COPD BiPAP Therapy for COPD: What to Expect Everything You Need to Know About Chronic Obstructive Pulmonary Disease (COPD) Natural home remedies for COPD 8 Great Exercises for COPD: Which Is Best for You? Recommended using value-based:- 11 supplements for COPD Natural home remedies for COPD What to know about COPD and coughing 8 Great Exercises for COPD: Which Is Best for You? Everything You Need to Know About Chronic Obstructive Pulmonary Disease (COPD) Value: Old= 0.015 Value-new= 0.020 lift= 32.34 % Mean cosine\_similarity: Old= 0.712 new= 0.705 ------------------------------------------------------------------------------------- Current article being read:- ['Infographic: A1C chart: Diabetes numbers by age, levels, and more'] Recommended using distance-based:- All About the Hemoglobin A1C Test Do I Have Prediabetes or Diabetes? Guide to Diagnosis and Management All about borderline diabetes (prediabetes) Everything you need to know about the A1C test Diabetes Tests Recommended using value-based:- All About the Hemoglobin A1C Test Do I Have Prediabetes or Diabetes? Guide to Diagnosis and Management All about borderline diabetes (prediabetes) Everything you need to know about the A1C test Manipulating My A1C and Looking Beyond That Number Value: Old= 0.008 Value-new= 0.009 lift= 11.93 % Mean cosine\_similarity: Old= 0.813 new= 0.810 ------------------------------------------------------------------------------------- Current article being read:- ['New Low Carb Diabetes Association Challenges ADA Nutrition Advice'] Recommended using distance-based:- Carb Counting for Diabetes: The Basics American Diabetes Association "Rebrands" Itself, with Fresh New Look and Focus Organization For Day-To-Day With Diabetes New Diabetes Recommendations Challenge Decades-Old Guidelines Low Carb Dinners for Type 1 Diabetes Made Easy Recommended using value-based:- Carb Counting for Diabetes: The Basics American Diabetes Association "Rebrands" Itself, with Fresh New Look and Focus Low Carb Dinners for Type 1 Diabetes Made Easy What's New in the 2019 ADA "Standards of Diabetes Care" New Diabetes Recommendations Challenge Decades-Old Guidelines Value: Old= 0.010 Value-new= 0.011 lift= 16.78 % Mean cosine\_similarity: Old= 0.689 new= 0.685 ------------------------------------------------------------------------------------- Current article being read:- ['What Is a High Needs Baby?'] Recommended using distance-based:- Baby Cries 101: How to Tell What Your Baby Needs Help! My Baby Won't Stop Crying What Is Hindmilk and How Can You Make Sure Your Baby Gets Enough? 6 Easy Ways to Entertain Your Baby and Your Toddler How to Calm a Fussy Baby Recommended using value-based:- How to Raise a Grateful Toddler Baby Cries 101: How to Tell What Your Baby Needs Help! My Baby Won't Stop Crying What Is Hindmilk and How Can You Make Sure Your Baby Gets Enough? How to Calm a Fussy Baby Value: Old= 0.006 Value-new= 0.009 lift= 51.01 % Mean cosine\_similarity: Old= 0.621 new= 0.621 ------------------------------------------------------------------------------------- Current article being read:- ['Epsom Salt and Acne: Magnesium Myths and Skin Care Realities'] Recommended using distance-based:- The What, Why, and How of Epsom Salt Baths What are the benefits of witch hazel? 8 Benefits and Uses of Witch Hazel How Does Tea Tree Oil Help the Skin? How to use tea tree oil for skin Recommended using value-based:- The What, Why, and How of Epsom Salt Baths What are the benefits of witch hazel? 8 Benefits and Uses of Witch Hazel How Does Tea Tree Oil Help the Skin? Jojoba Oil and Acne: Does It Work? Value: Old= 0.007 Value-new= 0.008 lift= 2.26 % Mean cosine\_similarity: Old= 0.585 new= 0.584 ------------------------------------------------------------------------------------- Current article being read:- ['Is Hair Made of Dead Skin Cells?'] Recommended using distance-based:- Hair growth stimulated using stem cells Is a Hair Transplant Permanent? What is vellus hair? Why Has My Hair Stopped Growing? The Stem Cell Hair Transplant May Change the Future of Hair Regrowth Recommended using value-based:- Hair growth stimulated using stem cells Skin with hair follicles and glands grown in lab Is a Hair Transplant