

# DIET GUIDELINES FOR PATIENTS TAKING WARFARIN COUMADIN

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**How to manage diet with warfarin?** People taking warfarin must avoid eating too many foods that are high in vitamin K, but it is not necessary to avoid these foods entirely. A stable diet, containing around 60 to 80 mcg of vitamin K is desirable. People on warfarin must also ensure that they only consume alcohol in moderation.

**What important dietary teaching should be given to a patient taking warfarin?** People who take warfarin should aim to eat a relatively similar amount of vitamin K-containing foods each week. Moderate daily intake of approximately the same amount of vitamin K is likely to keep the INR more stable.

**What vegetables can you eat if you are on warfarin?** Common foods high in Vitamin K include kale, spinach, and broccoli. It's also found in salad dressing and mayonnaise. It's OK to eat foods high in vitamin K while taking warfarin.

**What is true in regards to alcohol consumption when a patient is on warfarin Coumadin and he asks about drinking alcohol?** It is OK to consume alcohol if you are taking warfarin, so long as you stick to recommended guidelines for a low-risk maximum weekly alcohol intake.

**What can and cannot you eat on warfarin?** Don't make any big changes to your diet, especially in the amount of vitamin K-rich foods. Avoid green tea, cranberry juice, grapefruit juices, and alcohol. Tell your doctor about other medications, supplements, and herbal products you take.

**How do you manage a patient on warfarin?** Assess INR frequently until clinically stable. with any INR Omit warfarin. Repeat INR the following day and adjust warfarin

dose to maintain INR in target therapeutic range (see Table 5). If bleeding risk is high? or INR greater than 4.5, consider phytomenadione (vitamin K#) 1 to 2 mg orally or 0.5 to 1 mg IV.

### **Do and don'ts of warfarin?**

**What would be the instructions for a patient taking warfarin?** Don't increase your prescribed dose unless the doctor in charge of your care advises you to. Warfarin is taken once a day, usually in the evening. It's important to take your dose at the same time each day, before, during or after a meal.

**Can you have bananas on warfarin?** Don't 'save up' your alcohol allowance or have a weekend binge. Foods with a small effect: Carrots, asparagus, green peas, tomatoes, strawberries, bananas, whole eggs and chicken liver spread  
**MAINTAINING STABLE BLOOD TESTS** You will be aware that we need to keep your Warfarin blood level within a certain range.

### **What activities should be avoided while on warfarin?**

**Can I drink coffee while on warfarin?** It was concluded that caffeine has the capacity to inhibit the metabolism of warfarin and enhance its plasma concentration and hence anticoagulant effects. Thus, patients should be advised to limit the frequent use of caffeine-rich products i.e. tea and coffee during warfarin therapy.

### **What foods should you avoid if you are on blood thinners?**

**What is the most serious drug interaction of warfarin is with?** Antibiotics are one of the most common types of medications that interact with warfarin. They may kill off gut bacteria that help make vitamin K. Vitamin K helps your blood clot. So less of it can lead to a higher INR, which means there's a higher risk of bleeding.

### **What foods make INR high?**

**What is the most common side effect of warfarin?** The main side effect of warfarin is bleeding. If you're taking warfarin, you may have trouble stopping the bleeding from a cut or a nosebleed. More-serious bleeding may happen inside the body. Bleeding inside the body is called internal bleeding.

**What makes warfarin worse?** Foods that affect warfarin Foods containing a lot of vitamin K can affect how warfarin works. These include: green leafy vegetables, including broccoli, spinach and lettuce. chickpeas.

**Can I eat spaghetti while on warfarin?** These are the foods that are considered safe to consume: Meat, fish, and eggs. Milk, cheese, and yogurt. Grains, bread, rice, and pasta.

**Can you eat sweet potatoes when taking warfarin?** These veggies are packed with nutrients, and you don't have to skip them. Just be sure that you also choose some vegetables that are lower in vitamin K. Examples are corn, mushrooms, onion, potato, summer squash, and sweet potato. This helps meet your nutrient needs while controlling your vitamin K intake.

**What is a warfarin diet?** Warfarin is a blood-thinning medicine that helps treat and prevent blood clots. There's no special diet for people who take warfarin. But some foods and drinks can make it harder for warfarin to prevent blood clots. It's important to pay attention to what you eat and drink while taking this medicine.

