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A

Alkaline Diet

Anti-Inflammatory Diet: Foods, Benefits, and Diet Program

Complete Guide to Anti-Inflammatory Diet

Overview

How it works

Food types

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What is an Anti-inflammatory Diet:

The anti-inflammatory diet is a diet known for its anti-inflammatory healing properties. It is mainly made up of food types that have the capability to reduce inflammation in the body.

The anti-inflammatory diet is very common and widely recommended by many health and nutritional experts.

It is believed to have the capability to treat and prevent several medical and health conditions, mainly by reducing inflammation which is a main aspect present in many diseases and medical conditions. Plus, the diet improves overall health as it focuses on healthy foods and avoid fatty and processed ones.

How the Anti-Inflammatory Diet works:

The anti-inflammatory diet focuses on consuming food elements that have anti-inflammatory effects on the human body, hence the diet can support and speed up the body healing process. It also improves the physical and mental health, and provides balanced energy sources.

The diet is based mainly on replacing sugar and refined products with whole nutrient-dense foods. It is also rich in antioxidants, which are molecules known to fight off free radicals. These free radicals are molecules that damage the cells in the body and increase the risk of getting many diseases.

There is not one single anti-inflammatory diet to follow, mainly because it is made up of a variety of foods that are known to fight and decrease inflammation. These foods include whole grains, legumes, healthy fats, fruits and vegetables containing high fiber content, minimal animal protein (excluding seafood), and lot of water.

Numerous diets do follow the same principles of the anti-inflammatory diet, and as such they have similar healing benefits, like for example the Mediterranean diet. This diet contains fish, whole grains and healthy fats as well but it is mostly inspired by the eating habits of Greece, Southern Italy, and Spain in the 1940s and 1950s.

The Anti-Inflammatory Diet foods:

The anti-inflammatory diet is quite important given its positive healing effects and contribution in decreasing various inflammation aspects. Below is a detailed explanation how the various food types incorporated in this diet can contribute and impact the healing process:

- Whole grains: these grains such as oats, quinoa, barley, bulgur, wild rice, amaranth, millets and whole-wheat are foods that contain the essential nutrients of the seed. Consumption of whole grains has shown to reduce oxidative stress, which is a factor that results in inflammation. It also shows an increase in adiponectin levels which is a hormone in the body that has anti-inflammatory and anti-oxidative properties.

- Legumes: these legumes such as lentils, kidney beans, soybeans, chickpeas, fava beans, and black beans have shown to decrease C-reactive protein (CRP) levels. CRP is an inflammation marker that is measured in the blood. High levels of CRP indicate inflammation, infections or other medical conditions.

- Nuts and Seeds: these nuts and seeds such as walnuts, flax seeds, and pumpkin seeds (excluding peanuts) have shown decreased inflammatory marker levels such as CRP. It is important to note though that nuts should be consumed raw and unsalted.

- Vegetables and fruits: bright colored and green leafy vegetables as well as a variety of fresh fruits (including berries) are rich in vitamin C and many other antioxidants. Antioxidants are molecules that quench free radicals that are known to damage the cells and causing diseases.
- Fish and Seafood: Salmon, mackerel, trout and shellfish among many others are important sources of omega-3 fatty acids. The body uses omega-3 to produce prostaglandins, which are chemicals that play a role in reducing inflammation. This is mainly because omega-3 consists of eicosapentaenoic acids (EPA) that produce prostaglandins which have anti-inflammatory effects.
- Lean poultry: proteins aid the body to repair or produce new cells as well as antibodies, enzymes and hormones. Lean protein sources have shown to decrease inflammatory biomarkers, therefore decreasing levels of inflammation.
- Soy products: sources of soy include soybeans, chickpeas, tofu, soymilk and tempeh. These products contain isoflavones that are a micronutrient in soy which have been reported to have anti-inflammatory properties.
- Oil: such as Canola oil and Extra Virgin Olive oil have been associated with decreased inflammation since they are rich in omega-3 fatty acids. However, it is recommended to use oils in moderate amounts.
- Herbs and Spices: such as basil, parsley, cinnamon, cumin, ginger, turmeric and many others can replace sugar, salt and additional saturated fat. They contain antioxidants, which are used in the management of inflammation.

The diet also excludes food items which are believed to cause inflammation such as refined grains, wheat, corn, full-fat dairy, red meat, caffeine, alcohol, peanuts, sugar, and saturated and trans-fats. Hence, the diet helps reducing bad effects on health as much as possible.

The Anti-Inflammatory Diet structure:

The food selection is mainly made to maintain health while reducing inflammation, however the daily caloric consumption varies per person, based on gender, size and activity level.

The daily caloric requirements, carbohydrates make up 40-50%, fat 20-30% and protein 20-35%. These macronutrients should be included and spread throughout each meal, if possible.

Macronutrients

Carbohydrates (50%), Protein (25%) , Fat (25%)

Calories/day

Carbohydrates 1000, Protein 500 , Fat 500

Grams/day

Carbohydrates 250 (25-35 of which are dietary fiber), Protein 125, Fat 55.5

Can Anti-Inflammatory Diet Relieve Arthritis Symptoms?

Go to Anti-inf...

Complete Guide to Anti-Inflammatory Diet For Arthritis

Case review

Why it helps

How it works

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The possible triggers of arthritis symptoms that might be reduced by the Anti-inflammatory Diet:

Arthritis is a condition in which a joint becomes swollen or damaged, and becomes inflamed as a result of that.

This inflammation leads to pain, swelling, stiffness, and redness. As a result, patients become unable to perform daily physical activities normally and face difficulty walking or climbing up the stairs.

Arthritis pain usually arises during rest and gets worse with movement. The pain may also start suddenly (acute pain) or slowly (chronic pain) during inflammation and can last for a long time.

Learn everything about arthritis and find all the natural solutions to treat arthritis naturally, including various diet programs, alternative medicine, vitamins, supplements, herbal medicine, and home remedies.

Why the Anti-Inflammatory Diet helps for Arthritis:

The anti-inflammatory diet can help relieve arthritis symptoms by alleviating inflammation, which is the main cause of arthritis pain.

Based on several research findings, the anti-inflammatory diet was found to halt the progress of certain types of arthritis, and relieve the symptoms severity by reducing inflammation and pain.

In addition, research suggests that the anti-inflammatory diet can help in improving the overall health of the patient. This is why many medical and health experts recommend following an anti-inflammatory diet for arthritis symptom relief.

How the Anti-inflammatory Diet works to reduce Arthritis symptoms:

The anti-inflammatory diet focuses on consuming food elements that have anti-inflammatory properties, hence the diet is believed to be able to reduce inflammation.

It also includes a variety of fruits and vegetables, whole grains and fish sources among others that are rich in omega-3 fatty acids, fibers and many other nutrients. These are known to reduce inflammation, and hence can help in fighting various arthritis symptoms such as pain and stiffness.

Furthermore, certain types of foods consumed in the anti-inflammatory diet contain antioxidants that would

do work on reducing the level of free radicals. These free radicals are molecules that damage the cells in the body and can lead to inflammation if not properly controlled.

In addition, the diet eliminates sugar, processed products, and refined food that are known to have inflammatory effects in the body. Hence, by avoiding these elements, this would help further in relieving arthritis symptoms, as well as improving overall health.

The Anti-inflammatory Diet program for Arthritis:

The anti-inflammatory diet for arthritis is a lifestyle change that can be always maintained, as such there is no time restriction for this diet. There is no standard type of anti-inflammatory diet that people with arthritis should follow instead it should be customized based on individual's specific needs.

Below is a detailed list of the anti-inflammatory foods included in the anti-inflammatory diet, with an indication about the quantity that should be consumed for each:

- Fish: consume fish at least twice per week as it contains omega-3 fatty acids, which lower inflammatory proteins in the body. It has been shown also that daily consumption of fish oil supplements can improve joint stiffness, pain and swelling.
- Nuts: one handful per day is recommended as it contains omega 3 and monounsaturated fats that combat inflammation. Nuts also contain fiber that lowers inflammation in the body.
- Fruits and vegetables: it is important to eat fruits and vegetables daily since they are rich in antioxidants and other vitamins that fight against inflammation. Eat a variety of fruits and vegetables, and consume around nine servings of fruits and vegetables per day.
- Olive oil: add 2-3 tablespoons of olive oil to meals per day. Olive oil is rich in omega-3 and contains oleocanthal that reduce inflammation.
- Beans: consume one cup of beans twice per week. Beans are an important source of fiber and phytonutrients that have anti-inflammatory properties.
- Whole grains: it is recommended to consume 6 ounces of grains daily, ideally 3 out of the 6 ounces consumed per day should be whole grain. Whole grain foods are rich in fiber, and an adequate consumption reduces inflammation in the body.
- Spices: flavor food regularly with spices such as anise, fennel, turmeric, horseradish and hot mustard that can be added to various dishes. These can be added to various dishes as they have anti-inflammatory properties.

The Anti-inflammatory Diet for Arthritis: recommendations

- Drink lot of water: aim for purified water. It helps in ingestion, absorption and transport of nutrients that have anti-inflammatory effects. It is also necessary for cell functions and tissues repair.
- Consume anti-inflammatory snacks: Always carry appropriate anti-inflammatory snacks when you are on

the go so you can always have a good treat of healthy food if you get hungry.

- Consume whole grains: whole grains decrease the body's insulin response, and can hence reduce inflammation. Meanwhile, refined grains increase the inflammation process, hence causing blood sugar to spike faster.

- Stay active: it's important to exercise on a regular basis in order to improve health.

- Sleep well: make sure you get adequate sleep as this is an important factor for overall health. Sleep deficiency is associated with several diseases.

Suggest Edit

The Anti-inflammatory Diet for Arthritis: what you should avoid

- Limit casein: casein is a protein found in dairy products and may cause discomfort so it is important to make sure it does not irritate the gut to avoid inflammation. If you don't observe any discomfort, then there is no need to restrict it from the diet.

- Limit gluten: Gluten is found in wheat, barley and rye. It can cause irritation to the gut and promote inflammation. If no discomfort is witnessed, then there is no need to restrict it from the diet.

The Anti-inflammatory Diet for Arthritis: precautions

The risks associated with the anti-inflammatory diet for arthritis are very limited, especially that this diet is based on consuming healthy food.

There's also no current evidence coming from any research about any potential risks that can be associated with this diet.

Nevertheless it's important to note the following precautions:

- People with celiac disease should avoid gluten

- Control protein intake for those who suffer from liver or kidney problems, allergies or autoimmune diseases.

Always consult with a healthcare professional before starting any new diet or treatment.

The Anti-inflammatory Diet for Arthritis: side effects

No side effects have been reported about following the anti-inflammatory diet for treating arthritis.

Alkaline diet: what is the alkaline diet and how it helps?

Complete Guide to Alkaline Diet

Diet overview

How it works

Misconceptions

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What is the Alkaline Diet:

The alkaline diet is a regimen that allows the body to re-establish and maintain its normal blood pH level. The pH (power of hydrogen) reflects the concentration of hydrogen ions in a water-based solution.

The diet was created by Dr. Robert Young PhD who claims that this diet can help in curing several illnesses, and prevent diseases and medical conditions from developing.

In his book "The pH miracle", he explains how this diet can also provide energy and mental clarity in just a few weeks, and improve overall health.

Mainly, the normal and healthiest blood pH being is slightly alkaline, and ranges between 7.35 and 7.45 (ideal 7.36).

A pH of 7 being neutral, a pH of zero is considered completely acidic, while a pH of 14 would be completely alkaline.

However, our blood pH level has been dropping drastically over the years and becoming more acidic. Research and studies have shown that the blood pH changed over the past 200 years to become more acidic, because of the modern diet and agricultural revolution. As a result, this has started causing several health diseases and illnesses.

The alkaline diet healing science is based on the belief that the body is designed in a way to function effectively on its own and heal itself. The optimal environment for the body to be able to operate efficiently is by having an alkaline blood pH.

Maintaining this pH environment is believed to prevent many diseases from developing, and protect people from several illnesses. Hence, the alkaline diet focuses on creating and preserving this healthy blood pH environment.

This can be achieved through omitting foods that are acid producing, and focusing on alkalizing and healthy ones.

This diet became very famous and gained a wide reputation in the news when Victoria Beckham adopted it and tweeted about it in 2013.

What makes the blood acidic: the Alkaline Diet perspective

The normal blood pH is slightly alkaline, and ranges between 7.35 and 7.45.

However, due to several changes in the modern diet, such as increased consumption of sodium containing foods, GMO (genetically modified organism), and processed foods among many other things, the pH of the body is drifting away from its optimal levels, and becoming more and more acidic.

Other factors do also influence the blood pH such as anxiety, fever, or any complication from trauma or illness. This can even lead to a state known as acidosis which is excessive acid production. This condition can be quite dangerous.

Furthermore, environmental and respiratory factors do affect our blood pH. In addition, our way of living and thinking, including our emotions, do play an important role in influencing our blood pH level.

Research and studies have also shown that the blood pH changed over the past 200 years to become more acidic, because of the modern diet and agricultural revolution. As a result, this has started causing several health diseases and illnesses, including bone diseases.

How the Alkaline Diet works in the body:

The alkaline diet is based on "The Acid-Ash Hypothesis" that claims that acid producing ash foods, such as meat, poultry, cheese, fish, eggs, and grains, will make the blood pH more acidic.

As such, the alkaline ash is mainly produced by fruits, nuts, legumes and vegetables that would make the blood pH more alkaline.

It is important to understand that the food impact on blood acidity or alkalinity is not related to the food type itself, but it is related to the metabolic wastes or ashes that the food produces.

By eating the proper food and living an alkaline lifestyle, the alkaline diet can help the body restore and maintain its normal alkaline environment. Hence, this will prevent several diseases and illnesses, and help fighting their development.

By also maintaining a normal alkaline blood pH, the alkaline diet is believed to promote health, energy, and vitality. It can also fight inflammation which can provide tremendous health benefits for the human body.

Furthermore, since minerals usually work as a buffer in balancing the blood pH, when blood becomes acidic, the body extracts minerals from the cells, tissues, bones, and organs to neutralize the pH environment. This can cause several health issues and bone diseases, hence maintaining an alkaline blood pH helps also in fighting bone diseases.

Alkaline Diet misconceptions:

There are many misconceptions and wrong ideas revolving around the alkaline diet. These are even being

g shared by many health care experts. That's why it's important to clarify the following:

A- "Acidic food" versus "acid producing" food: the Potential Renal Acid Load "PRAL"

There's a common false belief thinking that eating acidic foods in nature, results in turning the blood pH acidic.

While this can be true for certain foods, yet there are many food types that are actually acidic in nature, but when they are eaten and metabolized, they have an alkalizing effect. A typical example of this is "lemon".

To better understand the difference between "acidic food" versus "acid forming food" we need to look into the "Potential Renal Acid Load of foods" (PRAL).

The PRAL is the correct way to assess if a food has an acidic or alkalizing potential. The PRAL is calculated given the following equation:

$$\text{PRAL} = 0.49 \times \text{protein (g/day)} + 0.037 \times \text{phosphorus (mg/d)} - 0.021 \times \text{potassium (mg/day)} - 0.026 \times \text{magnesium (mg/day)} - 0.013 \times \text{calcium (mg/day)}.$$

Accordingly, a food with a positive PRAL is acid-producing, compared with a negative PRAL that is more basic.

The alkaline diet focuses on replacing "acid promoting foods" with "alkaline promoting foods", irrespective whether they are acidic or alkaline in nature. Eventually, this will help body fluids restore homeostasis, and keep the body in its natural and appropriate alkaline environment.

B- Blood pH measurement:

The ideal way to measure the body pH is through a blood test. However, some healthcare experts do use other methods such as saliva and urine tests to get the body pH, as they believe this is also a reflection of the blood pH.

Still, there are some disagreements around these methodologies, especially the urine testing. But regardless of the approach used to measure the body pH, you need to be aware of these important guidelines to avoid any misperception about the results you get:

1- Blood test measurement: the normal and healthiest blood pH is between 7.35 and 7.45. So this is the pH you should be considering. A drop under this level would reflect an acidic environment.

2- Saliva test measurement: saliva has a normal pH between 6.2 and 7.6. The average pH being 6.7. The saliva pH should not drop also under the critical pH level which is 5.5. Any drop beyond this level will result in dental erosion.