Permanent? What is vellus hair? What to know about ferritin and hair growth Value: Old= 0.008 Value-new= 0.011 lift= 37.44 % Mean cosine\_similarity: Old= 0.509 new= 0.505 ------------------------------------------------------------------------------------- Current article being read:- ['Dacryocystitis'] Recommended using distance-based:- What is keratitis? Oscillopsia What is dacryocystitis? Polycoria Phthisis Bulbi Recommended using value-based:- Oscillopsia Polycoria What is keratitis? What is dacryocystitis? Phthisis Bulbi Value: Old= 0.006 Value-new= 0.006 lift= 2.30 % Mean cosine\_similarity: Old= 0.654 new= 0.654 ------------------------------------------------------------------------------------- Current article being read:- ['Can You Die of Boredom?'] Recommended using distance-based:- Moving every 30 minutes may help you live longer Is edging healthy? Can Laughing Too Hard Kill You? What are the nonmedical factors most closely linked to death risk? COVID-19 May Cause Decrease in Life Expectancy This Year Recommended using value-based:- Moving every 30 minutes may help you live longer Could these psychological traits help us live longer? Can Laughing Too Hard Kill You? Seniors' well-being may depend more on psychological factors than physical ones What are the nonmedical factors most closely linked to death risk? Value: Old= 0.005 Value-new= 0.012 lift= 147.79 % Mean cosine\_similarity: Old= 0.481 new= 0.449 ------------------------------------------------------------------------------------- Current article being read:- ["What's to know about fat necrosis?"] Recommended using distance-based:- What are synovial cysts? What to know about nabothian cysts Breast Lump What to know about a breast abscess What are breast lumps? Recommended using value-based:- What are synovial cysts? What to know about nabothian cysts What to know about a breast abscess Everything you need to know about vaginal cysts What is a rectocele? Value: Old= 0.005 Value-new= 0.006 lift= 25.76 % Mean cosine\_similarity: Old= 0.619 new= 0.609 ------------------------------------------------------------------------------------- Current article being read:- ['Is vitamin E good for your hair?'] Recommended using distance-based:- What to know about vitamin E The Benefits of Vitamin E Vitamin E and Your Skin, Friends Through Food 10 foods rich in vitamin E Can I use vitamins to promote hair growth? Recommended using value-based:- What to know about vitamin E The Benefits of Vitamin E Vitamin E and Your Skin, Friends Through Food The Truth About Vitamin E Oil Can I use vitamins to promote hair growth? Value: Old= 0.005 Value-new= 0.006 lift= 14.32 % Mean cosine\_similarity: Old= 0.723 new= 0.721 ------------------------------------------------------------------------------------- Current article being read:- ['What Is a Crossbite and How Is It Corrected?'] Recommended using distance-based:- What Is an Overjet? What Causes Buck Teeth (Overbite) and How Do I Treat Them Safely? Abfraction: Symptoms, Causes, and How to Treat What Is Dental Resorption? Are My Teeth Too Big? Recommended using value-based:- What Is an Overjet? What Causes Buck Teeth (Overbite) and How Do I Treat Them Safely? Abfraction: Symptoms, Causes, and How to Treat What Is Dental Resorption? Bruised Teeth Value: Old= 0.006 Value-new= 0.006 lift= 9.15 % Mean cosine\_similarity: Old= 0.729 new= 0.726 ------------------------------------------------------------------------------------- Current article being read:- ['U.S. Measles Cases Top 1,000: What You Need to Know'] Recommended using distance-based:- Disneyland the Site of Another Measles Exposure CDC report: measles 'eliminated' in US but still poses threat Can You Die From Measles? Measles Vaccination Does More Than Protect Against the Disease Vaccine Preventable Diseases Are Rising, How People Are Fighting Back Recommended using value-based:- Disneyland the Site of Another Measles Exposure Can You Die From Measles? Vaccine Preventable Diseases Are Rising, How People Are Fighting Back Measles Vaccination Does More Than Protect Against the Disease Measles Outbreak: 555 Confirmed Cases of the Virus Value: Old= 0.006 Value-new= 0.007 lift= 20.69 % Mean cosine\_similarity: Old= 0.749 new= 