**Why is Coumadin no longer available?** This action is voluntary and is not the result of any quality, safety or efficacy issues regarding the product, but rather due to an unexpected manufacturing issue that cannot be resolved. The discontinuation of this product in the U.S.A. happened on April 24th, 2020.

**Why is warfarin taken at night?** Most physicians and pharmacists recommend warfarin be taken in the early evening. This strategy likely shortens the interval between learning of the need to make a dose adjustment (typically communicated to patients in the late afternoon following a morning blood test) and being able to make that dosing change.

**What foods should be avoided when a resident is on warfarin?**

**What should you not do when taking warfarin?**

**How to lose weight while on warfarin?** If you want to lose weight, eat a lower fat diet or become a vegetarian, your doctor would want to know about these changes to help manage your warfarin. Leafy green vegetables have contain higher amounts

of vitamin K and one rule of thumb is to suspect that green veggies, cabbages and lettuces are high in Vitamin K.

**What is a good diet for someone on blood thinners?** If you are on blood thinners, the key to minimizing food and drug interactions is through consistency, not avoidance. Eating a steady amount of vitamin K rich foods each day helps ensure a healthy, well-balanced body.

**Kulit pisang dapat diolah menjadi apa saja?** Padahal kulit pisang selain dapat diolah kembali menjadi makanan, juga bisa dimanfaatkan menjadi pupuk organik cair yang dapat membantu mempercepat pertumbuhan akar, menambah unsur hara dalam tanah, memacu pembentukan bunga serta pematangan biji atau batang, dan dapat menambah daya tahan tanaman terhadap penyakit.

**Kulit pisang bisa digunakan untuk apa?** Kulit pisang memiliki banyak kegunaan selain untuk pengomposan. Dapat digunakan untuk perawatan kulit, perawatan rambut, kesehatan gigi, pekerjaan rumah tangga, dan bahkan sebagai bahan masakan . Kulit pisang kaya akan serat, protein, antioksidan, dan nutrisi penting.

**Apa yang kamu lakukan jika mendapat sampah kulit pisang agar bermanfaat bagi anak Indonesia?** Cara termudah mengelola sampah kulit pisang adalah dengan mencampurkannya ke dalam tumpukan kompos, atau mencampurnya dengan sampah organik lainnya untuk dijadikan kompos.

**Apa saja kandungan dalam kulit pisang yang mampu menjadi?** Manfaat-manfaat tersebut diperoleh dari kandungan kulit pisang yang terdiri dari berbagai nutrisi penting serta vitamin yang dibutuhkan tubuh, seperti potasium, vitamin A, vitamin C, kalsium, zat besi, vitamin B6, vitamin B12, magnesium, serat, dan protein.

**Bagaimana cara memanfaatkan kulit pisang di kebun?** Kulit pisang bisa langsung ditaruh di tanah pot, atau di sekitar pangkal taman sebagai mulsa . Saat membusuk, mereka akan melepaskan nutrisi ke dalam tanah untuk memberi makan tanaman. Jika menggunakan kulit pisang di kebun Anda, letakkan satu lapisan langsung di atas tanah, pastikan tidak menyentuh batang tanaman.

**Apakah kulit pisang bisa diolah menjadi keripik?** Noveliska menambahkan, hampir semua kulit pisang bisa dijadikan keripik sebagai panganan.

**Apa saja manfaat kulit pisang?** Kulit pisang kaya akan polifenol, karotenoid, dan antioksidan lain yang melawan radikal bebas penyebab kanker di tubuh Anda . Mengonsumsi lebih banyak kulit pisang, terutama kulit hijau yang masih mentah, dapat meningkatkan kadar antioksidan dan membantu mengurangi risiko kanker.

**Bagaimana cara menggunakan kulit pisang untuk wajah?** Kulit pisang mengandung antioksidan yang dapat membantu mencerahkan kulit yang kusam atau berflek. Caranya cukup mudah, kamu bisa menggosokkan bagian dalam kulit pisang pada wajah secara merata dan diamkan selama 15 menit sebelum dibilas dengan air bersih.

**Bisakah kulit pisang digunakan untuk wajah?** Kulit pisang adalah obat alami untuk jerawat karena sifat antibakteri dan anti-inflamasinya . Mengandung senyawa seperti lektin dan seng yang membantu memerangi bakteri penyebab jerawat dan mengurangi peradangan, meredakan kemerahan dan bengkak.