The ideal time to measure the saliva pH is in the morning upon awakening. The ideal pH you should be looking for is believed to be 7.2.

It's also important to understand that if you eat acidic food your saliva pH will drop instantly to become acidic. Yet, this is not a reflection of your body pH as you need to give time for the effect of the food or beverage to clear out. The clearance rate (time to clear) can depend from one food type to another.

3- Urine pH measurement: the urine pH ranges between 4.5 and 8.0, with an average pH value of 6.0. Uri

ne under 5.0 is considered acidic, and above 8.0 is alkaline. Accordingly, these are the levels to be considered.

It is important to understand that the food we eat does actually affect the urine pH results. For instance, alkaline food will make urine more alkaline, while acidic food will make it more acidic.

Healthcare experts debate around this approach to measure body pH, as some do believe that the food we eat influences only the urine pH and not the body PH, while others believe that it does.

Furthermore, if you have kidney stones or other different diseases and medical conditions, this would impact your urine pH. Hence this would not be a correct reflection of the blood pH level.

Alkaline Diet program structure:

The alkaline diet suggests consuming 80% of the food we eat from alkaline forming food, and 20% from acidic forming food.

When the pH balance of the blood begins to improve and you reach the targeted level, the consumption of the alkaline forming food can be lowered to 65%, and the acidic forming food can be raised to 35%.

There is no specific time frame in which the alkaline diet should be followed. However, it is recommended to maintain the blood pH in a long lasting state of alkalinity, which involves constant commitment to the alkaline diet.

This long term dedication to the alkaline diet poses a challenge for the followers of the diet, and might decrease the rate of commitment over time. However, it is important to be aware that extreme pH levels, greater than 7.45, might drive the body into “alkalosis” which poses several dangerous side effects to one’s health.

The focus in the alkaline diet is on the quality of the food eaten, meaning that highly acid producing foods should be avoided, while alkaline promoting foods should be abundantly consumed.

It should be noted that some foods that are naturally known as acidic, don’t necessarily translate into acidic wastes or metabolites. For example, lemon juice is naturally acidic with a pH of 2, but once it is subjected to digestion and metabolism, its pH rises above 7 in the body.

Dr. Sebi’s diet plan:

Dr. Sebi, a native Honduran who refers to himself as an intracellular therapist and herbalist, claims that an organic, vegan, largely raw diet will cleanse your cells of toxins and cure diseases.

He founded the USHA Healing Village in Honduras to help teach his ideas about dietary and herbal therapy.

Basic diet guidelines:

Sebi divides all foods into six categories: live, raw, dead, hybrid, genetically modified or drugs. His diet emphasizes live and raw foods, which he terms "electric foods."

According to Sebi, these foods are alkaline and can help heal the body of the effects of "dead," or supposedly acidic foods, which include all meat, poultry, seafood, and products containing a leavening agent like yeast, synthetic or processed items, alcohol, sugar, iodized salt or anything fried.

By following this diet plan, you'll avoid all seedless fruits, insect- or weather-resistant crops like corn or certain tomatoes, and anything with added vitamins or minerals. Instead, you'll eat plain ripe fruit; non-starchy vegetables, especially leafy greens; raw nuts and nut butters; and grains like quinoa, rye or kamut.

Alkaline Diet food criteria:

It is important to understand that the food impact on blood acidity or alkalinity is not related to the food type itself but it is related to the metabolic wastes or ashes that the food produces.

Therefore, if the food produces acidic metabolic wastes or ashes, it will influence the blood's pH to become more acidic. The same mechanism happens with foods that are more alkaline ash or metabolic waste producing.

In this regard, it's important to read our section about the diet misconception, because people might confuse "acidic food" with "acid forming food". A typical example is lemon which is actually an acidic food, however it has an alkalinizing effect on the body.

Alkaline Diet food types:

The various food types incorporated in the alkaline diet include alkaline forming foods such as fruits, vegetables and some nuts, legumes, seeds, and spices among others. Below we cover the various types of foods that are incorporated in the alkaline diet:

- Fruits: consuming a variety of fruits in the diet is highly suggested. These fruits include apples, cherries, berries, bananas and oranges among others.
- Vegetables: consuming a variety of vegetables in the diet is highly suggested. These vegetables include asparagus, broccoli, kale, sweet potatoes, zucchini, and cucumbers among others.
- Lentils: eat lentils as they are mainly the only legumes considered in the alkaline forming group
- Some nuts and seeds: consume nuts such as cashews, pine nuts, almonds, chestnuts, and seeds like pumpkin, sunflower, and flaxseeds as well.
- Spices: adding a variety of spices to your food is encouraged such as cayenne, cinnamon, ginger, curry powder, and black pepper.
- Green drinks: green drinks made from green vegetables are encouraged.

- Alkaline water: alkaline water is suggested because it has a pH range of 9 to 11 and boosts alkalinity.

Alkaline Diet foods: List of alkalizing foods

Zucchini, Wheatgrass, Watercress, Tomato, Tofu, Thyme, Swiss Chard, Sweet Potato, Sunflower Seeds, Squash, Sprouts, Spinach, Soybeans, Sesame Seeds, Rhubarb, Red Beans, Radish, Quinoa, Pumpkin & Pumpkin Seeds, Pomegranate, Peppers, Peas, Parsley, Onion, Olive Oil, Okra, New Potatoes, Navy Beans, Mustard Greens, Mung Beans, Mint, Millet, Lime, Lima Beans, Lettuce, Lentils, Lemon, Leeks, Khorasan Wheat, Kelp, Kale, Herbal Teas, Green Beans, Grapefruit, Goat's Milk, Gluten Free Breads, Ginger, Garlic, Flax Oil & Flax Seeds, Endive, Eggplant, Dandelion, Cumin, Cucumber, Collard Greens, Coconut, Cilantro, Chives, Chia, Celery, Cauliflower, Carrot, Cabbage, Buckwheat, Brussels Sprouts, Broccoli, Beetroot, Basil, Avocado & Avocado Oil, Asparagus, Arugula, Artichokes, Amaranth, Almonds & Almond Milk, Apple, Banana, Berries, Cantaloupe, Grapes, Melon, Lemon,

Alkaline Diet recommendations:

- Consume organic foods: focus on organic foods that are naturally grown, and free from pesticides and other chemicals. This is recommended because these chemicals can influence the blood pH and make it more acidic, even if you are consuming vegetables.
 - Differentiate between “acid food” and “acid forming food”: it's important to understand the difference between acidic foods and acid forming foods. For instance, while lemons are acidic foods, however when they are consumed, they promote alkalinity in the body.
- Suggest Edit

Alkaline Diet: what you should avoid

The alkaline diet suggests limiting the consumption of acid forming foods such as:

- Fresh and processed meat: limit all meat and chicken products.
- Fish: limit fish products such as salmon, tuna, and mackerel among others.
- Dairy and eggs: limit all dairy products including cheeses, butter, yogurt, ice cream, as well as eggs.
- Avoid GMOs: GMOs are suggested to cause acidity in the body, and other negative health effects.
- Legumes: limit most legumes such as peas, beans, chickpeas, and soybeans.
- Sugar: limit sugar consumption and any products containing high amounts of sugar such as syrup.
- Coffee: avoid coffee and other caffeine products.
- Alcohol: avoid drinking alcoholic beverages.
- Avoid grains: whole grains are an important part of the American diet, however they should be avoided because they are acid-forming foods. Limit grains such as whole wheat bread, rye bread, white flour, bagels, white rice and pasta among others.

- Processed foods: avoid processed foods, they are high in sugar and salt.
- Some nuts: limit nuts such as walnuts, peanuts, and hazelnuts.
- Sodas and sweet beverages: limit all processed and sugary drinks such as sodas and juices.

Alkaline Diet benefits:

The alkaline diet is considered a diet that focuses on foods rich in antioxidants and phytochemicals, and omits products that are highly processed and produce acidic wastes.

Hence, by all means, it is a healthy diet regimen by itself, and thus can provide tremendous gains for the human body and health.

Supporters of the alkaline diet state several benefits from following a lifelong alkaline diet as it can be quite effective for weight loss.

It can be also followed for treatment and prevention of several diseases, and provides several health benefits.

These include improving immune function, curing cancer, decreasing blood cholesterol levels and blood pressure, promoting bone health (arthritis, osteoarthritis, and osteoporosis) and muscle health, decreasing the risk of chronic diseases such as heart diseases (strokes and hypertension), diabetes, and decreasing several nutrient deficiencies.

Alkaline Diet precautions:

This diet recommends removing major healthy sources of proteins that are considered acidic such as eggs, meat, fish, and walnut. These foods are major sources of omega 3 and omega 6 which should be a part of a healthy and balanced diet.

The decrease in consumption of these types of foods would lower satiety and might contribute to more hunger, brain fog, associated with forgetfulness, mood changes, and risk of depression. This would be something to take into consideration when following an alkaline diet.

It is also important to be aware of the constant exposure to pesticides due to the increased consumption of fruits and vegetables, which majorly correlate with pesticide usage. That's why it is always important to consume organic food as it does influence the blood pH as well.

Another important factor to be aware of is extreme pH levels. Increased alkalinity in bodily fluids can drive the body into "alkalosis", defined as a pH greater than 7.45. This can pose several dangerous side effects to one's health.

Alkaline Diet side effects:

The alkaline diet is of limited side effects because it is mainly focused on fruits and vegetables.

However, due to the high concentration of fibers, which contributes to more bulk and a decrease in transit time through the digestive tract, it might be best if avoided in cases of diarrhea, gastritis (inflammation of the stomach), acid reflux, and in some periods of Irritable Bowel Syndrome (IBS).

Anti-Inflammatory Diet

Atkins Diet / Low Carbs Diet

Atkins Diet: Benefits, Diet Program, and Side Effects

Complete Guide to Atkins Diet / Low Carbs Diet

Overview

Atkins diet types

Atkins vs Keto

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What is Atkins Diet:

The Atkins diet is a weight loss regimen created by Dr. Robin Atkins, a cardiologist and nutritionist, in 1989. It is a diet recommending a low carbohydrate intake while focusing on proteins and fats.

Standard nutritional guidelines usually suggest that an optimal meal plan should contain a range of 45 - 65% of its calories from carbohydrates. However, the Atkins diet recommends restricting carbohydrates much below this range.

The degree of carbohydrates restriction varies depending on the stage of the diet the individual has reached, and also on the type of Atkins diet followed. The various types can range between a low carbs diet, a very low carbs diet, and almost a no-carbs diet at all.

The Atkins Diet types:

Since its creation in 1972, the Atkins diet changed and has been modified. Currently, there are 3 types of the Atkins diet:

Atkins 20:

Atkins 20 diet is a type of Atkins diet that allows the consumption of only 20 g of carbohydrates in phase 1 or the induction phase of the diet.

It is usually recommended for people who are either diabetic or need to lose more than 40 pounds or 18.2 kg.

Atkins 40:

Atkins 40 diet is a type of Atkins diet that is less restrictive than Atkins 20 as it allows 40 g of carbohydrates in phase 1 or the induction phase of the diet.

This type of diet is recommended for people aiming to lose less than 40 pounds or 18.2 kg.

The Modified Atkins diet (MAD):

The modified Atkins diet is the most restricted one among all Atkins diet types in terms of carbohydrates intake.

It is similar somehow to the ketogenic diet but slightly less restrictive as it allows carbohydrates up to 10-20 g per day, and promotes also fat consumption while limiting protein intake.

Difference between the Modified Atkins Diet and Keto Diet:

The Modified Atkins diet is similar to Keto diet since both restrict carbs consumption, however compared to Keto diet, the Modified Atkins diet doesn't limit proteins. Instead, it allows unlimited consumption. check Keto Diet to learn more about it.

By following the Modified Atkins diet, carbohydrates reserves available in the body would be reduced considerably. However, this type of diet will not put the body into a state of ketosis compared with the keto diet.

Accordingly, the Modified Atkins diet contains less carbohydrates than the other types of Atkins diet that allow the re-introduction of carbohydrates at later phases of the diet. However, it remains a less restrictive version of the keto diet that restricts carbohydrates to only 5% of the daily caloric requirements.

Furthermore, the Modified Atkins diet allows unlimited proteins compared to the keto diet that limits proteins at 20%. In this regard, it is important to note that when the person consumes more than 20% of proteins in the diet, the additional protein is believed to convert into glucose.

How the Atkins Diet works:

The Atkins diet is a low carbohydrate diet encouraging the macronutrients focus on proteins mostly and fats. The reason behind restricting carbohydrate foods is that they are the main suppliers of glucose used for the body's energy production.

The Atkins diet removes the main source of energy which is glucose, by restricting and eliminating carbohydrates thus forcing the body to go look for another source for energy in order to survive.

Accordingly, the body will start using the fat stores available and burn them in order to provide energy when glucose is depleted. When the body starts burning fat for energy, such as the case in the Atkins diet, the individual would start losing more weight from fat, and this process would lead to many health benefits for the individual.

Another concept behind how the Atkins diet work is related to insulin levels. As more carbohydrates are ingested, insulin levels tend to increase lowering the fat burning process.

Therefore, if lower carbohydrate amounts are consumed, insulin levels will not rise, hence promoting the fat burning process and boosting metabolism.

Atkins Diet misconceptions:

There are lot of misconceptions about the Atkins diet especially in regard to consuming high amounts of fat. In fact, the Atkins diet only allows good types of fats and eliminates trans fats, including fried foods, baked goods, cookies, crackers, candies, snack foods, icings and vegetable shortenings.

In addition, when carbs are restricted like in the case of the Atkins diet, the body starts producing less saturated fat and burning more of it.

Furthermore, since the Atkins diet allows high protein consumption, it is believed to cause kidneys' problems.

Nevertheless, Atkins' diet typical protein intake is about 12 to 18 ounces a day. This is not considered a high-protein diet, and most concerns about this are not supported by research or might contain some flaws.

Atkins supporters believe that this idea was based on the fact that people who already have advanced kidney disease can't clear away the waste from moderate protein intake. Accordingly, there's no clear research or evidence suggesting that a healthy person would experience the same problems.

Another misconception about the Atkins diet is that it doesn't allow vegetables at all, given that vegetables are carbs.

This is actually wrong because the Atkins diet allows vegetables consumption. However, it makes a clear distinction between different vegetables because they are not all equally healthy.

Accordingly, the Atkins diet recommends consuming spinach rather than peas. It also considers broccoli more health-protective compared to potatoes, despite the fact that they are all vegetables.

Atkins Diet phases:

The Atkins Diet is divided into four consecutive phases which are induction, balancing, pre-maintenance, and lifetime maintenance consecutively.

Phase 1: Induction Phase

This phase is the most restricted phase in terms of carbohydrates as it does not allow any carbohydrate intake. The purpose of the induction phase is to shift the body from relying on glucose and carbohydrates for energy to using the body fat stores to achieve this. This phase results in the fastest weight loss because the body is using fat as its primary energy source because carbohydrate sources are no longer available.

The duration of this phase is at least two weeks and could stretch to more, but the time is usually individualized depending on personal improvements.

Depending on the type of diet used, the individual should receive either 20 g or 40 g of carbohydrates per day in this phase. Carbohydrates here are mainly from vegetables comprising 12-15 g of the total carbohydrate intake, but not from fruits as they are not allowed at this stage due to their sugar content. The focus is on proteins in each meal, and there is no restriction on fats and oils.

Phase 2: Balancing Phase

In this phase, the carbohydrate intake is increased gradually over time by adding 5 g of carbohydrates to the diet each week.

The purpose of this phase is to monitor the maximum amount of carbohydrates that the body can tolerate while still losing 1-2 pounds per week. Once this is achieved, you should no longer add carbohydrates weekly.

Similar to the induction phase, 12-15 g of carbohydrates should be coming from non-starchy vegetables. However, unlike phase 1, the balancing phase allows some low carbohydrate fruits and starchy vegetables. Thus, this phase allows intake of some nutrients that are rich in carbohydrates such as nuts and seeds, in addition to the proteins and fats recommended in phase 1.

Phase 3: Pre-maintenance Phase

By this phase, you might have become closer to your targeted weight. Accordingly, this phase allows for adding more food items to your diet to maintain your weight, or adjust your carb intake to find your balance if you still need to lose more weight.

The duration of this phase depends on every individual, however it stops whenever the weight loss goal is achieved. Addition of carbohydrate containing food such as whole grains, starchy vegetables, and fruits is recommended in this phase. However, it is important to monitor weight regain in this phase and change the carbohydrate intake accordingly.