0.742 ------------------------------------------------------------------------------------- Current article being read:- ['New treatment strategy for aggressive cancers identified'] Recommended using distance-based:- New drug shows promise against several aggressive cancers Cancer: New method tags elusive tumors for targeted therapy This neurotransmitter helps aggressive tumors spread Could saccharin be used to treat aggressive cancers? Cancer cells' survival strategy defeated with new approach Recommended using value-based:- Ovarian cancer: Effective immunotherapy steps closer with new T cell study Could saccharin be used to treat aggressive cancers? New drug shows promise against several aggressive cancers This neurotransmitter helps aggressive tumors spread Cancer: New method tags elusive tumors for targeted therapy Value: Old= 0.014 Value-new= 0.038 lift= 175.96 % Mean cosine\_similarity: Old= 0.642 new= 0.635 ------------------------------------------------------------------------------------- Current article being read:- ['How to Make Homemade Shampoo'] Recommended using distance-based:- DIY Dry Shampoo for Every Hair Color How to Make Bar Soap Yourself How and Why to Pre-Poo Your Hair How to Wash Your Hair, Because It Turns Out There’s (Kinda, Sorta) a Right Way to Do It 3 Easy Ways to Wash Your Hair Without Shampoo Recommended using value-based:- DIY Dry Shampoo for Every Hair Color How to Make Bar Soap Yourself How and Why to Pre-Poo Your Hair How to Wash Your Hair, Because It Turns Out There’s (Kinda, Sorta) a Right Way to Do It 3 Easy Ways to Wash Your Hair Without Shampoo Value: Old= 0.007 Value-new= 0.007 lift= 0.00 % Mean cosine\_similarity: Old= 0.639 new= 0.639 ------------------------------------------------------------------------------------- Current article being read:- ['Are some parrots selfless?'] Recommended using distance-based:- In primates, advanced dexterity may require a large brain Researchers find over 40 new species of fish in one lake Vulturine guineafowl's complex societies overturn scientific assumptions Can Babies Eat Tuna? Rare sightings suggest mountain gorillas may delight in water play Recommended using value-based:- Researchers find over 40 new species of fish in one lake Vulturine guineafowl's complex societies overturn scientific assumptions Rare sightings suggest mountain gorillas may delight in water play In primates, advanced dexterity may require a large brain The 12 Best Nursery Gliders to Complete Your Baby’s Room Value: Old= 0.014 Value-new= 0.016 lift= 13.89 % Mean cosine\_similarity: Old= 0.322 new= 0.316 ------------------------------------------------------------------------------------- Current article being read:- ['What’s It Like to Recover from Breast Augmentation Surgery?'] Recommended using distance-based:- What you need to know about breast augmentation What You Need to Know About Breast Implant Capsulectomy What to Know About Breast Implant Removal Surgery Breast Augmentation: What You Should Know What You Need to Know About Breast Lift with Implants Recommended using value-based:- What you need to know about breast augmentation What You Need to Know About Breast Implant Capsulectomy What to Know About Breast Implant Removal Surgery Breast Augmentation: What You Should Know How Long Do Breast Implants Last? Value: Old= 0.006 Value-new= 0.006 lift= 1.95 % Mean cosine\_similarity: Old= 0.725 new= 0.725 ------------------------------------------------------------------------------------- Current article being read:- ['Do Graves’ Disease Eyes Go Back to Normal? Your FAQs'] Recommended using distance-based:- How Graves’ Disease Affects the Eyes Your FAQs Answered: How Is Thyroid Eye Disease Diagnosed? Your FAQs Answered: How Is Thyroid Eye Disease Treated? Temporary Blindness in One Eye: What to Know 6 Reasons to Talk to Your Doctor About Chronic Dry Eye Treatments Recommended using value-based:- How Graves’ Disease Affects the Eyes Your FAQs Answered: How Is Thyroid Eye Disease Treated? How Does Crohn’s Disease Affect the Eyes? Temporary Blindness in One Eye: What to Know Your FAQs, Answered: Advanced Therapy for Severe Eczema Value: Old= 0.003 Value-new= 0.014 lift= 365.86 % Mean cosine\_similarity: Old= 