**Apa yang bisa saya lakukan dengan sisa kulit pisang?** Bungkus kulit pisang di sekitar tanaman tomat Anda agar dapat menyerap nutrisi dari kulitnya . Rendam kulit pisang dalam air dan gunakan untuk menyiram tanaman Anda. Tambahkan kulit pisang ke tempat sampah kompos di halaman belakang rumah Anda; kulit pisang cepat terurai dan menambah banyak nutrisi.

**Bagaimana cara mendaur ulang kulit pisang?** Kulit pisang tidak dapat didaur ulang . Bahan-bahan tersebut adalah sisa makanan dan oleh karena itu harus dibuat kompos, bukan didaur ulang. Jika Anda masih merasa tidak nyaman membuang kulit pisang, cobalah beberapa hal berikut: Semir sepatu — pisang mengandung potasium yang merupakan bahan utama dalam semir sepatu.

**Apa manfaat limbah kulit pisang?** Limbah kulit pisang mengandung zat gizi yang cukup tinggi terutama pada vitamin dan mineralnya sehingga dapat dimanfaatkan sebagai bahan baku makanan. Selain dimanfaatkan sebagai bahan baku makanan, juga memperbaiki kandungan gizi bila diolah menjadi makanan.

**Apa manfaat kulit pisang sebagai sumber energi?** Kulit pisang mengandung zat elektrolit, seperti kalium dan garam klorida. Keduanya dapat beraksi membentuk garam klorida sehingga bisa menghantarkan arus listrik. Limbah kulit pisang terbukti

dapat menghantarkan arus listrik yang mampu menggantikan elektrolit pada baterai.

**Kulit pisang mengandung unsur apa saja?** Kulit buah pisang mengandung 15% kalium dan 12% fosfor lebih banyak daripada daging buah (Supriyadi, 2007). Dengan kandungan unsur hara yang sangat banyak tersebut kulit pisang berpotensi untuk dijadikan pupuk organik.

**Bahan kimia apa yang ada di kulit pisang?** Secara keseluruhan, kulit pisang diketahui mengandung senyawa bioaktif seperti flavonoid, tanin, phlobatannin, alkaloid, glikosida, antosianin, dan terpenoid yang mempengaruhi berbagai biologis dan farmakologis (antibakteri, antihipertensi, antidiabetik, dan anti inflamasi) (Pereira & Maraschin, 2015) ...

**Apakah kulit pisang bisa dijadikan kompos?** Kompos kulit pisang bisa dipakai untuk memupuk tanaman karena mengandung unsur N yang cukup. Kompos dari hasil penelitian memiliki nilai P<sub>2</sub>O<sub>5</sub> sebesar 0,75 % sudah memenuhi Standar Mutu Pupuk Organik.

**Berapa lama kulit pisang harus direndam dalam air?** Rendam kulitnya dalam air. Rendam kulitnya selama dua hingga tiga hari . Setelah direndam, saring cairannya ke dalam wadah atau toples besar. Tambahkan cairan yang telah disaring ke tanaman Anda, tuangkan di sekitar pangkal luar tanaman hingga mencapai akar.

**Bagaimana cara memanfaatkan kulit pisang untuk tanaman tomat?** Letakkan satu kulit di dekat pangkal setiap tanaman, pastikan tidak bersentuhan langsung dengan batangnya .” Namun, jika menggunakan metode ini, waspadalah terhadap hama yang mungkin mencium buah dan tertarik pada aromanya. Apa pun yang terjadi, buah ini bermanfaat lebih dari sekadar resep banoffee terbaik Anda.

**Apakah kulit pisang bisa jadi tepung?** Produk dibuat dengan mengolah kulit pisang menjadi tepung yang dapat digunakan dalam berbagai olahan pangan. Produk kemudian dikemas dengan kemasan yang menarik dan modern. Dibuat juga olahan pangan sebagai contoh dari manfaat produk yang kemudian akan dicicipi oleh warga.

**Air rendaman kulit pisang mengandung apa?** Manfaat dari air rendaman kulit pisang untuk tumbuhan Kandungan magnesium pada kulit pisang membantu

merangsang pembungaan dan pembuahan tanaman, sehingga menghasilkan panen yang lebih melimpah. Sulfur yang terdapat dalam kulit pisang membantu meningkatkan ketahanan tanaman terhadap penyakit jamur dan bakteri.