Phase 4: Maintenance Phase

The maintenance phase starts once the goal of the individual is achieved and can continue as a long term life style.

The amount of carbohydrates in this stage depends on how much an individual's body can tolerate carbs without gaining weight, based on trials from the previous phases.

For example, if the intake of more than 150 g of carbohydrates a day during the pre-maintenance phase, showed that the person is gaining back the weight, then less than 150 g of carbohydrate from various sources should be eaten.

Atkins Diet food types:

The Atkins diet restricts carbohydrate and stresses on protein and fat intake. Supporters of this diet recommend it as an everlasting regimen that should be followed as a lifestyle across the individual's lifespan for healthier outcomes.

The Atkins diet promotes foods that are considered low in carbohydrates or carbohydrate-free for consumption. These foods include:

- Fish and seafood
- Pork, turkey, and chicken
- Eggs
- Non-starchy vegetables such as spinach, broccoli, lettuce, cucumber, kale, asparagus...
- Unrefined oils such as olive oil, coconut oil, walnut oil...
- Full fat dairy including butter, heavy cream, sour cream, and hard cheeses that are high in fat and low in carbohydrates such as blue cheese, American cheese, Swiss, cheddar, feta ...
- Herbs and spices

Atkins Diet: what you should avoid

The Atkins diet restricts carbohydrates consumption and tends to eliminate many foods based on their carbohydrate content. Accordingly, the diet removes the following foods from the regimen:

- All types of grains, legumes, and starches
- Sugar and alternative sweeteners

- Sugar sweetened beverages and drinks
- Most fruits and vegetables that are high in carbohydrates
- Starchy vegetables such as potatoes and corn
- Vegetable oils like corn oil, canola oil, soybean oil ...
- Condiments including bagged sauces and mixes
- Most dairy products that are high in carbohydrates such as milk, yogurt, and cottage cheese
- Alcohol
- Reduced fat and diet products

Atkins Diet benefits:

The Atkins diet, characterized by low carbohydrate consumption, is of several health benefits. According to the Atkins diet supporters, the primary benefit of the Atkins diet is weight loss as it was initially created for this purpose.

Other benefits that people would get from using the Atkins diet are for diabetes, high triglycerides and cholesterol levels, high blood pressure and heart diseases.

The benefits of the Atkins diet include:

- Weight loss: the diet increases the amount of fat burned in the body, plus satiety is achieved much quicker. Accordingly, fewer calories are consumed, resulting in weight loss.
- Heart disease: the diet can reduce body fat, increase HDL cholesterol, improve blood pressure, reduce triglycerides, and maintain healthy blood sugar levels that prevent or reduce the risk of heart disease.
- Triglycerides: the diet reduces drastically the triglyceride levels found in the blood.
- Cholesterol: the diet increases the level of good cholesterol called HDL. The good cholesterol is known for removing unwanted bad cholesterol from the blood.
- Hypertension or high blood pressure: the diet may also decrease blood pressure levels. Hypertension is associated with many diseases such as heart disease and kidney failure.
- Diabetes: the diet lowers the level of sugar found in the blood. This is especially useful in patients with diabetes.

There's also another type of the Atkins diet known as the Modified Atkins diet. Following this diet may also have beneficial effects on other conditions such as Alzheimer's disease, Parkinson's disease, and polycystic ovary syndrome (PCOS), because this type of diet is very similar to the ketogenic diet.

However, more research and findings are under way in order to support these statements further.

Atkins Diet precautions:

There are several side effects that might come along when you follow a low carbohydrate diet such as the Atkins diet. When there is an elimination or even restriction of carbohydrates from the diet, symptoms such as fatigue, weakness, headaches, sleep disturbances, trouble breathing, irritability and mood swings, and bad breath might occur.

Digestive problems also happen with the Atkins diet due to several reasons such as constipation and diarrhea. Even nausea might follow as a result of inadequate fiber intake secondary to carbohydrate restriction.

Another important factor to pay attention to is nutritional deficiencies. Certain vitamin and mineral deficiencies are prevalent when omitting a food group or certain food types. The Atkins diet restricts carbohydrates and fruits, and this increases the risk of nutritional deficiencies.

Always consult with a healthcare professional before starting any new diet or treatment.

Atkins Diet precautions for patients with diabetes:

An additional and dangerous complication can happen if the body is accumulating high amounts of ketone bodies that can show up in the blood and urine. This is known as a diabetic ketoacidosis (DKA), and is a serious complication for patients with diabetes.

It can be life threatening and dangerous, and therefore people following an Atkins diet should always do proper monitoring and conduct regular tests to check their blood and various health indicators.

B

Blood Type Diet

Blood Type Diet: What you Should Eat Based on Your Blood

Complete Guide to Blood Type Diet

Overview

History

How it works

Food types

Food list

Dos and Don'ts

Benefits

Precautions

What is the Blood Type Diet:

The blood type diet is built around the idea that people can have different chemical responses to various foods because of differences in their blood type and genetic makeup.

Therefore, if people eat the right foods that are compatible with their blood type, they can become healthy.

er and be able to prevent many diseases and medical conditions.

This blood type theory was popularized by naturopath Peter D'Adamo in 1996 in his book *Eat Right For Your Type*. The diet advocates that people with different blood types should eat more or less of certain food groups depending on what blood type they have (scientifically known as blood group: A, B, or O).

The Blood Type Diet theory:

The diet's main hypothesis is that each ABO blood group has different responses to lectins in food. Lectins are naturally occurring proteins that are found in most plants.

Research indicates that lectins have an impact on aging, cancer prevention, as well as many other clinical problems.

Nonetheless, different foods have different types of lectins that can be harmful, neutral, or beneficial to a person depending on the blood type.

When a person consumes food that contains lectins, they often bind to antigens in the blood. Antigens are surface markers made up of sugar molecules on the outside of a cell. They are substances that trigger an immune response.

Antigens are present on red blood cells, and they determine a person's blood group. For example, people with an A blood group have A antigens, and people with a B blood group have B antigens.

People who belong to the O blood group have no antigens, which is why O is the universal donor. People with an AB blood type have both A and B antigens, and that is why AB is the universal acceptor.

How different blood types evolved throughout history:

The blood type diet looks at the evolutionary and genetic makeup of our human ancestors, tracking the different blood groups over long periods of time. The first humans were hunter-gatherers who survived on a diet of large game animals and some plants. It hypothesizes that since blood type O is the simplest blood group, it must have been the first blood group to emerge in our ancestors.

As humans became more sedentary with the discovery of agriculture and built their communities around their lands, they incorporated more plants and less meat into their diet. This changed the way their body digested food, producing a variation in the blood type: A.

Other groups of people remained nomadic, moving from place to place in search of sustenance. Those who settled in the mountains of Asia consumed different foods than their agricultural counterparts and survived harsh climates. This led to the development of a new blood type: B.

The AB blood type emerged as people with those different blood types mingled with one another. Thus, each of these blood types emerged because of our ancestors' environmental and lifestyle changes over long periods of time.

How the Blood Type Diet works in the body:

The blood type diet is based on the theory that people with different blood types have different reactions to specific foods. Some foods contain lectins that are incompatible with a person's specific blood type. Hence, when an incompatible lectin reacts to a blood type antigen, a chemical reaction called agglutination occurs where the blood begins to thicken and clump together.

Blood usually coagulates to fight infection. If the blood coagulates because a lectin is present, the body's immune system believes it is under attack. This triggers an immune system response, and the body produces antibodies to destroy the lectin, which it considers a foreign object. This causes the body to feel extremely tired and disrupts other bodily functions.

An individual's reaction to lectins present in different foods varies depending on whether or not he or she secretes their blood type antigens into their bodily fluids like their urine or saliva. Individuals who secrete antigens are called secretors, while those who do not are called non-secretors. Secretors' bodies have stronger negative responses to lectins than non-secretors, so they have to be even more careful about what they eat.

Thus, the diet works by restricting certain foods for different blood types to prevent agglutination. By avoiding these foods, the human body will function more efficiently. People will have healthier immune and digestive systems. They will also have more energy throughout the day because their bodies digest food more efficiently and can devote energy to other tasks.

What happens when lectins bind to antigens?

Depending on which blood type antigen they attach to, lectins can cause an agglutination reaction where the blood coagulates or clumps together. The body believes that a foreign substance is present and activates the immune system causing it to go into overdrive.

Therefore, the body's responses to lectins can disrupt an individual's immune system, digestion, and hormonal balance.

Gut bacteria:

The diet also recognizes a link between blood type and gut bacteria. People with different blood types have different gut bacteria in their digestive tracts. Since blood type antigens are everywhere in our body, especially in our gut and digestive tract, harmful lectins can also bind to the mucosal lining of the gut.

This causes the blood to coagulate in the gut, slowing down digestion, and blocking the gut from absorbing nutrients properly. Thus, if an individual eats the right types of food which contain lectins that are compatible with his/her blood antigens, they will be able to digest food and absorb nutrients more efficiently.

The Blood Type Diet: different foods for different blood types

The blood type is not based on the amounts of macronutrients or calories your body consumes. Instead, it

focuses on restricting food groups for each blood type to help maintain proper body functions and prevent and treat medical conditions.

- Blood Type O: People on the O blood type diet should follow a low-carb diet and eat plenty of protein. They can eat lean meat, poultry, fish, and vegetables, and fewer grains, beans, and dairy.
- Blood Type A: People on the A blood type diet should follow an organic, vegetarian, or semi-vegetarian food plan. They can eat more fruits and vegetables, beans and legumes, and whole grains with little to no meat (vegetarian diet).
- Blood Type B: People on the blood type B diet can eat meat, vegetables, fruit, and dairy products. They should avoid eating chicken and foods with gluten. They can eat plants (green vegetables are encouraged), eggs, most meats (except chicken and pork), and low-fat dairy. They should avoid wheat, corn, lentils, tomatoes, peanuts, and sesame seeds.
- Blood Type AB: People on this blood type diet can eat foods recommended for type A and type B blood types. They should eat foods in moderation. They can eat seafood, tofu, dairy, beans, and grains. They should avoid kidney beans, corn, beef, and chicken.

Blood Type Diet food list by blood type:

Blood Type O:

People who are blood type O can eat these foods because they do not contain lectins that are harmful to their blood type:

- Meat (particularly lean meat and seafood for weight loss)
- Fish
- Vegetables (broccoli, spinach, and kelp are good for weight loss)
- Fruits
- Olive oil

Blood Type A:

People who are blood type A can eat these foods because they do not contain lectins that are harmful to their blood type:

- Soy protein, such as tofu
- Certain grains, such as spelt, hulled barley, and sprouted bread
- Walnuts, pumpkin seeds, and peanuts
- Olive oil
- Certain fruits, such as blueberries and elderberries
- Certain kinds of beans and legumes
- Certain vegetables, especially dark, leafy greens, such as kale, Swiss chard, and spinach
- Garlic and onions
- Cold-water fish, such as sardines and salmon
- Limited amounts of chicken and turkey
- Green tea
- Ginger

Blood Type B:

People who are blood type B can eat these foods because they do not contain lectins that are harmful to their blood type:

- Eggs
- Seafood
- Beans and peas (are a source of fiber and other important minerals)
- Vegetables like broccoli and garlic (they prevent disease)
- Fruits like bananas, grapes, watermelons, and plums
- Grains like barley, gluten-free bread, quinoa, spelt, and rice
- Certain meats like beef, buffalo, and veal
- Nuts and seeds, especially walnuts
- Dairy products

Blood Type AB:

People who are blood type AB can eat these foods because they do not contain lectins that are harmful to their blood type:

- Soy protein like tofu
- Seafood
- Dairy
- Beans
- Green vegetables
- Whole grains

Blood Type Diet recommendations:

- Eat fresh and organic fruits and vegetables: fresh or organic fruits and vegetables have more nutrients. If people eat fruits and vegetables that have been sprayed with pesticides, the chemicals in the pesticides could cause the body to believe it is under attack and overwork the body's immune system, eventually weakening it.
- Take certain supplements depending on your blood type: the diet restricts the consumption of meat and dairy for specific blood types. This may result in malnutrition, so some blood types must take nutritional supplements to ensure that they get the vitamins and minerals their body needs.

Blood type O individuals need to take Vitamin C, B12, iron, and folic acid supplements.

Blood type A individuals need to take Vitamin B, K, calcium, and licorice supplements.

Blood type B individuals need to take magnesium, ginkgo, licorice, and lecithin supplements.

Blood type AB individuals need to take Vitamin C, B12, and iron supplements.

- Exercise regularly: Peter D'Adamo recommends different kinds of exercise based on your blood type.

The different types of exercise for each blood type are listed below:

Blood type O: People who are type O should engage in intense exercising activities like jogging or biking.

Blood type A: People who are type A should focus on low-level activity and stress-relieving exercises like yoga or tai chi.

Blood type B: People who are type B should focus on moderate-level exercise and can include yoga or other mindfulness practices.

Blood type AB: People with type AB blood can combine exercises from blood types A and B.

Suggest Edit

Blood Type Diet: what you should avoid in general

All of the blood types should avoid:

- Processed meats: these meats contain high amounts of salt and preservatives that are not good for your body.
- Foods that are high in sugar: high sugar foods can increase blood sugar levels and cause weight gain.
- Simple carbohydrates: simple carbohydrates can cause weight gain because they are broken down and converted into fat.
- Drinking water with meals: do not drink water when you are eating because this can slow down digestion.

Blood Type Diet: restricted foods by blood type

Foods to avoid for Blood type O:

These foods contain lectins that are harmful to type O individuals:

- o Wheat.
- o Corn.
- o Legumes.
- o Kidney beans.
- o Dairy

Foods to avoid for Blood type A:

These foods contain lectins that are harmful to type A individuals:

- o Beef
- o Pork
- o Lamb
- o Cow's milk
- o Potatoes, yams, and sweet potatoes
- o Certain vegetables, such as cabbage, eggplant, tomatoes, peppers, and mushrooms
- o Lima beans
- o Certain fruits, such as melons, oranges, strawberries, and mangos
- o Poultry other than chicken and turkey, such as duck
- o Venison
- o Fish, such as bluefish, barracuda, haddock, herring, and catfish
- o Some grains and grain products, such as wheat bran, multigrain bread, and durum wheat
- o Refined sugar
- o Refined carbohydrates, such as white flour and white bread
- o Oils other than olive oil
- o Artificial ingredients
- o Most condiments

Foods to avoid for Blood type B:

These foods contain lectins that are harmful to type B individuals:

- o Corn
- o Wheat,
- o Chicken
- o Buckwheat
- o Lentils,
- o Tomatoes,
- o Some nuts like peanuts
- o Some seeds like sesame seeds

Foods to avoid for Blood type AB:

These foods contain lectins that are harmful to type AB individuals:

- o Some beans like red beans, kidney beans, and chickpeas
- o Smoked and cured meats
- o Chicken, duck, and goose
- o Condiments like mustard and vinegar
- o Duck eggs
- o Some cheeses like American cheese, blue cheese, brie cheese, Camembert, Parmesan, provolone
- o Certain fruits like avocado, bananas, bitter melon, coconut/coconut milk, dewberries, guava, mango, oranges, persimmons, and pomegranates

Blood Type Diet benefits:

The blood type diet provides the right food for each blood type. By doing so, it helps treat and prevent many medical conditions and improves overall health.

The blood type diet can treat several diseases like cancer, heart disease, diabetes, arthritis, and allergies. It can also fight aging and promote weight loss.

Below is a list of the diet's benefits for each of the following conditions:

- Cancer: the diet can treat or prevent cancer by recommending foods that are best suited to people's blood type. This can boost the body's immune system and encourage it to fight carcinogens by emphasizing foods that have medicinal properties according to one's blood type. The diet also works to eliminate various toxins from your body and fight unregulated cancer cells.
- Heart disease: the diet can treat or prevent heart disease by prescribing foods that are suitable for each blood type. If people avoid specific food groups that elevate the cholesterol and triglyceride levels in the blood, they will reduce their risk of heart disease. Blood type A and AB individuals have to avoid meat and limit dairy, while blood type O and B individuals must eliminate wheat and wheat-based products from their diet to prevent heart disease.
- Diabetes: the diet can treat or prevent diabetes by providing people with foods that are best suited to their blood type. Certain foods help regulate blood sugar, LDL (bad) cholesterol, normalize blood pressure, and improve thyroid function to help fight diabetes.