0.622 new= 0.570 ------------------------------------------------------------------------------------- Current article being read:- ['Does teething cause a baby to vomit?'] Recommended using distance-based:- Teething and Vomiting: Is This Normal? Can Teething Cause a Fever in Babies? What is baby teething fever? Teething Syndrome: When Your Baby Starts Teething Is a runny nose during teething normal? Recommended using value-based:- Teething and Vomiting: Is This Normal? Can Teething Cause a Fever in Babies? What is baby teething fever? Teething Syndrome: When Your Baby Starts Teething Is a runny nose during teething normal? Value: Old= 0.006 Value-new= 0.006 lift= 0.00 % Mean cosine\_similarity: Old= 0.796 new= 0.796 ------------------------------------------------------------------------------------- Current article being read:- ['Everything You Need to Know About Hyperlordosis'] Recommended using distance-based:- Everything You Should Know About Odynophagia Everything You Should Know About Actinic Cheilitis What Is Arbovirus and How It Treated? Everything You Need to Know About Contracture Deformity Everything You Should Know About Tailor’s Bunion Recommended using value-based:- Everything You Should Know About Odynophagia Everything You Should Know About Actinic Cheilitis Everything You Should Know About Pyuria Everything You Need to Know About Contracture Deformity Everything You Should Know About Tailor’s Bunion Value: Old= 0.007 Value-new= 0.009 lift= 20.12 % Mean cosine\_similarity: Old= 0.599 new= 0.598 ------------------------------------------------------------------------------------- Current article being read:- ['When to Worry About Breast Pain After Menopause'] Recommended using distance-based:- What are the causes of breast pain? What to know about menopause and sore breasts What Causes Breast Pain? What’s Causing a Sharp Pain in My Breast? Pain Under Right Breast Recommended using value-based:- What to know about menopause and sore breasts What are the causes of breast pain? What Causes Breast Pain? What’s Causing a Sharp Pain in My Breast? Pain Under Right Breast Value: Old= 0.005 Value-new= 0.005 lift= 1.26 % Mean cosine\_similarity: Old= 0.793 new= 0.793 ------------------------------------------------------------------------------------- Current article being read:- ['Posterior tibiotalar ligament'] Recommended using distance-based:- Ischiofemoral ligament Posterior talocalcaneal ligament Dorsal cuneonavicular ligament Pubofemoral ligament Pubofemoral ligament Recommended using value-based:- Ischiofemoral ligament Posterior talocalcaneal ligament Anterior tibiofibular ligament Dorsal cuneonavicular ligament Pubofemoral ligament Value: Old= 0.007 Value-new= 0.007 lift= 5.36 % Mean cosine\_similarity: Old= 0.875 new= 0.875 ------------------------------------------------------------------------------------- Current article being read:- ['Radial collateral artery'] Recommended using distance-based:- Radial artery Middle collateral artery Lateral tarsal artery Ulnar artery Superior ulnar collateral artery Recommended using value-based:- Radial artery Lateral tarsal artery Middle collateral artery Superior ulnar collateral artery Circumflex fibular artery Value: Old= 0.007 Value-new= 0.011 lift= 46.16 % Mean cosine\_similarity: Old= 0.826 new= 0.819 ------------------------------------------------------------------------------------- Current article being read:- ['9 Common Reasons for Hysterectomy'] Recommended using distance-based:- What to know about a hysterectomy What causes bleeding after a hysterectomy? Hysterectomy Side Effects to Consider What to expect after a vaginal hysterectomy Hysterectomy Scars: What to Expect Recommended using value-based:- What to know about a hysterectomy What causes bleeding after a hysterectomy? Hysterectomy Side Effects to Consider What to expect after a vaginal hysterectomy Hysterectomy Scars: What to Expect Value: Old= 0.007 Value-new= 0.007 lift= 0.00 % Mean cosine\_similarity: Old= 0.646 new= 0.646 ------------------------------------------------------------------------------------- Current article being read:- ['What are the benefits of drinking hot water?'] Recommended using distance-based:- What Are the Benefits of Drinking Hot Water? Sip It Like It’s Hot: 12 Benefits of Drinking Hot Water Is drinking cold water bad for a person? 