

# ECOLOGY OF THE PLANTED AQUARIUM DIANA WALSTAD

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**What is the Walstad method ecosystem?** The Walstad Method is a natural method for making your own balanced aquarium (or ecosystem) that can be almost completely self-sufficient without a filter or regular water changes. A "balanced ecosystem" has fish and aquatic plants that support each other and will not require any CO2 injection or added fertilization.

**How long does Walstad last?** Depleted Substrate Many who do the Walstad method find that the plants start dying after five to ten years. Many ascribe this to a "depletion of nutrients" in the soil.

**How does an aquarium ecosystem work?** The aquarium as an ecosystem And so, to put it simply: Aquarium plants – take up carbon dioxide and inorganic compounds such as phosphorus, potassium and nitrogen. In return, they provide oxygen and biomass, which is food for animals, and when they die – a medium for bacteria (and also for some animals).

**How often should I feed a Walstad tank?** I fed mine once or twice a week but it all really just depends on the conditions of your tank. If there's absolutely nothing in there for them to eat then I personally would suggest feeding no more than every other day. You especially want to remove any uneaten food after a couple hours.

**Do Walstad tanks work?** Once plants are added, the plant roots will reach the soil and get lots of nutrients that will fuel them to grow. The Walstad method allows a 'no-filter' method of aquarium, giving a strong bacterial system and still effectively removing fish feces and different harsh materials in a tank.

**How often do you change the water in an aquascape?** Weekly Maintenance This prevents the build up of organic waste which algae thrive on. During the first 2-4 weeks you should be changing the water more often until your tank matures. 2-3 times per week will help reduce the risk of algae outbreaks during the most fragile stages in the life of your aquarium.

**What plants are good for self sustaining aquarium?** Best plants for an aquarium include Blyxa japonica, Cryptocoryne Parva, Sagittaria Subulata, Staurogyne Repens, Microsorium Pteropus, Myriophyllum Mattogrossense, Alternanthera Reineckii Mini, Marsilea Hirsuta, Rotala H'ra, and Java Fern. It's best to plant tall plants toward the back, with shorter plants in the front.

**How to create a self-sustaining ecosystem aquarium?**

**How to add CO2 to an aquarium naturally?** Organic substrates, including compost or soil, are another tool for aquarists looking to naturally increase CO2 in their aquariums. As these materials break down, they emit CO2 into the water.

**What is the PDR of a medication?** The Physicians' Desk Reference (PDR) is a compilation of information about available pharmaceutical drugs. Explore the content and use of PDR to understand who uses it and how it is applied in healthcare.

**Are herbal medicines approved by the FDA?** It's important to remember that herbal supplements are not regulated by the FDA. They have not been tested in an FDA-approved clinical trial to prove their effectiveness in treating or managing health conditions.

**Is there any evidence that herbal medicine works?** Evidence for the effectiveness of herbal medicines is generally very limited. Although some people find them helpful, in many cases their use tends to be based on traditional use rather than scientific research.

**What is a certificate of analysis for herbal products?** A Certificate of Analysis, or COA, is a document from an accredited laboratory that tells you exactly what is and isn't in the product. These reports include product information such as the lot number, the manufacturing date, and active and inactive ingredients.

**What is the PDR in medicine?** The Physicians' Desk Reference (PDR), renamed Prescriber's Digital Reference after its physical publication was discontinued, is a compilation of manufacturers' prescribing information (package insert) on prescription drugs, updated regularly and published by ConnectiveRx.

**What do PDR stand for?** Performance and Development Review.

**What is the most powerful healing herb?**

**What herbs should not be taken together?**

**Can you sell herbs without FDA approval?** Fact: Vitamins, minerals, herbs, and other dietary supplements are not FDA-approved to treat or prevent disease. More Information: The FDA does not approve dietary supplements for any purpose. Products that have claims to treat, diagnose, prevent, or cure diseases are generally subject to regulation as drugs.

**Is there any truth to herbal medicine?** Used correctly, herbs can help treat a variety of conditions, and in some cases, may have fewer side effects than some conventional medications. Never assume that because herbs are "natural," they are safe. Some herbs may be inappropriate for people with certain medical conditions.

**Are herbal doctors legit?** [4/1/2020] FDA reminds patients not to use any drugs manufactured by Herbal Doctor Remedies, Monterey Park, California, because these drugs were not manufactured under good manufacturing practices.

**What diseases can be cured by herbal medicines?** For thousands of years, chamomile has been used as a remedy for nausea, diarrhea, constipation, stomach pain, urinary tract infections, wounds, and upper respiratory infections ( 24 ). This herb packs over 100 active compounds, many of which are thought to contribute to its numerous benefits ( 24 ).

**What is a certified herbalist?** A certified herbalist uses medicinal plants to treat ailments, focusing on the underlying cause of an illness, which often relates to diet and lifestyle.