- Arthritis: the diet can treat or prevent arthritis by recommending foods that are best suited to their blood type. It encourages people to eat foods that restore immune system function and stop inflammation. It also limits or restricts foods that contain lectins that trigger inflammation and destroy the joints.
- Allergies: the diet can treat or prevent allergies by providing people with foods that are best suited to their blood type. These foods lower the body's overall stress levels and work to decrease inflammation. The diet limits foods that contain harmful lectins that release extra histamine into the body and disrupt the body's immune system function.
- Alzheimer's disease: the diet can treat or prevent brain injuries and impairments by prescribing foods that improve blood circulation to the brain because blood will stop coagulating around harmful lectins and impede blood flow around the body. These foods will also decrease blood pressure, which helps regulate blood flow. The diet also eliminates foods that cause infection and stress, which reduces the possibility of a brain injury.
- Aging: The diet can prevent or reduce wrinkles, age spots, and sagging skin and other signs of aging. If an individual eats food that is not compatible with the person's blood type, the skin will become overly oily or inflamed and produce acne or other blemishes.
- Improved energy: the diet also helps fight fatigue because it eliminates foods that are incompatible with a person's blood type. Incompatible foods with harmful lectins trigger an unnecessary immune response. However, when the body eats suitable foods, it does not need to focus on protecting itself and can devote more energy to other tasks.
- Weight loss: the diet recommends specific foods for each blood type to help the person lose weight. Accordingly, each blood type can easily metabolize and digest the suitable foods.
- Better digestion: The diet improves digestion because it eliminates foods that contain lectins that are not suitable for each blood type. The body can digest food more efficiently when blood stops coagulating around harmful lectins. It can also absorb more nutrients from the food because lectins do not prevent the nutrients from binding to the gut's mucosal lining.

Blood Type Diet precautions:

The diet can be restrictive for some blood types, like type A and type O, so they have to be careful to receive the vitamins and minerals their body needs.

People with chronic health conditions such as diabetes should consult a medical professional or a dietitian before starting a diet based on their blood type because the dietary recommendations for their blood type might not be good for them.

Always consult with a healthcare professional before starting any new diet or treatment.

Collagen Diet: Uses, Benefits, and Diet Program

Complete Guide to Collagen Diet

Overview

How it works

Food plan

Diet program

Dos and don'ts

Benefits

Precautions

Side effects

What is the Collagen Diet:

Visit the "Library Center" to find all the information about the collagen diet.

Meanwhile, we are working on this section's content, and we will publish it soon. If you are an expert on this topic, please suggest related information.

Together we work to help the community.

How the Collagen Diet works in the body:

Visit the "Library Center" to find all the information explaining how the collagen diet works in the body.

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Collagen Diet foods:

Visit the "Library Center" to find all the information about the collagen diet foods.

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Collagen Diet program:

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Collagen Diet: recommendations

Visit the "Library Center" to find all the information about the recommendations to follow for the collagen diet.

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[Suggest Edit](#)

Collagen Diet: what you should avoid

Visit the "Library Center" to find all the information about the things to avoid when you are following the collagen diet.

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Collagen Diet benefits:

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Collagen Diet precautions:

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Collagen Diet side effects:

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Dukan Diet: Foods, Diet program, Benefits, and More
Complete Guide to Dukan Diet
Overview
History
How it works
Diet program
Dos and don'ts
Benefits
Precautions
Side effects

What is Dukan Diet:

The Dukan Diet was created in the 1970's by Dr. Pierre Dukan. The main purpose of this diet was to help lose weight, and improve overall health.

The Dukan Diet limits the consumption of carbohydrates and fats, and allows foods rich in protein. The diet also suggests drinking a lot of water and walking for about 20 minutes daily.

The diet is split in 4 phases. Each phase allows for different foods and has a different duration, depending on the objective you wish to achieve.

Dr. Dukan believes that his diet is a healthy one that can improve overall health, and prevent medical conditions such as diabetes, cancer, and heart disease.

Dukan Diet history:

The Dukan Diet was created by Dr. Pierre Dukan, a French physician, in the 1970s.

The diet was first introduced in 2000 in France with the publication of Dr. Dukan's book "Je ne sais pas maigrir" (I don't know how to lose weight). According to Dr. Dukan, the diet was created as a solution to the high rates of obesity in France, which he believed were caused by a lack of protein in the diet.

Later on, the Dukan diet started to gain popularity in other countries, including the United Kingdom and United States.

The diet became popular in France and other European countries, but it faced some criticism from nutrition experts and healthcare professionals, who raised concerns about the diet's lack of balance and potential negative effects on health. Despite these criticisms, the diet has remained popular among some individuals looking to lose weight.

How Dukan Diet works:

The Dukan Diet is a diet very high in protein, and low in carbohydrates and fats.

Thus, by reducing the intake of carbohydrates, the body will be forced to switch from burning carbohydrates for energy to burning fat for energy, because there is no other source available.

Accordingly, the Dukan diet has similar effects to the Keto diet because both diets restrict carbohydrate consumption. The only difference between the two is that the Keto diet limits protein consumption as well, while Dukan diet recommends consuming foods rich in protein.

As a result, when carbohydrates are restricted in the diet, the body will not be able to convert carbs into glucose anymore and use it as a source of energy and nutrition.

Instead, the body will burn more fats and metabolize them into ketone bodies that will become the alt

ernative source of energy and nutrition. This metabolic state is called ketosis.

Dukan Diet program:

The Dukan Diet is divided into four phases: the Attack phase, the Cruise phase, the Consolidation phase, and the Stabilization phase. Each phase allows specific types of foods.

- Attack phase: it is allowed to eat only lean protein, such as chicken, fish, and lean beef, as well as non-fat dairy products like skim milk and low-fat cheese.
- Cruise phase: vegetables are gradually added to the diet. These include leafy greens, tomatoes, cucumbers, and other low-carbohydrate vegetables.
- Consolidation phase: fruits, bread, and other carbohydrates are reintroduced to the diet in small quantities.
- Stabilization phase: it is allowed to eat anything you want, as long as you follow certain rules, such as eating lean protein at least one day a week and taking the stairs instead of the elevator.

Dukan Diet recommendations:

If you want to follow the Dukan Diet, it is important to keep these recommendations in mind:

- Make a gradual transition: The Dukan Diet consists of several phases. Thus, it is important to gradually transition into the diet to allow time for your body to properly adjust and minimize side effects.
- Follow the diet for short period of time: The Dukan Diet is considered a restrictive diet. That's why it is recommended to follow it for short periods of time only, to avoid any nutritional deficiencies.
- Incorporate regular physical activity: Regular physical activity is important, and should be incorporated into the daily routine as part of this diet program.
- Keep a food diary: Keeping a food diary can help you stay on track with dietary goals and monitor your progress.
- Listen to your body: If you feel unwell or experience any side effects, it is important to make adjustments

or even stop the diet, if necessary.

- Consider a more balanced approach: After following the Dukan Diet, it is important to maintain a more balanced approach to nutrition. A diet that includes a variety of nutrient-dense foods from all food groups is more likely to be recommended for long term.

[Suggest Edit](#)

Dukan diet: what you should avoid

During the Attack phase of the Dukan Diet, which is the first phase, you should avoid all foods that are not on the approved list of lean protein foods, such as:

- Grains (bread, pasta, rice, cereal)
- Sugars (sweets, desserts)
- Fruits
- Starchy vegetables (potatoes, peas, corn)
- Fats and oils
- Alcohol

During the Cruise phase, you can also eat non-starchy vegetables, but still you should avoid grains, sugars and fruits.

During the Consolidation phase, you are allowed to eat bread, fruit, cheese, and starchy foods, but you should avoid eating too much of these foods and limit the intake of fats and sweets.

During the Stabilization phase, you can eat whatever you want without restrictions but you should avoid eating too much sugars, fats, and processed foods and follow the rule of having one pure protein day a week.

Benefits

Precautions

Side effects

Dukan Diet benefits:

The Dukan Diet suggests several benefits including:

- Weight loss
- Improved digestion
- Increased level of energy

Dukan Diet precautions:

The Dukan Diet is a restrictive and unbalanced diet. It may not be suitable for everyone because it may lead to nutritional deficiencies in the long term, and cause negative health effects.

Always consult with a healthcare professional before starting any diet, especially if you take any medications or have any health conditions.

Dukan Diet side effects:

The Dukan Diet is a restrictive diet that is suggested for short term periods only. The diet might have some side effects including:

- Constipation: The Dukan diet limits the consumption of fruits and vegetables. This might cause constipation because these are important sources of fiber that can increase the size of the stool and soften it.
- Bad breath: The Dukan Diet restricts the consumption of carbohydrates, and promote ketosis in the body. These ketones can cause a bad breath.
- Headaches: The Dukan Diet limits the intake of carbohydrates, which can lower blood sugar levels and cause headaches.

What is the Fast Metabolism Diet?
Complete Guide to Fast Metabolism Diet
Overview
How it works
Food types
Diet program
Dos and don'ts

Benefits
Precautions
Side effects

What is the Fast Metabolism Diet:

The Fast Metabolism Diet is a 28-day diet plan that rotates between three different phases per week. This diet is believed to boost the metabolism, and can help people lose up to 20 pounds in this very short period of time.

Each phase of the Fast Metabolism diet focuses on a specific macronutrient as per the following schedule :

Phase 1: includes a high-carbohydrate eating plan

Phase 2: includes a high-protein eating plan

Phase 3: includes a high-fat eating plan

The three phases are completed in order within one week. Once the week is finished, it is repeated again for three more weeks, hence making the total diet duration 28 days.

The Fast Metabolism diet was created back in 2013 by Haylie Pomroy who studied agricultural and animal science at Colorado State University. The main purpose of this diet is to reduce weight and promote a healthy eating style.

The Fast Metabolism diet has gained lot of popularity after Angela Bassett, an American actress, credited the diet for keeping her fit. Since then, the diet has been featured on Dr. Oz and Good Morning America.

Many celebrities followed this diet including Jennifer Lopez, Robert Downey Jr., and Cher.

How does the “Fast Metabolism Diet” work in the Body:

The Fast Metabolism Diet mechanism is based on the belief that the metabolism can be altered and sped up by eating the right foods at the right time.

The idea is to provide the body with a variety of necessary nutrients including: complex carbohydrates, natural sugars, protein, fat, and salt to maintain normal body functions.

Although the main focus of the diet is to consume the nutrients in different phases, the essential point is to shift food through each phase. This process is believed to speed up the metabolism.

Accordingly, each phase focuses on specific foods that are whole and considered healthy.

These foods are suggested to reduce stress on the liver, calm the adrenal glands, and stimulate the thyroid to produce certain hormones that speed up the metabolism.

Fast Metabolism Diet: food types

Each phase consists of different food types to consume. Below is a brief explanation covering what food types should be consumed in each phase:

Phase 1:

- Complex carbohydrates: such as brown pasta, brown rice, quinoa, lentils, and oatmeal.
- High-sugar fruits: such as bananas, pears, kiwi, pineapple, mangoes, oranges, and cantaloupe.
- Lean meat: such as lean beef or turkey.

Many of these foods are high in vitamin B and C such as kiwi, oranges, and lean meats.

Phase 2:

- Lean-meats: such as beef, turkey, fish, and skinless chicken.
- Non-starchy vegetables: such as cabbage, broccoli, onions, kale, spinach, and cucumbers.

Egg whites can also be consumed while in this phase.

Phase 3:

- Healthy fats: such as olive oil, grapeseed oil, safflower mayonnaise, eggs, nuts, seeds, avocados, and olives.
- Complex carbohydrates: such as whole grains, brown rice and pasta, beans, and lentils.
- Lean-meats: such as beef, turkey, fish, and skinless chicken.

Foods like seaweed, fish, and lobster are encouraged because they are believed to stimulate the thyroid gland.

The Fast Metabolism Diet program:

The Fast Metabolism Diet doesn't provide recommended calorie amounts or specific macronutrient needs. The most important thing to follow in this type of diet is to respect the phase order, plus make sure to consume the foods that are allowed in each phase, and to completely restrict foods that are not allowed.

The diet is divided into three phases with a total duration of one week for the three phases. Once the first week is finished, the same schedule is repeated for three more consecutive weeks. Hence, making the total diet duration 28 days.

Phase 1: Unwind stress and calm the adrenals

This is the first phase of the diet, and it can be followed on Monday and Tuesday. This phase of the diet consists of a high-carb, moderate-protein, and no fat eating plan.

This phase is believed to teach the body to use energy instead of storing it as fat. It also helps in decreasing stress by inhibiting the adrenal glands from producing cortisol which is a stress hormone. High level of cortisol found in the body has shown correlation with increased weight gain.

This is supported by research and studies that suggest that high amounts of carbohydrates are inversely correlated with cortisol levels in the body. This means that high carbohydrate meals push cortisol levels down, and accordingly this would contribute to weight loss.

For instance, a study titled "Dietary macronutrient content alter cortisol metabolism independently of body weight change in obese men" showed that a low carb diet might cause increased cortisol production that lead to many negative health effects such as weight gain.

This study is in contradiction with the keto diet and Atkins diet theory that is based on researches and clinical evidences that offer a completely different opinion about low carbs and weight gain.

Furthermore, the first phase of the Fast Metabolism diet also incorporates foods high in vitamin B and C that are believed to stimulate the thyroid to release certain hormones that boost the metabolism.

This phase also promotes cardio exercises because the body is receiving a lot of carbohydrate and this is a form of quick energy that is easily accessible.

Phase 2: Unlock stored fat and build muscle

The second phase of the Fast Metabolism diet can be followed on Wednesday and Thursday. This phase consists of a low-carb, high-protein, and low-fat eating plan.

This phase is suggested to help the body burn the stored fat and build muscle.

Normally carbohydrate stores are used to provide glucose as the primary source of energy for the cells of the body. When low carbohydrate meals are ingested, carb stores are depleted and this forces the body to use fat stores as an alternative source of energy, and hence fat is burned.

High-protein meals with appropriate exercise program can help in gaining muscle weight.

This phase promotes strength training such as weight lifting because this type of exercise along with lean protein consumption, can help building the muscles. Additionally, having a bigger muscle mass would contribute to more weight loss as it burns more calories.

According to research, having your body at rest, 10 pounds of muscle burn 50 calories in a day, compared to 10 pounds of fat that would burn 20 calories.

Phase 3: Unleash the burn

This is the third phase of the diet that can be followed on Friday, Saturday, and Sunday. This phase of the diet consists of a moderate-carb, moderate-protein, and high-fat eating plan.

This phase is suggested to speed up the metabolism and the fat burning process.

It is suggested that by re-introducing fats back into the diet, the metabolism will boost and work faster than usual.

Many high fat foods also stimulate the thyroid gland to release hormones that will boost the metabolism.

This phase promotes stress-reducing exercises such as yoga and meditation, or even getting a massage. This reduces cortisol which is the stress hormone, and promotes weight loss.

Fast Metabolism Diet recommendations:

- Follow the diet plan until the weight loss goal is achieved: it is suggested to follow the diet plan for 28 days. If your weight loss goal is not yet achieved, you should repeat the diet until it is.
- Repeat the diet: it is suggested to repeat the diet for one week every six months in order to maintain a fast metabolism.
- Eat 5 times per day: it is suggested to eat 30 minutes after waking up, and then every 3-4 hours until going to sleep.
- Follow the phases in order: it's important to always follow the phases in the proper order or the diet will not deliver the expected benefits.
- Drink water: it is suggested to drink at least half of your bodyweight in ounces each day. If a person weighs 100 pounds, they should consume at least 50 ounces of water.
- Physical training: exercise according to the phase you're following in order to maximize weight loss results.

Suggest Edit

Fast Metabolism Diet: what you should avoid

The diet plan suggests restricting certain foods that may interrupt the metabolism boosting process. It is very important to completely avoid these items:

- Wheat
- Corn
- Dairy
- Soy
- Refined sugar
- Caffeine
- Alcohol
- Dried fruit
- Fruit juices
- Nitrates

It is allowed for vegans and vegetarians to consume three soy foods: tempeh, tofu, and edamame.

The Fast Metabolism Diet benefits:

The Fast Metabolism Diet has one major benefit which is weight loss.

However, given that the diet incorporates many whole and fresh foods such as whole grains, and fruit and vegetables, other reported benefits of the diet include: blood sugar control, improved gut health, and enhanced immune and brain function.