**Kulit pisang termasuk sampah apa?** Sampah organik basah adalah sampah organik yang banyak mengandung air. Sampah organik basah contohnya adalah sisa sayur, kulit pisang, buah yang busuk, kulit bawang dan sejenisnya.

**Bagaimana untuk pemanfaatan limbah pisang sebagai energi alternatif?** Salah satu caranya adalah dengan menggunakan limbah kulit pisang. Limbah Kulit pisang memiliki kandungan yang dapat diolah hingga menghasilkan arus listrik. Sehingga kulit pisang dapat dijadikan pengganti elektrolit pada baterai.

**Apa saja produk dari kulit pisang?** Kulit pisang juga digunakan untuk penjernihan air, menghasilkan etanol, selulase, lakase , sebagai pupuk dan pengomposan.

**Bagaimana cara membuat tepung dengan kulit pisang?** Untuk membuat tepung kulit pisang, para peneliti mengupas pisang yang sudah matang dan tidak rusak lalu direbus, dikeringkan dan digiling kulitnya menjadi bubuk halus .

**Bagaimana kulit pisang bisa diubah menjadi makanan lezat bergizi?** Setelah dibuang, kulit pisang kini dikenal karena antioksidannya dan potensi penggunaannya dalam makanan fungsional. Misalnya, tepung kulit pisang, produk sampingan yang hemat biaya, digunakan dalam pembuatan roti dan kue kering . Selain itu, kulit pisang mengandung pektin yang tinggi sehingga ideal untuk produksi selai.

**Berapa lama kulit pisang harus direndam dalam air?** Rendam kulitnya dalam air. Rendam kulitnya selama dua hingga tiga hari . Setelah direndam, saring cairannya ke dalam wadah atau toples besar. Tambahkan cairan yang telah disaring ke tanaman Anda, tuangkan di sekitar pangkal luar tanaman hingga mencapai akar.

**Apa manfaat air rebusan kulit pisang?** Air kulit pisang diketahui memiliki kandungan antioksidan yang dapat membantu mencegah kanker. Penelitian menemukan bahwa kulit pisang mentah yang kaya akan antioksidan seperti polifenol dan karotenoid dapat menurunkan risiko terkena penyakit kanker.

**Kulit pisang mengandung hormon apa?** Kulit pisang mengandung triptofan yang mampu memperbaiki suasana hati dengan meningkatkan kadar serotonin dalam

tubuh. Serotonin sendiri merupakan hormon yang bertanggung jawab dalam menyeimbangkan perasaan seseorang.

**Bagaimana cara mendaur ulang kulit pisang?** Kulit pisang tidak dapat didaur ulang . Bahan-bahan tersebut adalah sisa makanan dan oleh karena itu harus dibuat kompos, bukan didaur ulang. Jika Anda masih merasa tidak nyaman membuang kulit pisang, cobalah beberapa hal berikut: Semir sepatu — pisang mengandung potasium yang merupakan bahan utama dalam semir sepatu.

**Apakah kulit pisang mengotori?** Atas nama penegak hukum dan aktivis lingkungan di mana pun, jawaban singkatnya adalah “tidak.” Walaupun tidak masuk akal untuk berpikir bahwa beberapa hal seperti kulit pisang, kulit jeruk, inti apel, kacang-kacangan, cangkang dan biji-bijian akan baik-baik saja dan hancur dengan sendirinya, hukum tetaplah hukum dan Anda masih harus menanggung akibatnya.

**Nutrisi apa saja yang ada pada kulit pisang?** Kulit pisang kaya akan serat pangan total, protein kasar, karbohidrat (selulosa, hemiselulosa, pektin, dan lignin), mineral (kalsium, magnesium, fosfor, dan kalium), asam amino (leusin, treonin valin, dan fenilalanin), dan tak jenuh ganda. asam lemak, khususnya asam linoleat (Azarudeen & ...

**Apakah limbah kulit pisang memiliki manfaat?** Padahal kulit pisang selain dapat diolah kembali menjadi makanan, juga bisa dimanfaatkan menjadi pupuk organik cair yang dapat membantu mempercepat pertumbuhan akar, menambah unsur hara dalam tanah, memacu pembentukan bunga serta pematangan biji atau batang, dan dapat menambah daya tahan tanaman terhadap penyakit.