5 benefits of drinking water in the morning Great Grains: 7 Barley Water Benefits Recommended using value-based:- What Are the Benefits of Drinking Hot Water? Sip It Like It’s Hot: 12 Benefits of Drinking Hot Water Is drinking cold water bad for a person? 5 benefits of drinking water in the morning Does Drinking a Gallon of Water a Day Have Benefits? Value: Old= 0.004 Value-new= 0.005 lift= 19.24 % Mean cosine\_similarity: Old= 0.743 new= 0.739 ------------------------------------------------------------------------------------- Current article being read:- ['Discrimination In The NIH: White Research Gets More Grants Than Black'] Recommended using distance-based:- Black Life Spans Shorter Than White's, USA HIV Research Fraud Highlights Scramble for Federal Science Grant Money Encouraging African Americans to Participate in Research Studies Cranberry Study Shows Flaws in Research Project Looks at Why Some People Don’t Get Diseases Recommended using value-based:- Encouraging African Americans to Participate in Research Studies Racial differences in life expectancy vary between states Black Life Spans Shorter Than White's, USA Why No One on Medicaid Can Find a Doctor (and Why ERs Are Busier than Ever) Cranberry Study Shows Flaws in Research Value: Old= 0.009 Value-new= 0.027 lift= 197.40 % Mean cosine\_similarity: Old= 0.437 new= 0.411 ------------------------------------------------------------------------------------- Current article being read:- ['Laser Liposuction Technique Melts Fat and Tightens Skin'] Recommended using distance-based:- Comparing Laser Liposuction with CoolSculpting Everything You Want to Know About VASER Liposuction Laser lipo vs. CoolSculpting: Recovery, results, and cost CoolSculpting vs. Liposuction: Know the Difference How Effective Is Ultrasonic Liposuction? Recommended using value-based:- Comparing Laser Liposuction with CoolSculpting Everything You Want to Know About VASER Liposuction Laser lipo vs. CoolSculpting: Recovery, results, and cost CoolSculpting vs. Liposuction: Know the Difference How Effective Is Ultrasonic Liposuction? Value: Old= 0.009 Value-new= 0.009 lift= 0.00 % Mean cosine\_similarity: Old= 0.638 new= 0.638 ------------------------------------------------------------------------------------- Current article being read:- ['What to know about filiform warts'] Recommended using distance-based:- How do you get rid of periungual warts? Facial warts and how to remove them Filiform Warts: Causes, Removal, and Home Remedies How Do Warts Spread and How Can You Prevent This? How to Get Rid of Facial Warts Recommended using value-based:- How do you get rid of periungual warts? Facial warts and how to remove them Filiform Warts: Causes, Removal, and Home Remedies How Do Warts Spread and How Can You Prevent This? Everything You Should Know About Periungual Warts Value: Old= 0.007 Value-new= 0.008 lift= 21.28 % Mean cosine\_similarity: Old= 0.863 new= 0.860 -------------------------------------------------------------------------------------

Command took 56.20 minutes -- by adkiran@redventures.net at 6/11/2021, 2:33:17 AM on Development-adkiran

[Cmd 13](https://redventures.cloud.databricks.com/#notebook/53009803/command/53104107)

1

value\_lift = 100\*(val\_cs-val\_sim)/val\_sim

2

lift+= value\_lift

3

print**(**''**)**

4

print('\n\nValue lift over purely-distance based recommendation: %2.2f %% '%(value\_lift))

5

print('Mean cosine\_similarity in dist=%2.3f, in value\_dist:=%2.3f'%(np.mean(mean\_cos\_dist\_sim), np.mean(mean\_cos\_dist\_cs)))

Value lift over purely-distance based recommendation: 43.10 % Mean cosine\_similarity in dist=0.665, in value\_dist:=0.658

Command took 0.04 seconds -- by adkiran@redventures.net at 6/11/2021, 2:33:17 AM on Development-adkiran

[Cmd 14](https://redventures.cloud.databricks.com/#notebook/53009803/command/53119204)

1

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Command took 0.03 seconds -- by adkiran@redventures.net at 6/11/2021, 8:27:06 AM on Development-adkiran

[Cmd 15](https://redventures.cloud.databricks.com/#notebook/53009803/command/53108800)