Nevertheless, there's no official research conducted to support these claims. These observations were recorded based on many users' feedbacks.

Fast Metabolism Diet precautions:

Fast Metabolism Diet is found to be safe if performed by a licensed dietician.

Always consult with a healthcare professional before starting any new diet or treatment.

Fast Metabolism Diet side effects:

The Fast Metabolism Diet is recommended for all individuals, although there are some side effects that can be witnessed, and these need to be taken into consideration:

Gas and bloating: some individuals may experience gas and bloating due to the high fiber content of the diet.

D
DASH Diet
Dukan Diet
F
Fast Metabolism Diet
I
Intermittent Fasting

What is Intermittent Fasting and How it Works?

Complete Guide to Intermittent Fasting

Overview

History

How it works

Fasting schedule

Foods list

Benefits

Dos and don'ts

Precautions

Side effects

What is Intermittent Fasting (IF):

Intermittent fasting is a type of diet program that works by cycling between periods of eating and periods of fasting.

There are several different methods to do intermittent fasting. These include:

- The 16/8 method: fasting for 16 hours and eating during an 8 hour window
- The 5:2 diet: eating normally for 5 days and restricting calories between 500 to 600 calories for the other 2 days
- The alternate day fasting: alternating between a day of normal eating and a day of fasting

Intermittent Fasting history:

Fasting has been practiced for centuries in various cultures and religions. Many cultures have traditional fasting practices in which they abstain from consuming food for certain periods of time.

For example, in ancient Greece and Rome, fasting was often used as a way to improve athletic performance before competitions.

The practice of fasting has also been present in various religious traditions, such as Ramadan in Islam, Yom Kippur in Judaism, and Lent in Christianity.

However, in recent history, intermittent fasting has gained a lot of popularity as a dietary intervention, given the various benefits it can provide. These include improved physical performance but also the ability to heal several diseases and medical conditions.

The origins of the modern intermittent fasting diet can be traced back to the early 20th century when doctors and researchers began to investigate the health benefits of fasting.

The 5:2 intermittent fasting diet became popular after Dr. Michael Mosley published his book "The Fast Diet" in 2012. Since then, there have been numerous studies conducted on the effects of intermittent fasting on health and more variations of the diet have emerged.

How Intermittent Fasting works in the body:

Intermittent fasting works by causing metabolic changes in the body, as well as changes in hormones and enzymes.

When you fast, your insulin levels drop and your body starts to burn stored fat for energy instead of glucose from food. This process is known as "ketosis", and can bring several health benefits, including weight loss and mental health.

Additionally, fasting increases the production of human growth hormone (HGH) which helps in fat burning and muscle building.

In addition, during periods of intermittent fasting, the body shifts its focus from growth and reproduction to repair and maintenance. This allows the body to clean out damaged cells and replace them with new, healthy ones. This process is called autophagy and is very important for treating cancer because it helps induce cancer cells death.

Intermittent Fasting schedule:

Intermittent fasting is not a specific diet program, but rather a pattern of eating that involves cycling between periods of eating and periods of fasting.

There are several different methods of intermittent fasting, each with its own unique set of rules. Here are the most popular methods:

The 16/8 Method: This program involves fasting for 16 hours and eating during an 8 hour window. For example, you might eat from 12:00 pm to 8:00 pm, which is an 8 hour window. Then, you have to fast from 8:00 pm until 12:00 pm the next day, which is a 16 hours fast.

The 5:2 Diet: This method involves eating normally for 5 days of the week and restricting calories to 500-600 during the other 2 days.

Alternate Day Fasting: This method involves alternating between a day of normal eating and a day of calorie restriction.

Eat-Stop-Eat: This program involves one or two 24-hour fasting periods per week.

The Warrior Diet: This method involves eating a very small amount of raw fruits and vegetables during the day, then eating one large meal at night.

It's important to note that every body is different, and what works well for one person may not work well for another.

Intermittent Fasting foods list:

Intermittent fasting does not necessarily prescribe specific foods to eat, but rather focuses on the timing of when to eat. However, during the non-fasting period, it is recommended to consume a diet that is high in nutrients and low in processed foods.

Some foods that may be beneficial to consume during the non-fasting period include:

Fruits and vegetables: These are high in vitamins, minerals, and antioxidants.

- Lean protein: Such as chicken, fish, and tofu.
- Whole grains: Such as quinoa, oats, and brown rice.
- Healthy fats: Such as avocado, nuts, and olive oil.
- Legumes: Such as beans, lentils, and chickpeas.

Intermittent Fasting benefits:

Intermittent fasting has been associated with several health benefits. Some of the benefits include:

- Weight loss: Intermittent fasting can help reduce weight by reducing calorie intake and increasing the body's ability to burn stored fat.
- Diabetes: Intermittent fasting has been shown to improve insulin sensitivity, which can lower the risk of developing diabetes.
- Longevity: Intermittent fasting has been suggested to increase lifespan and prevent diseases, thus helping people to live longer and healthier. Available research on animal showed great results. Ongoing research is still under way, and many researchers believe it should have similar effects in humans.
- Chronic inflammation: Intermittent fasting has been shown to reduce levels of inflammation in the body, which can help treat and prevent several chronic diseases.
- Mental health: Intermittent fasting has been associated with improved mental health and may help to protect against age-related cognitive decline. It can also help improve clarity and focus, and reduce brain fog.
- Heart disease: Intermittent fasting has been associated with improved blood pressure and heart rate, which can lower the risk of heart disease.

Intermittent Fasting recommendations:

When following an intermittent fasting protocol, it is important to keep in mind a few recommendations:

- Stay hydrated: Drink plenty of water during the fasting period to stay hydrated and to help curb hunger.
 - Listen to your body: Pay attention to your body's signals and stop fasting if you feel unwell or overly hungry.
 - Gradually adjust: Gradually increase the duration of your fasting period to allow your body to adapt.
 - Consider your medications: Some medications require food to be taken with them, consult with your doctor or before starting an intermittent fasting routine.
 - Be consistent: Intermittent fasting works best when it's done consistently over time.
- Suggest Edit

Intermittent Fasting: what you should avoid

When following an intermittent fasting protocol, it is best to avoid certain foods and habits:

- Sugary foods and drinks: Consuming high amounts of sugar can cause spikes in blood sugar levels and can disrupt the body's metabolic changes during fasting.
- Processed foods: Processed foods are often high in added sugars, unhealthy fats, and calories, and can disrupt the body's metabolic changes during fasting.
- High-calorie beverages: Drinks like soda, juice, and sweetened coffee and tea can contain a lot of calories and sugar, which can disrupt the body's metabolic changes during fasting.
- Don't overeat during non-fasting period: Eating large meals or consuming high-calorie foods during the non-fasting period can negate the benefits of intermittent fasting.
- Avoid snacking: Consuming small amounts of food during the fasting period can disrupt the body's metabolic changes and negate the benefits of fasting.
- Alcohol: Consuming alcohol during the fasting period can disrupt the body's metabolic changes and negate the benefits of fasting.
- Breaking the fast with a heavy meal: Some people recommend breaking the fast with a light, nutrient-dense meal rather than a heavy meal.

Intermittent fasting precautions:

Intermittent fasting is not for everyone and may not be suitable for certain people such as pregnant or breastfeeding women, people with history of eating disorder, or people with blood sugar issues.

Always consult with a healthcare professional before starting any new diet or exercise program, especially if you have any health conditions or take any medications.

Intermittent Fasting side effects:

Intermittent fasting can have some side effects, particularly during the initial adjustment period. Some of the most common side effects include:

- Hunger: During the fasting period, you may feel hungry or experience cravings for food. This is normal and should improve as your body adjusts to the new eating pattern.
- Fatigue: Some people may feel tired or have low energy levels during the fasting period. This is also normal and should improve as your body adjusts to the new eating pattern.
- Headaches: Some people may experience headaches or lightheadedness during the fasting period. This is usually caused by low blood sugar and should improve as your body adjusts to the new eating pattern.
- Difficulty sleeping: Intermittent fasting may disrupt sleep patterns, particularly if you eat a large meal late at night. This can usually be resolved by adjusting the timing of your meals.
- Constipation: Intermittent fasting may cause constipation, particularly if you don't eat enough fiber during the eating period. This can usually be resolved by increasing your intake of fruits and vegetables.

It's important to note that these side effects are usually temporary and should improve as your body adjusts to the new eating pattern. However, if you experience any severe or persistent side effects, it's important to consult with a healthcare professional.

K

Keto Diet / No Carbs Diet

L

Low Glycemic Index (LGI) Diet

Low Glycemic Index Diet: Uses, Benefits, Foods, and More
Complete Guide to Low Glycemic Index (LGI) Diet

Overview

How it works

Food types

Diet program

Dos and don'ts

Benefits

Precautions

Side effects

Low glycemic index (LGI) diet overview:

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How the low glycemic index (LGI) diet works:

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Low glycemic index (LGI) diet food types:

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Low glycemic index (LGI) diet program:

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Low glycemic index (LGI) diet: what you should avoid

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Low glycemic index (LGI) diet side effects:

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Metabolic Typing Diet: Uses, Benefits, Foods, and More

Complete Guide to Metabolic Typing Diet

Overview

How it works

Metabolic types

Influencing factors

Diet types

Benefits

Precautions

What is the metabolic typing diet:

The metabolic typing diet is based on the theory that all individuals are metabolically and biologically unique because of the different genes they have inherited from their ancestors. It is also due to external influences that can influence metabolism, such as illness, stress, nutrient deficiencies, lifestyle, and environment.

According to the diet, the metabolism of every person works differently than the others because everyone processes and utilizes food and nutrients differently. This is just like breathing or any other function in the body that is different for everyone.

Therefore, one standard type of diet is not meant to work for everyone. Instead, for a diet plan to be effective and beneficial for overall health, it should be built based on every person's metabolic type.

The diet divides people into three metabolic types:

- 1- The protein type
- 2- The carbo type
- 3- The mixed type

The diet prescribes the suitable diet plan for each of them based on the type of metabolism of the person.

Metabolic typing diet history:

In the 1930s, a dentist named Weston Price traveled around the world to study the relationship between eating habits and chronic degenerative diseases. From his research, he concluded that there was no "one single type of diet" that could fit all individuals. This was due to various reasons, such as genetics, heredity, climate change, environmental conditions, and local produce.

Throughout the years, after many researchers continued studying the metabolic typing concept and the human body, they concluded that the metabolism of individuals differed according to two factors:

- 1- the autonomic nervous system
- 2- the rate of oxidation

How Metabolic typing diet works in the body:

The metabolic typing diet works by assigning a specific type of diet for each individual based on the metabolic type.

There are three different types of metabolisms known as the carbo type, protein type, and the mixed type. Several tests can be performed such as urine and blood tests to determine one's metabolic type. Based on the assessment results, a health practitioner assigns the person a customized diet that provides a specific ratio of carbs, protein, and fat according to the person's metabolic type.

Health practitioners should make sure that the diet matches the person's metabolic type because each type has different nutrient needs and should follow a specific diet plan to fulfill these needs.

If individuals follow the proper diet for their type, they will experience many health benefits because the metabolic typing diet is suggested to enhance the body's metabolic functions and overall health.

Different metabolic types:

Each metabolic type has different macronutrient needs. To benefit from the diet, every type needs to consume specific food types. There are three main different metabolic types:

1- Protein types (parasympathetic dominant): protein types are fast oxidizers that quickly burn food for energy. The parasympathetic part of their autonomic nervous system is more dominant than their sympathetic branch. They need a high protein diet to slow down the oxidation process and strengthen their sympathetic nervous system.

2- Carbo types (sympathetic dominant): carbo types are slow oxidizers that gradually burn food for energy. The sympathetic part of their autonomic nervous system is more dominant than the parasympathetic branch. They need a high carbohydrate diet to speed up the oxidation process and to strengthen their parasympathetic nervous system.

3- Mixed types (neither parasympathetic or sympathetic dominant): mixed types are neither fast nor slow oxidizers, their metabolism is balanced. They need a diet that supports both parts of the autonomic nervous system and balances the oxidation process as well.

What factors influence the metabolic type:

The metabolic diet is suggested to work based on two factors that affect each individual's metabolism: the autonomic nervous system and the rate of cellular oxidation. Each concept is explained below:

1- The autonomic nervous system: a part of the nervous system that controls the insides of our body and works involuntarily. It is made up of two parts:

a- The sympathetic nervous system: this part of the nervous system uses energy and activates a person's "fight or flight response," which means that it is activated when the body is excited, enraged, or challenged. It speeds up a person's heart rate, dilates his or her pupils, and elevates a person's blood pressure and blood sugar.

This part of the autonomic nervous system does not stimulate the digestion process. Accordingly, the diet recommends that sympathetic dominant individuals consume higher amounts of carbs because they can digest them more quickly. This will stimulate digestion.

b- The parasympathetic nervous system: this part of the nervous system conserves energy. It usually is referred to as the "rest and digest" system because it helps control bodily functions when the body is at rest.

Its actions are the opposite of those of the sympathetic nervous system, meaning it decreases blood pressure and heart rate, among other functions.

This part of the autonomic nervous system stimulates the digestion process. The diet recommends that p

autsympathetic dominant individuals consume higher amounts of proteins because they digest proteins more slowly. They already have an active digestive system, so there is no need to stimulate digestion.

According to the metabolic typing diet, one part of the nervous system is always more dominant than the other. This affects the individual's metabolic rate and digestion.

2- The rate of cellular oxidation: the rate at which cells convert food into energy.

People can oxidize food at different rates. Accordingly, they can be classified as fast oxidizers and slow oxidizers.

Fast oxidizers can rapidly convert food into energy. Therefore, to balance their system, they should consume proteins and fats that burn at a slower rate in the body instead of carbohydrates. On the other hand, slow oxidizers convert food into energy at a slower pace. Thus, they should consume carbohydrates to balance their system rather than protein and fat.

Metabolic typing diet types:

1- Protein type: Protein type individuals should follow a diet rich in protein with equal amounts of fat and carbohydrates. The protein types should incorporate 40% protein, 30% fat, and 30% carbohydrates into their diet. They should consume complex carbohydrates such as whole grains and vegetables, and avoid simple carbs such as processed, sugary foods or white bread.

The types of foods recommended include:

- Meats such as beef, poultry, and seafood including salmon, tuna, and mussels
- High-fat dairy products such as whole milk, cream, and high-fat cheeses
- Whole grains such as brown bread, rice, and pasta

2- Carbo types: Carbo type individuals should follow a diet high in carbohydrates and low in protein and fat. The carbo type diet should incorporate 60% carbohydrates, 15% fat, and 25% protein.

The types of foods recommended include:

- Meats such as beef, poultry, and seafood including salmon, tuna, and mussels
- Low-fat dairy products such as fat-free or reduced-fat milk, yogurt, and cheese
- Vegetables such as tomatoes, lettuce, cucumbers, and broccoli
- Fruits such as apples, bananas, oranges, and strawberries
- Whole grains such as brown rice and pasta.

Note: The diet does not recommend eating refined carbohydrates such as white bread and processed, high sugar foods.

3- Mixed types: Mixed type individuals should follow a mixed diet meaning they should combine the protein

n and carbo diet types. The mixed type should incorporate 50% carbohydrates, 20% fat, and 30% protein.

The types of foods recommended include:

- Meats such as beef, poultry, and seafood including salmon, tuna, and mussels
- High-fat dairy products such as whole milk, cream, and high-fat cheeses
- Vegetables such as tomatoes, lettuce, cucumbers, and broccoli
- Fruits such as apples, bananas, oranges, and strawberries
- Whole grains such as brown rice and pasta.

Note: The diet does not recommend eating refined carbohydrates such as white bread and processed, high sugar foods.

Metabolic typing diet benefits:

The metabolic typing diet can help in losing weight because it provides satiety for hours and removes the cravings that individuals usually experience shortly after eating.

The diet can also improve immunity, mood, and the various bodily functions.

It can also prevent many chronic diseases like dementia, heart disease, and even cancer.

Metabolic typing diet precautions:

The metabolic typing diet is mainly safe to follow. However, there are some points to take into consideration. Always make sure to follow up with a health professional expert before starting any diet, especially if you take any medication or have a chronic health condition.