**Kulit pisang mengandung apa saja?** Kulit pisang memiliki kandungan air yang tinggi, karbohidrat yang tinggi, protein, kalsium yang tinggi, fosfor, besi, dan mengandung vitamin B6 serta B12. Dengan kandungan nutrisi tersebut, kulit pisang pun dianggap memiliki beberapa manfaat untuk kesehatan.

**Apa manfaat kulit pisang sebagai sumber energi?** Dimana kulit pisang ini ternyata mampu untuk menghasilkan elektron yang bisa menghasilkan tenaga listrik. Untuk cara membuat energi alternatif menggunakan kulit pisang ini cukup dengan membuatnya menjadi sebuah baterai kering.



## **Ternak Sapi: Tanya Jawab**

**Apa saja jenis sapi yang umum dternakkan?** Ada beberapa jenis sapi yang populer dternakkan, antara lain:

- Sapi potong (Simmental, Angus, Brahman)
- Sapi perah (Holstein, Jersey, Ayrshire)
- Sapi dwiguna (Simbrah, Brangus)

**Apa syarat utama untuk memulai usaha ternak sapi?** Untuk memulai usaha ternak sapi, Anda perlu:

- Lahan yang cukup luas untuk penggembalaan
- Kandang dan fasilitas pendukung (pakan, air, obat-obatan)
- Bibit sapi yang berkualitas
- Pengetahuan dan keterampilan dasar tentang perawatan sapi

**Berapa modal yang dibutuhkan untuk memulai usaha ternak sapi?** Modal awal yang dibutuhkan bervariasi tergantung pada skala usaha dan lokasi. Secara umum, diperkirakan membutuhkan sekitar Rp 50-100 juta untuk memulai usaha ternak sapi dengan skala kecil.

**Apa saja tantangan yang dihadapi dalam usaha ternak sapi?** Beberapa tantangan yang dihadapi dalam usaha ternak sapi meliputi:

- Fluktuasi harga pasar
- Penyakit dan wabah
- Persaingan dengan peternak lain
- Kurangnya tenaga kerja terampil

**Apa saja tips untuk sukses dalam usaha ternak sapi?** Untuk sukses dalam usaha ternak sapi, Anda perlu:

- Melakukan perencanaan yang matang
- Memilih bibit sapi yang berkualitas

- Memberikan perawatan dan nutrisi yang baik
- Memantau kesehatan sapi secara teratur
- Menguasai teknik pemasaran dan penjualan

**How do I download Juki smart app?**

**How do I adjust my Juki speed?**

**Where is serial number on Juki sewing machine?** Finding the Serial Number Look on the back of your machine and you'll see a metallic sticker.

**What is the difference between Juki Mo 654 and 644?** The MO654DE is a step up from the 644D, although they look very similar. The machines are surprisingly small and compact; the 644D is recommended for light to medium weight fabrics, while the 654DE can handle multiple layers of thick fabric with ease.

**How do I download apps to my smart?**

**How do I install smart apps?**

**How to make a Juki sewing machine slower?**

**How do I slow down my sewing machine speed?** To make your sewing machine run slower, you can start with changing the pulley size on your motor. The smaller the pulley equals the slower the speed. If this is still not slow enough you may wish to look at your motor. There is normally two different types of motors; 2850rpm or 1425rpm.

**Why is my sewing machine going so slow?** Lack of lubrication, lint buildup, a worn drive belt or a faulty drive motor can cause the sewing machine to run sluggishly. Clean and lubricate the sewing machine regularly (at least yearly) to prevent drive gears from sticking and causing sluggish needle or feed dog movement.

**Are JUKI machines made in China?** Headquartered in Japan, the company currently has manufacturing facilities in Japan, China, and Vietnam, and markets its products on six continents, in about 170 countries. Until 1988, the company was known as Tokyo Juki Industrial Company, Ltd.

**Are JUKI sewing machines made by Janome?** You will also find Janome built machines branded under the Necchi, Elna, and Juki nameplates. Janome also makes specific models for Baby Lock, and Bernette.

**What is the difference between JUKI and Jack sewing machine?** In the mid-range segment, both Jack and Juki offer a variety of models with advanced features and capabilities. While Jack machines may be slightly more affordable, Juki machines often come with additional features and functionalities.

**Which is best Juki or brother?** Brother machines are not as sturdy as Juki ones, but they have a strong reputation for dependability and quality construction. Their machines are tested extensively to ensure they consistently produce high-quality stitches and conform to industry requirements.