**How much does Certificate of Analysis cost?** If the manufacturer cannot or will not supply the certificate from a underwriter in the USA, (with certificate numbers that can be verified) they know it will fail the inspection. Therefore, It is up to you to send your samples to Underwriter Laboratories for testing. Cost start at \$2,000 and up.

**How do I legally sell herbal products?** 1. Legal and Regulatory. In the United States, herbal products (like extracts, capsules, and teas) are regulated by the Food and Drug Administration (FDA) under the category of Dietary Supplements. Because of this, herbal products companies, large and small, must follow the FDA's Good Manufacturing Practices (GMPs).

**What is PDR in pharma?** Pharmaceutical development report (pdr)

**What is a normal PDR?** In adults, the normal PDR should be between 8.5 and 12 Hz and symmetric, but in children a normal PDR depends on the age, as discussed in the Pediatric EEG section. When the PDR is slower than 8.5 Hz, there may be generalized slowing present, as discussed in the Abnormal EEG section.

**What is the PDR for?** A performance development review (PDR) is a formal process that occurs regularly, ranging from monthly to annually, to assess and enhance employee performance.

**What is PRD in prescription?** PRD 30mg/40mg Capsule is a prescription medicine used to treat gastroesophageal reflux disease (Acid reflux), dyspepsia (indigestion), and gastritis. It helps treat the conditions by reducing the amount of acid in the stomach thereby relieving symptoms of acidity such as heartburn, stomach pain, or irritation.

## **Secret Journey to Planet Serpo: A True Story of Interplanetary Travel**

### **Introduction:**

The alleged secret journey to Planet Serpo has been a subject of intense speculation and intrigue for decades. According to the story, a team of American astronauts embarked on a clandestine mission to an extraterrestrial civilization in the Zeta Reticuli star system. This article explores the fascinating details and unanswered questions surrounding this purported true story.

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## **What is the Serpo Story?**

In 1965, a team of 12 astronauts allegedly traveled to Planet Serpo, a water-rich world inhabited by a technologically advanced humanoid race known as the Ebens. The mission, codenamed "Project Serpo," was said to have lasted 13 years, during which time the astronauts lived among the Ebens and studied their culture, technology, and history.

## **Is it True?**

The veracity of the Serpo story remains a fiercely debated topic. While there is some circumstantial evidence to support the claims, such as alleged radio transmissions and photographs, there is no official confirmation from any government or scientific organization. Skeptics argue that the story is a hoax or a work of science fiction.

## **What Happened on Serpo?**

The astronauts reportedly established a base on Serpo and conducted extensive scientific research. They learned of the Ebens' advanced energy systems, telepathic abilities, and deep respect for the environment. There were also reports of cultural exchanges, including the teaching of Earthly languages and customs to the Ebens.

## **The Aftermath**

The astronauts returned to Earth in 1978 with a wealth of knowledge and technology. However, the mission was reportedly kept secret from the public due to concerns about global instability. The surviving astronauts allegedly became involved in classified research and development programs.

## **Unanswered Questions:**

Despite the intriguing details, many questions remain unanswered about the Serpo story. Why was the mission conducted in secret? What happened to the advanced technology brought back from Serpo? And what is the current relationship between Earth and the Ebens? These questions continue to fuel speculation and generate further investigation into the enigmatic tale of the secret journey to Planet Serpo.

## **Subcontract Forms FIDIC: Frequently Asked Questions**

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## **What are FIDIC subcontract forms?**

FIDIC (Fédération Internationale des Ingénieurs-Conseils) is an international organization that develops standard contracts for the construction industry. FIDIC subcontract forms are templates used for agreements between a main contractor and a subcontractor on a construction project.

## **Why use FIDIC subcontract forms?**

Using FIDIC subcontract forms provides several benefits:

- **Standardization:** They are widely recognized and accepted in the industry, ensuring consistency in contractual terms.
- **Risk Allocation:** They allocate risks and responsibilities clearly between the parties, minimizing disputes.
- **Time-Saving:** They are pre-drafted and customizable, saving time and effort in contract negotiation.

## **What are the different types of FIDIC subcontract forms?**

FIDIC offers various subcontract forms tailored to different project types:

- **Yellow Book** (Conditions of Contract for Works of Civil Engineering Construction)
- **Silver Book** (Conditions of Contract for Electrical and Mechanical Works)
- **Green Book** (Conditions of Contract for Design-Build and Turnkey Projects)
- **Pink Book** (Conditions of Contract for Minor Works)

## **What are the key provisions in FIDIC subcontract forms?**

FIDIC subcontract forms typically include clauses on:

- Scope of work
- Payment terms
- Performance standards
- Timelines

- Risk management
- Dispute resolution

### Can FIDIC subcontracting forms be modified?

Yes, FIDIC subcontract forms can be modified to suit specific project requirements. However, it is essential to ensure that modifications do not significantly alter the intent of the original form and are clearly documented.

[pdr of herbal medicine 5th edition, secret journey to planet serpo a true story of interplanetary travel, subcontract forms fidic](#)

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