- Nutritional deficiencies: the metabolic typing diet may not include all food groups depending on the person's metabolic type. Accordingly, it is important to watch out for any dietary deficiencies that might result from this.

- Saturated fats: the diet may be rich in saturated fats from meat and dairy sources, depending on a person's metabolic type. A diet high in saturated fat can lead to some health conditions such as heart disease. It may also cause medical conditions to worsen.

- Carbohydrates: the diet may be rich or poor in carbohydrates, depending on a person's metabolic type. Diabetic patients need to be monitored to make sure that the amount of carbohydrates they consume corresponds with their blood sugar needs.

M
Mediterranean Diet
Metabolic Typing Diet
P
Paleo Diet

Plant based medicine Category
Select letter

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A
Aloe vera
Apple Cider Vinegar
Ashwagandha / Withania Somnifera
C
Cannabis / CBD / Marijuana
Chlorella
Coconut
D
Dandelion
G
Garlic
Ginger
Ginseng
Gymnema Sylvestre / Sugar Destroyer / Gurmar
L
Lobelia
M
Maca / Peruvian Ginseng / Lepidium Meyenii
Milk Thistle
O
Onion / Allium Cepa
R
Rice Water
S
Saw Palmetto
Soy Isoflavones / Soybean
T
Theanine
Tribulus Terrestris / Gokshura / Puncture Vine

Solution Categories
Diet Programs
Plant based medicine
Physical Treatments
Alternative Medicine

Vitamins and minerals
Natural Compounds
Plant based medicine Category
Select letter

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A
Aloe vera

What is aloe vera:

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How aloe vera works:

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How aloe vera is used:

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Apple Cider Vinegar

Apple Cider Vinegar: Uses, Benefits, Side Effects, and More
Complete Guide to Apple Cider Vinegar

Overview

How it works

Composition

Usage

Benefits

Precautions

Side effects

What is apple cider vinegar (ACV):

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How apple cider vinegar (ACV) works in the body:

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Apple cider vinegar (ACV) composition:

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How to use apple cider vinegar (ACV):

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Apple cider vinegar (ACV) benefits:

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Apple cider vinegar (ACV) precautions:

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Apple cider vinegar (ACV) side effects:

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Ashwagandha / Withania Somnifera

Ashwagandha: Uses, Benefits, Side Effects, and More Complete Guide to Ashwagandha / Withania Somnifera

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What is Ashwagandha:

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How Ashwagandha works in the body:

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Ashwagandha composition:

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How to take Ashwagandha: dose and form

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Ashwagandha side effects:

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C

Cannabis / CBD / Marijuana

CBD Oil: Uses, Benefits, Side Effects, and More
Complete Guide to Cannabis / CBD / Marijuana
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What is Cannabis:

Cannabis is a tall plant with a stiff upright stem, divided serrated leaves, and glandular hairs. It refers to a group of three psychoactive plants: Cannabis sativa, Cannabis indica, and Cannabis ruderalis.

It is widely known as marijuana, pot, hemp, or weed, which are the plant's different common variants. It also has several other popular names, including ganja, grass, dope, cheeba, 420, and sticky icky, among many others.

Cannabis has so many names because it has been illegal for a long time and thrived in underground culture. Thus, a coded language developed to allow people to communicate and talk about it without being caught.

Cannabis is widely known and used for recreational purposes worldwide, but the plant has also shown tremendous potential for treating several medical conditions.

The plant’s effects can vary due to many factors, including frequency of use, and how the plant is grown and processed. This makes it very challenging to properly assess and understand the various benefits and harmful effects of this plant.

Main components of Cannabis:

Cannabis is a complex plant made of hundreds of chemical compounds called cannabinoids. The main ac

tive ingredients of this plant are CBD and THC.

Both CBD and THC have the same chemical formula but the atoms in CBD are arranged differently. This difference in atom position takes away the “high” effects from CBD, so it has little or no effect on cognition. Below is an explanation of each:

- THC (delta 9 tetrahydrocannabinol): THC is the psychoactive cannabinoid. It is carried to the brain through the bloodstream and is responsible for producing the “high feeling” effect.

When smoked, it is absorbed into the bloodstream through the walls of the lungs. When eaten, it goes through the walls of the stomach and intestines. The drug acts faster when it is inhaled than when it is ingested.

THC has been deemed unsuitable for treating medical conditions because it is associated with many undesired effects.

- CBD (cannabidiol): CBD is the non-psychoactive cannabidiol and the main component used for medical purposes. The most common form of CBD is CBD oil that is mainly ingested.

Most of the medical benefits come from the CBD component that gives less anxiety and paranoia compared to THC. Currently, many scientists are conducting research to explore the potential therapeutic benefits of CBD.

Cannabis history:

The first recorded use of cannabis for medicinal purposes was in China around 2700 B.C. by the Chinese emperor Shen Nung, known as the “Father of Chinese medicine.” He prescribed marijuana to treat different types of illnesses, such as rheumatism, malaria, gout, and poor memory.

After that, the use of cannabis spread throughout the rest of Asia, the Middle East, and Africa. Doctors prescribed it to relieve pain but warned people about using too much because they could “see devils.”

In India, Cannabis was discovered and used through 2000–1400 B.C. People still mix it into drinks today and use it for various purposes, including medicine, religion, recreation, and spiritual reasons.

In 1550 B.C., marijuana was used in Egypt to treat inflammation.

Throughout the medieval period, cannabis became popular in the Arab world and was used in traditional Arabic medicine. It was also used in Europe during this time to treat tumors, cough, and jaundice. However, there were still warnings about using it excessively.

The Mexicans brought cannabis to the U.S., and by 1914 it was considered an illegal drug. In the 1970s, cannabis was ranked as a Schedule 1 drug, which is the most restrictive category for dangerousness and addiction, in the Controlled Substances Act.

Nowadays, people are optimistic about cannabis being a potential cure for many medical conditions such as Parkinson’s disease, epilepsy, and maybe cancer. Scientists are conducting a lot of research to explore the possible medical benefits of this plant.

Cannabis forms:

The most common form used for medical purposes is CBD oil, which is made by extracting CBD from the cannabis plant and diluting it with oil like coconut or hemp seed oil.

Usually, cannabis is available in different forms:

- CBD oil: this form contains the oil derived from the cannabis plant. CBD oil is commonly used for medical purposes and doesn't contain tetrahydrocannabinol (THC), which is the psychoactive element of cannabis that gives the "high effect".
- Herbal: It is made up of the dried plant leaves and flowers of the cannabis plant. Its color generally varies from grey-green to green-brown. It is the most common type of cannabis. This form can be infused in foods and drinks.
- Hash/hashish: this form is made up of dried cannabis resin. Its color generally varies from light brown to very dark brown (almost black). It contains THC and it is commonly used for smoking to get a pleasant euphoria and a sense of relaxation.
- Hash oil: this is an oil extracted from the dried cannabis resin (hash). It is much more concentrated than CBD oil and contains high amounts of THC. Its color generally varies from brown to black.

How Cannabis is grown:

There are three main ways to grow cannabis. These include growing it: indoors, outdoors in the sun, and in a greenhouse.

- 1- Growing Cannabis Indoors: these plants are grown inside a closet or attic. This system does not depend on the weather but is controlled by the proper lighting, temperature, humidity, and CO2 production.
- 2- Growing Cannabis in the Sun: these plants are grown outside in nature. This system depends on outdoor weather conditions; therefore, the plants have more variety compared to cannabis grown indoors.
- 3- Growing Cannabis in a Greenhouse: these plants are grown in greenhouses. This system is similar to the natural growth one but is a more controlled environment. Therefore, there might be less variation per plant.

How Cannabis is used:

Cannabis can be used in the following forms:

- 1- Smoking: this is the quickest way to get the effect of cannabis. It can be rolled into a cigarette or smoked in a water pipe, either as herbal cannabis or hash. When it is inhaled, THC would need between 1 and 10 minutes to reach the brain for someone to feel its effect.
- 2- Oral use (per oz.): hash oil can be taken as drops under the tongue, especially for medical purposes, or it can also be swallowed as baked products or herbal tea. For instance, cannabis leaves, hash, and oil can

can be mixed into brownies, cookies, and other foods.

If a person consumes cannabis, it will take longer for him or her to feel its effects because it needs to go through the digestive system before it gets into the bloodstream. It might take anywhere between 30 minutes to 5 hours for the body to absorb cannabis properly.

Factors affecting Cannabis dosage:

The dosage of cannabis might differ drastically from person to person, depending on the individual's condition status, sex, weight, and age.

Several factors can impact the plant's potency and alter its effects on the body. These factors affect the dosage each person can take. They include:

- The type of cannabis plant
- The quality of the plant
- How cannabis was used i.e., whether it was smoked or ingested
- How the plant has been processed

Therefore, defining the exact dosage remains challenging. It will be subject to disparity until a specific product is defined.

Cannabis legalization:

Cannabis is recently becoming legal for medical purposes in many countries for several reasons, especially that this plant can help patients manage their pain and ease the side effects of chemotherapy for cancer patients.

So far, the plant has been legalized in Canada and several other countries, including Switzerland, Holland, and Uruguay. Other countries, such as Australia, Germany, and Switzerland, have legalized cannabis for medical purposes only.

There are many ongoing initiatives to legalize this plant's use for medical purposes in other countries, especially after people saw the various benefits of using it.

In the USA, laws regarding cannabis use are slowly changing. It has become legal for adults in 11 states. Cannabis is also legal for medical use in 33 states. As of May 2020, the only states that consider marijuana a fully illegal are Alabama, Idaho, Kansas, Mississippi, Nebraska, North Carolina, South Carolina, Tennessee, South Dakota, Wisconsin, and Wyoming.

How Cannabis works in the body:

CBD (non-psychoactive cannabidiol), known as cannabinoids, is one of over 100 chemical compounds found in cannabis or marijuana. It is the main component of the plant that is used for medical purposes.

It works by blocking the breakdown of our own endocannabinoids, which are molecules that help regulate the function of multiple organs and tissues of the body.

Accordingly, CBD provides support to balance the endocannabinoid system and modulates non-cannabinoid receptors. The endocannabinoid system is quite complex and not fully understood yet. It involves a wide variety of functions, including pain, memory, appetite, stress, mood, sleep, metabolism, immune system, and reproductive function.

As such, CBD can directly activate the serotonin receptor and acts as an atypical antipsychotic. It can also bind directly to receptors to control pain, inflammation, and the hypothalamus. The hypothalamus is responsible for coordinating the autonomic nervous system, and the activity of the glands controlling body temperature, thirst, and hunger, among other functions.

It also blocks a specific cannabinoid type receptor, which decreases the breakdown of bone, and prevents cancer cells from growing, among many other things.

Cannabis benefits:

Cannabis has been used for medical purposes for thousands of years and is beneficial for treating many health conditions. Scientists are conducting a lot of research to back up the benefits of the medical use of cannabis.

It can treat conditions like Alzheimer's, Crohn's disease, epilepsy, HIV/AIDS, cachexia, and glaucoma. It is also beneficial for cancer patients, especially because it eases the side effects of chemotherapy.

Moreover, cannabis provides anxiety, depression, and insomnia relief because this plant helps people sleep well. It can also help someone overcome chronic pain, severe nausea, and gastrointestinal disorders.

Many studies exist to support these claims. However, this is still a very debatable topic at the moment because more research is still required to better reinforce these theories and understand the mechanism of how cannabis works.

Cannabis precautions:

Some precautions that should be taken into consideration while using cannabis. Below is a list of things one should not do if one has consumed cannabis:

- Drink alcohol: cannabis should not be mixed with alcohol since it may cause dizziness, drowsiness, and impaired judgment. Alcohol will increase these effects.

- Take medicinal drugs: cannabis can increase the effects of medications that cause drowsiness such as antihistamines, antidepressants, seizure medicine, and pain relievers among others.

- Consume cannabis while pregnant or when breastfeeding: women should avoid using cannabis during pregnancy.

regnancy or if they are planning on becoming pregnant. Smoking may increase the risk of having a child born with physical and mental defects, and a lower birth weight.

- Drive: cannabis use can cause dizziness, drowsiness, and impaired judgment. Therefore, it's important to avoid driving so you don't endanger yourself or harm others.

Cannabis side effects:

Smoking cannabis might have some negative side effects. That is why most doctors would recommend CBD oil rather than smoking marijuana for medical purposes.

CBD and THC have the same chemical formula, but the atoms are arranged differently. This difference in atom position takes away the effect of feeling "high," from CBD. Hence, CBD has little or no effect on cognition compared to THC.

The harmful effects of smoking cannabis might include developing:

- Respiratory problems: smoking cannabis can irritate the lungs and increase the risk of several conditions like chronic bronchitis and cancer of the respiratory tract.
- Heart disease: smoking cannabis increases the heart rate and might aggravate existing heart conditions.
- Mental health problems: the THC component of cannabis can decrease concentration levels, which can worsen short-term memory. When taken in high doses, it can even cause hallucinations and delusions.
- Addiction: many people who smoke cannabis long term might develop an addiction and start to depend on it because the THC component makes them feel "high."

Chlorella

Chlorella: Uses, Benefits, Precautions, and More

Complete Guide to Chlorella

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What is chlorella:

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Chlorella history:

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How chlorella works in the body:

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How to take chlorella: form and dose

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Chlorella benefits:

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Coconut

Coconut Health Benefits and Uses

Complete Guide to Coconut

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What is Coconut:

Coconut is considered a miracle food by many health experts because of its numerous health benefits and great nutritional value. It has powerful healing effects that can help cure several diseases and medical conditions.

It can also improve overall health and physical performance, as well as enhance skin and hair quality.

The palm tree is originally from the tropical and subtropical regions, mostly found on shorelines and sandy

soils. It has been around for thousands of years. However, it was not until the 1600s that people named it s fruit the coconut.

Nowadays, coconuts are widely used across Southern and Central America, Africa, India, and many other Asian countries for the medicinal healing power, nutritional value, and health benefits that they offer.

Coconut composition:

Below is the nutritional value of 100 g of fresh, raw coconut.

Energy

354 Kcal

Macronutrients

Nutrient Value

Carbohydrates

(Of which is fiber)

15.23 g

9g

Protein

3.3 g

Fat

33.49g

Vitamins

Folate

26 µg

Niacin

0.540 mg

Pantothenic acid

0.300 mg

Pyridoxine

0.054 mg

Riboflavin

0.020 mg

Thiamin

0.066 mg

Vitamin C

3.3 mg

Vitamin E

0.24 mg

Vitamin K

0.2 µg

Electrolytes

Calcium

14 mg

Copper

0.435 mg

Iron

2.43 mg

Magnesium

32 mg

Manganese

1.500 mg

Phosphorus

113 mg

Selenium

10.1 µg

Zinc

1. 10 mg

Phyto-nutrients

Phytosterols

47 mg

[Suggest Edit](#)

Different uses of Coconut:

Given its nutritional and chemical composition, the coconut can be used in different ways and forms for various purposes. It can be consumed or applied externally on the body, skin, and hair.

1- Coconut as a source of nutrition: by consuming coconut or using coconut products when cooking, people can take advantage of its many health benefits.

Coconut can be enjoyed as a whole fruit or used as coconut oil, coconut butter, coconut flour, coconut milk, coconut water, coconut flakes, and coconut sugar.

2- Coconut for external use: coconut products are commonly applied externally to moisturize and hydrate the body, face, and hair. The products are also used for cosmetic and beauty purposes and massages and relaxation.

Coconut benefits:

The coconut is considered a miracle product because of its nutritional and chemical composition. It has several health benefits and can help cure several diseases and medical conditions. It also has great nutrition

al value and can be used for beauty and cosmetics. The benefits of using coconut include:

1- Medical Conditions:

- Boosting brain functions: coconut oil may enhance memory and brain function and can help treat conditions such as Alzheimer's disease. This is because coconut oil is made up of medium-chain triglycerides that produce ketones when they are metabolized in the body. The brain can then use ketones for energy instead of glucose.
- Reducing irritation and inflammation: coconut oil may help people cope with heat rashes, inflammation, skin irritations, and an upset stomach. Coconut oil has antimicrobial and anti-inflammatory properties because of its unique fatty acid composition, which helps treat inflammation. It also contains a lot of antioxidants which help reduce skin irritations and heat rashes.
- Treating arthritis: coconut oil treats arthritis because it has anti-inflammatory properties that help reduce joint inflammation. It also contains antioxidants called polyphenols that reduce inflammation. Some scientists believe that arthritis is caused by microbes that attack the joints. Coconut oil may be able to help treat this because it has antimicrobial potential.
- Reducing blood sugar and cholesterol levels: coconut fiber can also help regulate blood sugar and cholesterol levels. It can also help regulate bowel movements and strengthen the immune system due to its antimicrobial and anti-inflammatory properties as well as its fiber content.
- Boosting metabolism: Coconut can be consumed as food to provide additional energy and boost metabolism. It also contains many vitamins and minerals such as iron, magnesium and zinc, B-complex vitamins, and vitamin C that play important roles in the body and maintain overall health.
- Preventing dehydration: coconut water is also a great way to prevent or treat dehydration due to its natural composition of electrolytes.