**What is the best rated industrial sewing machine?**

**Is Juki a good sewing machine brand?** Juki is well-known for producing high-quality sewing machines that are suitable for commercial use. The strong motors of Juki machines allow for rapid stitching without sacrificing quality or precision. Juki machines are reliable regardless of the thickness or number of layers you're sewing.

**What is a smart download?** With Smart downloads, recommended videos are automatically added to your downloads to watch offline. Watch videos on-the-go and discover new content without the hassle of searching. Downloads will stop if you disconnect from Wi-Fi, or if your device's storage is low.

**How do I download apps on this device?**

**How do I start a smart download?**

**How to download free apps from App Store?** In the App Store, if an app has a Get button instead of a price, the app is free. You won't be charged for downloading a free app. Some free apps offer in-app purchases and subscriptions that you can buy.

**What is a smart app?** Application-based technology that utilizes sensors often to gather and analyze data. In contrast with smartphones — mobile phones with

computer functions and internet connectivity — smart applications are associated with smart devices and the Internet of Things.

**How do I install apps on smart?** From your TV's main menu, navigate to your app store or the 'Add Channel' section. Whether you are craving a new game, a fitness app, or another streaming service, simply type the name of the app you wish to add in the search bar. Once located, select the app and follow the prompts to install it.

**How can I improve my sewing accuracy?** Use pins to ensure your pieces line up accurately before sewing. If you place your pins perpendicular to the seam you are sewing (with the pinhead on the outside) they are easy to remove as you sew.

**How do I stop my sewing machine from jamming?**

**How to increase sewing machine speed?**

**How to lubricate a sewing machine?**

**Why is sewing so tiring?** It uses brain power. If you're spending your entire day thinking critically and making decisions (using brain power), jumping into another session of that in your sewing might not be a fun, relaxing thing to do after a long day at work.

**What allows the machine to stitch backwards?** Reverse control lever -allows the machine to stitch backward. Spool pin-holds the spool of thread in place. Spool holder-a piece of plastic that holds the spool on the pin, use the large size for large spools and the small size for small spools.

**How do I download an app on my smart phone?**

**How do I install smart app control?** In Windows Security, select the "App & Browser Control" tab. Then, beneath "Smart App Control", click "Smart App Control Settings". Select "On" to enable Smart App Control on your Windows device. Once enabled, SAC starts monitoring and blocks any suspicious app execution on your computer.

**How do I download software to my smart watch?** On your phone, find the watch apps you want to add with the search filters in the Play Store app. You can also find

popular watch apps through the “Watch apps” and “Watch faces” category pages. After you find a watch app you like, you can install the app on your watch directly from the Play Store app on your phone.

**What is the JUKI app?** "JUKI SMART App" is a free application for Android terminal available on the JUKI sewing system models.

**How to download a free app?** You can download free Android apps from the Google Play Store, which comes pre-installed on all Android phones and tablets. More advanced users can opt to download apps from an alternative app marketplace like Aptitude--just be aware that the apps found there aren't vetted by Google.

**How to install new apps?**

**Which app is best for downloading?**

**Do you need smart app control?** Smart App Control also helps to block potentially unwanted apps, which are apps that may cause your device to run slowly, display unexpected ads, offer extra software you didn't want, or do other things you don't expect.

**How do I enable app control?**

**What is a smart app?** Application-based technology that utilizes sensors often to gather and analyze data. In contrast with smartphones — mobile phones with computer functions and internet connectivity — smart applications are associated with smart devices and the Internet of Things.

**What app can I download to connect my smart watch?** To use your smartwatch, first connect your watch to your phone with the Wear OS app.

**How to download apps in smart watch without App Store?**

**How do I download an app from my phone to my watch?** One way is if you have the watch compatible apps on your phone and then in the watch, open Google play and click on "Apps on your phone" - this will show you all the apps that can be installed on your watch and install them.

**Is Janome and Juki the same company?** Janome: Janome is a Japanese company with a long and rich history. For many years their machines were branded New Home in the U.S. market. You will also find Janome built machines branded under the Necchi, Elna, and Juki nameplates. Janome also makes specific models for Baby Lock, and Bernette.

**What is theodolite app?** Theodolite is a multi-function viewfinder that combines a compass, two-axis inclinometer, rangefinder, GPS, map, nav calculator, tracker, and geo-tag photo/movie camera into one indispensable app.

**How do you string a Juki?**

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