Coconut products may also be beneficial for other conditions including breast cancer, clogged arteries, diarrhea, head lice, newborn weight gain, obesity, psoriasis, diabetes, fatigue, Crohn's disease, irritable bowel syndrome (IBS), and thyroid conditions. However, more scientific research and evidence is still needed to determine the effect of coconut consumption on these diseases.

Suggest Edit

2- Cosmetics and Beauty:

Coconut products, such as coconut oil and milk, possess various properties that can help heal and improve skin and hair quality. People heavily rely on these products in the cosmetic and beauty industry.

- Skincare: coconut products are used to moisturize, nourish, and cleanse the skin. They can be used as sunscreen and can also treat some skin disorders. The coconut contains antioxidants that reduce wrinkles and skin irritation.
- Haircare: coconut products have been used for hair treatments for hundreds of years. They are used in hair masks and added to homemade hair products because coconut strengthens the hair and promotes hair growth. It can also get rid of dandruff.

3- Nutritional Value:

Coconut milk can be used as an alternative for dairy milk products for people with lactose intolerance because of its enjoyable taste and great nutritional value. However, since it is much higher in fat and calories, people should consume a smaller serving size than what is usually recommended for regular milk.

100 grams of coconut milk contains 230 calories. It consists of 24% fat and contains 21 grams of saturated fat, 5.5 grams of carbohydrates (of which 2.2 grams is fiber), and 2.3 grams of protein. It is also an important source of manganese, phosphorus, iron, and magnesium.

Coconut products in all of their forms can be used for cooking. Due to their nutritional value and flavor, many coconut products can also be consumed as is or added to several dishes and baked goods.

4- Physical Therapy and Relaxation:

- Massage oil: Coconut oil can be used for massages to calm the mind. A coconut oil massage can help people get a good night of sleep. They can opt for a full body massage or apply the oil to their scalp, ear, and nostrils.
- Aromatherapy: coconut oil or butter can be used for aromatherapy and to massage the hair and skin. Coconut oil or coconut butter can be used separately, or they can be mixed, creating an aromatic butter with a unique coconut aroma.

Coconut Oil precautions:

Coconut oil is mostly considered safe when taken orally or applied to the skin. However, it is a type of fat that may increase cholesterol levels, so people should consume it in moderation.

When coconut oil is used medicinally for a short time: people can take up to 10 ml of oil, two to three times per day, for 12 weeks.

The following groups of people should use coconut oil with caution:

- Pregnant and breast-feeding women: coconut oil is likely safe when used according to the recommended amounts. The consequences of excessive use of coconut oil are unknown in pregnant and breastfeeding women, so it is safer to stick to the reasonable acceptable amounts present in the food.
- Children: coconut oil is likely safe for children if they eat reasonably acceptable amounts already present in the food. It is possibly safe when applied to children's skin. Even though it is safe for children and infants, coconut oil was only tested for a short period of time. There are no proper recommendations regarding the use of coconut oil for children because there is not enough reliable evidence on the matter.
- Individuals with high cholesterol levels: individuals with high cholesterol levels should be careful of how much coconut oil they consume. There are concerns that coconut oil may increase the levels of bad cholesterol (LDL). However, most current evidence shows it has almost no effect on LDL cholesterol levels and only increases the levels of good cholesterol (HDL).

For safety purposes, all coconut products should be consumed in moderate amounts. The effects of excessive coconut oil consumption are not well studied and should be avoided.

Applying coconut oil on skin or hair:

When applying coconut products on the skin, hair, or body, you must keep in mind the following precautions:

- Test the oil on a small patch of skin: always use small amounts of coconut oil on the skin at first to see how it responds to it.
- Coconut oil may not be suitable for everyone: some people may experience adverse effects if they apply coconut products to their skin, especially if they have oily or sensitive skin.
- Allergies: some people are allergic to coconut oil. If you believe you are allergic to coconut, check with a healthcare professional to arrange a test and avoid all coconut products and foods to prevent an allergic reaction.

D Dandelion

Dandelion: Uses, Health Benefits, and Side Effects

Complete Guide to Dandelion

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How Dandelion works in the body:

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Dandelion precautions:

Is dandelion poisonous to humans?

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G Garlic

Garlic: Uses, Benefits, Precautions, and More

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Garlic benefits:

What are the benefits of garlic? What happens when you eat garlic on an empty stomach?

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Garlic precautions:

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Ginger

Ginger: Uses, Benefits, Side Effects, and More
Complete Guide to Ginger

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What is Ginger:

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Ginger history:

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How Ginger works in the body:

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Ginger composition:

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How to use Ginger:

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Ginger benefits:

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Ginger precautions:

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Ginger side effects:

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Ginseng

Ginseng: Uses, Benefits, Side Effects, and More
Complete Guide to Ginseng

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What is Ginseng:

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Ginseng history:

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How does Ginseng work in the body:

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How to take Ginseng:

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Ginseng benefits:

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Ginseng precautions:

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Ginseng side effects:

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Gymnema Sylvestre / Sugar Destroyer / Gurmar

Gymnema Sylvestre "The Sugar Destroyer": Uses, Benefits, and More

Complete Guide to Gymnema Sylvestre / Sugar Destroyer / Gurmar

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What is Gymnema Sylvestre - The "Sugar Destroyer":

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Gymnema Sylvestre history:

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How Gymnema Sylvestre works in the body:

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Gymnema Sylvestre composition:

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How to take Gymnema Sylvestre:

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Gymnema Sylvestre benefits:

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Gymnema Sylvestre precautions:

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Gymnema Sylvestre side effects:

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L
Lobelia

Lobelia: Uses, Benefits, Side Effects, and More
Complete Guide to Lobelia
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What is Lobelia:

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Lobelia history:

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How Lobelia works in the body:

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Lobelia composition:

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How to use Lobelia:

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Lobelia benefits:

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Lobelia precautions:

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Lobelia side effects:

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M

Maca / Peruvian Ginseng / Lepidium Meyenii

Maca: Uses, Benefits, Side Effects, and More

Complete Guide to Maca / Peruvian Ginseng / Lepidium Meyenii

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What is Maca:

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Maca history:

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How Maca works in the body:

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Maca composition:

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How to use Maca: dose and form

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Maca benefits:

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Maca precautions:

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Maca side effects:

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Milk Thistle

Milk Thistle: Uses, Benefits, Side Effects, and More
Complete Guide to Milk Thistle
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What is Milk Thistle:

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Milk Thistle history:

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How Milk Thistle works in the body:

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Milk Thistle composition:

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How to use Milk Thistle:

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Milk Thistle benefits:

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Milk Thistle precautions:

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Milk Thistle side effects:

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O Onion / Allium Cepa

Onion overview:

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How does Onions work in the Body:

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Onion composition:

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How to use Onions: different forms

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Onion benefits:

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Onion precautions:

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Onion side effects:

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Rice Water

Rice Water: Uses, Benefits, Side Effects, and More
Complete Guide to Rice Water
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What is Rice Water:

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Rice Water composition:

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Rice Water benefits:

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Applying Rice Water on the skin: precautions

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Applying Rice Water on the skin: side effects

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S

Saw Palmetto

Saw Palmetto: Uses, Benefits, Side Effects, and More
Complete Guide to Saw Palmetto

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What is Saw Palmetto:

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Saw Palmetto composition:

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How Saw Palmetto works in the body:

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How to use Saw Palmetto:

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Saw Palmetto benefits:

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Saw Palmetto precautions:

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Saw Palmetto side effects:

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Learn more

Soy Isoflavones / Soybean

Soy Isoflavones: Uses, Benefits, Food Sources, and More
Complete Guide to Soy Isoflavones / Soybean

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What are Soy Isoflavones:

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How Soy Isoflavones work in the body:

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How to take Soy Isoflavones:

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Soy Isoflavones composition:

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Soy Isoflavones benefits:

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Soy Isoflavones precautions:

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Soy Isoflavones side effects:

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Theanine

Theanine: Uses, Benefits, Side Effects, and More
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What is Theanine:

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How Theanine works in the body:

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How to use Theanine:

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Theanine precautions:

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Theanine side effects:

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Tribulus Terrestris / Gokshura / Puncture Vine

Tribulus Terrestris: Uses, Benefits, Side Effects, and More
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What is Tribulus Terrestris:

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Tribulus Terrestris composition:

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How Tribulus Terrestris works:

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How to take Tribulus Terrestris: form and dose

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Tribulus Terrestris benefits:

What is Tribulus Terrestris extract good for? Scroll down to check all the resources we have on this topic in the “Library Center” below.

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Tribulus Terrestris precautions:

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Tribulus Terrestris side effects:

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C

Chiropractic

Chiropractic Uses, Benefits, Precautions, and More: Is it Safe?

Complete Guide to Chiropractic

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Chiropractic history:

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How Chiropractic works in the body:

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How Chiropractic is applied :

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O
Osteopathy

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Osteopathy: use, benefits, and precautions. What is osteopathy and how it works.

Category : Physical Treatments

Osteopathy

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Osteopathy: Uses, Benefits, Risks, and More

Complete Guide to Osteopathy

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How Osteopathy works in the body:

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Together we work to help the community.

How Osteopathy is applied:

Scroll down to check all the resources we have on this topic in the Library Center below.

Meanwhile, we are working on this section's content, and we will publish it soon. If you are an expert on this topic, please suggest related information.

Together we work to help the community.

Osteopathy benefits:

Scroll down to check all the resources we have on this topic in the Library Center below.

Meanwhile, we are working on this section's content, and we will publish it soon. If you are an expert on this topic, please suggest related information.

Together we work to help the community.

Osteopathy precautions:

Scroll down to check all the resources we have on this topic in the Library Center below.

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Together we work to help the community.

Osteopathy side effects:

Scroll down to check all the resources we have on this topic in the Library Center below.

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Together we work to help the community.

Alternative Medicine Category

Select letter

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A

Acupressure

Essential Oils: Uses, Benefits, and Precautions

Complete Guide to Aromatherapy / Essential Oils

Overview

History

How it works

Usage

Benefits

Precautions

Side effects

What is aromatherapy:

Scroll down to check all the resources we have on this topic in the "Library Center".

Meanwhile, we are working on this section's content, and we will publish it soon. If you are an expert on this topic, please suggest related information.

Together we work to help the community.

Aromatherapy history:

Scroll down to check all the resources we have on this topic in the "Library Center".

Meanwhile, we are working on this section's content, and we will publish it soon. If you are an expert on this topic, please suggest related information.

Together we work to help the community.

How aromatherapy works:

Scroll down to check all the resources we have on this topic in the “Library Center”.

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How to use aromatherapy:

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Aromatherapy benefits:

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Aromatherapy precautions:

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Aromatherapy side effects:

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Together we work to help the community.

Acupuncture

Apitherapy / Bee Venom Therapy (BVT)

Aromatherapy / Essential Oils

Ayurveda

C

Chelation Therapy

Cupping | Hijama

H

Homeopathy

Hypnotherapy

L

Laser Therapy

Laughter Therapy

M

Moxibustion Therapy

R

Reflexology / Zone Therapy

S

Systolic Extinction Training (SET)

T

Transcranial Magnetic Stimulation (TMS) | Magnetic Resonance (MeRT)

Vitamins and minerals Category

Select letter

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A

Amygdalin / Vitamin B17

C

Calcium

Citrulline

F

Folic Acid / Folate / Vitamin B9

G

Glycine

I

Iron (Fe)

L

L-Arginine

L-Carnitine

M

Magnesium
Melatonin
O
Omega 3 / Omega Fatty Acids
Orthomolecular Medicine / Mega Vitamins Therapy
Q
Q10 / Coenzyme Q10 / Ubiquinol
R
Ribose
S
Selenium
V
Vitamin B Complex
Vitamin B12
Vitamin B3 / Niacin
Vitamin B5 / Pantothenic Acid
Vitamin C
Vitamin D
Vitamin E
Vitamin K / Menaquinone (MK)
Z
Zinc

Natural Compounds Category
Select letter

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A
Activated Charcoal
B
Baking Soda / Sodium Bicarbonate
C
Collagen
F
Fulvic Acid
G
Glutathione
I
Iodine
N
NAD Therapy / Nicotinamide Adenine Dinucleotide
P
Probiotics
R
Resveratrol

Search solution by name

Featured natural solutions :

Keto Diet / No Carbs Diet

Anti-Inflammatory Diet For Atherosclerosis / Heart Disease

Acupuncture For Skin Anti-Aging

Atkins Diet / Low Carbs Diet For Diabetes

Mega Vitamins Therapy For Cancer

CBD Oil For Parkinson's Disease

Diseases and conditions Directory

Select letter

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A

ADHD

Allergy

Alzheimer / Dementia

Anemia

Anxiety Disorder

Arthritis

Asthma

Autism

B

Benign Prostatic Hyperplasia (BPH)

Bipolar Disorder

Bronchitis

C

Cancer

Candida

Celiac Disease

Chronic Inflammation

Cold and Flu

Constipation

COVID-19

CRPS (Complex Regional Pain Syndrome)

D

Diabetes

Diarrhea

Disc Herniation

Dry Eye Syndrome (DES)

E

Eczema

Epilepsy

F

Fatty Liver / Hepatic Steatosis

Fibromyalgia

G

GERD / Acid Reflux

Glaucoma

Guillain Barre Syndrome (GBS)

H

Hair Pulling Disorder

Hashimoto

Headache and Migraine

Heart Disease

Hemorrhoids

High Blood Pressure

High Cholesterol

HIV / Aids

I

Inflammatory Bowel Disease (IBD)

Insomnia

Irritable Bowel Syndrome (IBS)

K

Kidney Disease

Kidney Stones

L

Lupus

Lyme Disease

M

Macular Degeneration

Menopause

Multiple Sclerosis (MS)

Muscle Wasting Disease

O

Osteoporosis

P

Parkinson Disease

Polycystic Ovary Syndrome (PCOS)

Premenstrual Syndrome (PMS)

Psoriasis

R

Restless Legs Syndrome (RLS)

S

Schizophrenia

Scoliosis

Scurvy

Skin Disorder

Skin Picking Disorder

Skin Pigmentation Disorder

Sleep Apnea

T

Thyroid Disorder

Tinnitus

U

UTI (Urinary Tract Infection)

V

Vitamin K Deficiency Bleeding (VKDB)

Categories
Health and wellness

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A
Alcohol Addiction
B
Better Health
Birth Defects / Fetal Development
Boost Testosterone
Brain Fog
Breech Baby
C
Child Neurodevelopment
Chronic Pain
D
Depression
Digestion Problems
E
Ear Infection
Erectile Dysfunction
Eye Disorder
F
Fatigue / Chronic Fatigue Syndrome
Food Poisoning
G
Gut Health
H
Hangover
Height Growth
I
Infertility (Man)
Infertility (Woman)
J
Joints and Cartilage Pain
L
Liver Disease
Longevity / Live Longer
Low Female Libido
Lower Back Pain
S
Smoking Addiction
Stress and Anxiety
T
Toxic Overload / Detox
V
Vaginal dryness
W
Weight Loss / Overweight

Categories

Beauty and hygiene

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A
Acne
Actinic Keratosis / Solar Keratosis
B
Bad Breath
Blackheads
D
Dandruff
G
Gray Hair
H
Hair Health
Hair Loss
N
Nail Health
S
Skin Anti-Aging
Skin Whitening
Skin Wounds
Sunburn
T
Teeth Whitening

Fitness and injuries Directory

Select letter

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

F
Frozen Shoulder
M
Muscle Cramp
Muscle Recovery
P
Physical Performance
T
Tendonitis

Water fluoridation
Is it beneficial for health?

Water fluoridation is the artificial process of adding more fluoride to the water supply to prevent tooth decay and cavities. Water fluoridation has been championed ...

(3)

(0)

Cow milk
Is it good for health?

People have been drinking cow milk since the domestication of cows in central Europe thousands of years ago because it contains a lot of nutrients ...

(5)

(0)

Vaccines
Do they save lives?

A vaccine, also called immunization, consists of a weakened or dead form of a bacteria or virus that helps the body acquire immunity to it ...

(4)

(2)

Egg yolk
Does it increase cholesterol?

Egg yolks are the yellow part of the egg. Egg yolk contains many vitamins, minerals, lipids, and proteins. However, many experts believe that egg yolk ...

(3)

(2)

Holistic Doctors Deaths
Are they getting killed?

Holistic medicine is an approach that looks at diseases from a holistic perspective. It addresses the root cause of disease and works to heal the ...

(0)

(2)

Root Canals

Do they cause diseases?

A root canal is a procedure designed to treat an infected or damaged tooth. During this treatment, a dentist removes the infected or dead nerve ...

(1)

(3)

GMOs

Are they harmful?

A genetically modified organism (GMO) is any plant, animal, or organism whose DNA has been altered in a lab using genetic engineering. GMOs first appeared ...

(3)

(2)

Microwave Ovens

Are they bad for health?

A microwave or microwave oven is a kitchen appliance that cooks or heats up food using electromagnetic radiation. These electromagnetic waves are a form ...

Glyphosate

Is it harmful to humans?

Glyphosate is a chemical compound found in some herbicides. Farmers use it to kill weeds which often compete with their crops for sunlight and nutrients ...

(1)

(0)

Alkaline Water

Does it treat diseases?

The pH (power of hydrogen) scale measures how acidic or basic a solution is. It runs from 0 to 14. A pH of 7 is ...

(0)

(0)

Cholesterol

Does it affect heart health?

Cholesterol is a type of lipid or fat found throughout the body. The liver makes 80% of the cholesterol the body needs and gets the ...

(0)

(0)

COVID-19 virus

Is the virus man-made?

The COVID-19 virus, also known as SARS-CoV-2, is a new type of coronavirus that causes respiratory illnesses. It first appeared in the Chinese city of ...

(0)

(0)

COVID 19 vaccine

Should people take it?

The COVID-19 vaccine is a biological preparation designed to help people acquire immunity to the SARS-CoV-2 virus (also called COVID-19) that causes respiratory illnesses. ...

(1)

(1)

Omega-6

Does it cause inflammation?

Omega-6 is an essential fatty acid (EFA) that cannot be produced by the body. As a result, people have to obtain it from food or ...

(0)

(0)

Cold water

Does it help for weight loss?

Many health experts warn against drinking cold water because it affects digestion and reduces the body's ability to break down fat. It also constricts the ...

(0)

(0)

Steam Inhalation

Does it help treat COVID-19?

Steam inhalation is a common home remedy that is used to relieve symptoms of respiratory illness such as the accumulation of phlegm, nasal congestion, and ...

Decaf Coffee

Is it harmful to health?

Many people are now switching from drinking regular coffee to decaf for health reasons or because they are pregnant or breastfeeding. Other people want to ...

(0)

(0)

Zinc for Cancer

Do Zinc supplements increase the risk of prostate cancer?

Zinc is an essential mineral involved in various functions in the body, including immune system function, wound healing, metabolism, and DNA repair. The body cannot ...

What is AposBook?

AposBook is a specialized natural medicine platform that allows people to find all kinds of natural treatments for any health condition IN ONE CLICK, instead of searching thousands of websites.

And if you want to learn more about any solution, you can find all the information IN ONE PLACE instead of spending weeks and weeks browsing over the net.

Users can also discuss, add content, and exchange knowledge to help each other's. We strongly encourage our community members to write testimonials and remain genuine about it, so that people can benefit from these personal experiences.

AposBook.com database includes thousands of natural treatments that cover herbal medicine, diet programs, plant-based medicine, complementary and alternative medicine (CAM), natural compounds, vitamins, supplements, and home remedies.

It is a huge knowledge base that not a single health expert can ever possess but technology does. Yes, we have it all... and we offer it for free to all the people as part of our contribution to the society to help everyone live better and healthier.

~ Our Philosophy ~

We don't recommend nor promote nor reject any natural solution. We also don't favor natural medicine over classic medicine, or vice versa. We only facilitate search and provide comprehensive and structured information, so users can find all options available and assess what works best for them.

AposBook “Rethink your medicine”.

~ Story Behind Our Name ~

Apollo is the Greek god of the sun, music, art, archery, truth, knowledge, and, most importantly, healing, medicine, and disease.

Although he is often known as “The Healer,” he also gave people diseases when he struck them with his silver-tipped arrows. However, Apollo taught men the art of medicine to find ways to cure illnesses. In the modern, trendy world of today, we like to call him Apo.

Apo gained new technology skills and placed all his knowledge of the various medical conditions and natural solutions in a digital book that he called “AposBook” or Apo’s book.

Why AposBook?

There’s a wrong perception about natural medicine because many people might think it is just complementary and alternative medicine (CAM) or some kind of energy healing. NO, it is not!

There are hundreds of natural disciplines and thousands of natural treatments available out there including herbal medicine, diets programs, plant-based medicine, complementary and alternative medicine (CAM), natural compounds, vitamins, supplements, and home remedies, just to name a few.

Finding these natural solutions can be a real nightmare and might take you weeks and weeks of online search to find them. Then, if you want to learn about any solution and assess if it works or not for your specific case, you might need to spend more time browsing over the internet to find research and publications or listen to what experts and people have to say about it.

AposBook is a unique natural healing platform that allows users to find all kinds of natural solutions for any health condition IN ONE CLICK, instead of browsing thousands of websites to search for them. And, if you want to learn anything about any solution, you can find all the information about it IN ONE PLACE, where all data is perfectly structured and organized.

Users can also discuss, add content, interact, and write testimonials to exchange knowledge and benefit from each other’s experiences.

As such, people can know about all the treatments available out there, and properly assess and choose what works best for them.

AposBook – “Rethink your medicine”.

Our mission

At AposBook, we want to help people live better and healthier. But how can people make better health decisions if they are not even aware of the various solutions and treatments available for them? How can they also know if they are suitable or not for them?

AposBook allows people to find all kinds of natural solutions for any health condition and learn everything

about each. As such, they are able to see and assess the various options available, and decide what works best for them.

AposBook, “Rethink your medicine”.

Our mission is to:

- Empower people to make better health decision: we strive to create awareness about all the natural solutions available for any health condition, and providing proper knowledge and information about each.

We also allow users to exchange information and share personal experience to help each other. As such, people can better assess what works best for them.

- Redefine natural medicine: we want to change the false perceptions that natural medicine is just Complementary and Alternative Medicine (CAM) or it is pseudoscience.

We cover all kinds of natural solutions including herbal medicine, diets programs, plant-based medicine, natural compounds, vitamins, and supplements among other things. We also rely on research and science to show people if these solutions are credible or not, and bring the opinion of experts about each.

Whether the solution is good or bad, we make sure to show both sides to provide people with unbiased and completely transparent information about each solution. At the end, it is the people that we care about not the discipline.

- Grow communities: We work on building communities around each discipline or health condition, so that people can better benefit from each other’s knowledge and experience. We also built tools to facilitate communication and interaction among users, and allow them to provide reviews and testimonials about each discipline.

How we do this?

To accomplish our mission, our primary efforts remain focused on the following key areas:

- Technology: we build special tools and technology to allow people to find all the natural solutions in a single click and provide them with easy access to knowledge and information.

- Science and literature: we analyze research, review scientific journal articles, and investigate different kinds of data to develop reliable literature and provide people with comprehensive and credible information.

- Shared knowledge: there are many natural healing experts from different disciplines who possess a lot of knowledge in various fields. That's why, we created a “wiki option” to allow them to add content on our platform. As such, they can help people by sharing information and improve awareness about different solutions.

This article discusses a study suggesting that following the Mediterranean diet and changing what you eat could add up to 13 years to your life.

Changing your diet could add up to 13 years to your life, study says

By Sandee LaMotte, CNN

February 9, 2022

(CNN) - Changing what you eat could add up to 13 years to your life, according to a newly published study, especially if you start when you are young.

The study created a model of what might happen to a man or woman's longevity if they replaced a "typical Western diet" focused on red meat and processed foods with an "optimized diet" focused on eating less red and processed meat and more fruits and vegetables, legumes, whole grains and nuts.

If a woman began eating optimally at age 20, she could increase her lifespan by just over 10 years, according to the study published Tuesday in the journal PLOS Medicine. A man eating the healthier diet from age 20 could add 13 years to his life.

Focusing on a healthier diet could also lengthen the lives of older adults, the study said. By starting at age 60, a woman could still increase her lifespan by eight years. Men starting a healthier diet at age 60 might add nearly nine years to their lives.

A plant-based eating style could even benefit 80-year-olds, the study said: Men and women could gain about 3.5 years of extra life from dietary changes.

"The notion that improving diet quality would reduce the risk of chronic disease and premature death is long established, and it only stands to reason that less chronic disease and premature death means more life expectancy," said Dr. David Katz, a specialist in preventive and lifestyle medicine and nutrition, who was not involved in the study.

Katz, the president and founder of the nonprofit True Health Initiative, a global coalition of experts dedicated to evidence-based lifestyle medicine, has published research on how to use food as preventive medicine.

Aposbook is a unique natural medicine platform that allows users to find all the natural solutions for any health condition IN A SINGLE CLICK instead of browsing thousands of websites.

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[Editorial policy](#)
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New natural solutions every day!

[Privacy policy](#)

AposBook ("us," "we," or "our") operates <http://www.aposbook.com> (the "Service"). We are a specialized

community “Platform,” uniquely designed to build knowledge about natural and alternative medicine and facilitate communication and interaction between members of our community.

Our “Service” provides detailed information about various medical conditions and all the natural solutions that can treat each one of them. Each discipline in alternative medicine is an exclusive “Knowledge Center” where users have access to complete and comprehensive data about it.

We believe that our users are an excellent resource for information and have valuable personal experiences that they can share to benefit others. That is why we gave our users the option to add information and share personal experience on our “Platform.”

They can access the different community forums available under each “Knowledge Center” to exchange ideas with each other, ask questions, and suggest discussion topics. They can also provide reviews and write testimonials about various natural solutions they might have tried.

Our users are an integral part of our community and play a vital role in promoting learning, building knowledge, and raising awareness about alternative medicine. As such, it is important that we collect data to monitor their behavior on our “Platform” as we need to make sure they are genuine and transparent at all times.

That’s why we also validate our users’ identities to avoid fraud or any other suspicious activities so we can maintain a secure environment across our “Service.”

Our Privacy Policy:

At AposBook, we understand the importance and sensitivity of the private information you provide, and we want you to know that we are highly committed to protecting this information.

This “Privacy Policy” informs you of our policies regarding the collection, use, and disclosure of Personal Information that we receive from users of the “Service.”

We use only your Personal Information to provide and improve the “Service.” If you do not want us to collect, use, or disclose information about you and your use of our services as described in this privacy policy, then you should not use our “Platform.” By using the “Service,” you unconditionally agree to be legally bound by this “Privacy Policy.”

Please read the entire privacy policy very carefully, and do not hesitate to contact us at support@aposbook.com if you have any questions about our privacy practices.

Accessing Our Service:

Users who have a registered account on our “Platform” are members (“Members”). They have privileged access to our “Services.”

Unregistered users (“Non-members”) will have limited access to our “Services” and will not be able to use all our tools and features. For instance, they cannot access our “Complete Healing Plan” using our Smart Search tool.

Also, “Non-members” are not allowed to publish “Content” or add information on the “Platform,” participate in discussion forums, or post reviews and testimonials for various natural solutions. However, they can still read the information available on our “Service” and see other members’ reviews.

Information We Collect:

Information You Provide to Us

1. Log data. We collect information about your browser whenever you visit our Service (“Log Data”). This Log Data may include information such as your computer’s Internet Protocol (“IP”) address, browser type, and browser version. It can also include the pages you visit on our “Platform,” when you visited those pages, how much time you spent on those pages, and other statistics.

2. Registration information. When you register for an account on AposBook, you can provide us with your personal details like, for example, your first and last name, profile picture, gender, age, and email address, etc.

You can also choose a nickname or alias during registration. Please note that only your name and email address are mandatory for the initial registration. All other personal details are optional at this stage.

Using Your Legal Name. To maintain a safe environment and ensure professional and authentic communication among our users, we require that they provide real and accurate data about themselves.

Therefore, if you choose to register for an account, we ask you to use your legal name during registration. By doing so, you will maintain your authenticity and limit fraudulent online activity, as well as identity theft and impersonation.

3. Your Content. We collate information about all types of “Content,” including discussion forums you participate in, questions and inquiries you share with other users, discussion topics that you create or take part in, and comments and reviews you post to the “Platform.”

We also collect information about the articles, videos, and other content you create (“Personal Content”) or share (“Public Content”) on AposBook.

4. Cookies. “Cookies” are files with a small amount of data, which may include a unique anonymous identifier. Cookies are sent to your browser from a website and stored on your computer’s hard drive. We use cookies to collect information and improve user experience on our “Platform.”

You can set your browser to refuse all cookies or to notify you when a cookie is being sent. However, if you do not accept cookies, you may not be able to use some parts of our “Platform” (For more on Cookies, see our “Cookies Policy”).

Why We Collect This Information:

We use your Personal Information to:

1. Provide, sustain, and improve our services. You cannot have full access to our “Service” unless you register for an account. After you register, we collect data about you to provide you with our Service. We also monitor how you use our “Platform” to enhance our services and improve user experience.

2. Provide Advertising. To maintain the “Platform” and keep it available to everyone, we use advertisements to generate revenue. Thus, we collate your data to offer personalized advertisements that might interest you.

We also might use your Personal Information to communicate with and provide you with technical or customer support if required.

3. Contact you. We might want to send you promotional materials, emails, and newsletters about various topics that might interest you, according to the permissions you give us.

4. Protect you. We want you to feel safe when you interact and communicate with other users. Therefore, we may collect information about you to:

- a. Verify user accounts to make sure you are talking to real people who are not stealing other people's identities. To ensure someone is not engaging in fraud, we verify every user's identity on our "Platform." If we determine that a user assumed a fake identity to mislead other users, we will terminate their account.
- b. Keep track of user activity to prevent and secure your data from spam, viruses, and other dangerous software.
- c. Maintain a safe environment to protect you from bullying and harassment online. For that reason, we monitor your discussion topics, threads, and comments to ensure that our users behave respectfully on the "Platform." We collect this data to allow users to flag inappropriate comments and report disruptive users. You can report people who:
 - i. Use a fake profile and pretend to be someone else
 - ii. Steal another user's identity
 - iii. Are not professional or respectful on the network
 - iv. Engage in any other disruptive behavior that violates our "Code of Conduct."

We will investigate the flagged comments and if they are found to be inappropriate, we will remove them from our "Platform." We will also review why a user was reported. If we conclude that a user violated our "Code of Conduct," we will either suspend the account for a certain period of time or terminate it.

5. Prevent the spread of false information online. Our users can add or share different content to the "Platform." As a result, we collect data about them to verify that they are real. We want to make sure that the information people share on the "Platform" is credible.

Trustworthy information can only come from genuine people who provide accurate information about themselves. Therefore, by authenticating our users, we try to prevent or reduce the spread of misinformation online.

Disclosing Your Information:

We will keep your Personal Information confidential and will not share it with anyone except where disclosure is required by (or in case of an):

1. Law Enforcement. Sometimes, to protect the safety of any person, and to address fraud, security, or technical issues, we need to disclose your information to law enforcement. If a law enforcement agency requires us to do so, we are legally bound to reveal your information to them.
2. Third-Party Advertisements and Third-Party Websites. Certain content, services and advertisements offered to you through AposBook are served on, or contain links to, websites hosted and operated by a company other than AposBook. These websites are called Third-Party Websites. AposBook does not share your Personal Information with these Third-Party Websites without your consent.

We need ads to keep AposBook running. Some of the advertisements we feature on our "Platform" come from Third-Party Websites. We have no control over the ads provided by these websites. If you click on any ads that link to a Third-Party Website, you should be aware that they might also collect your data.

These Third-Party Websites have their own Privacy Policies, and we recommend that you review them. AposBook does not endorse and is not responsible for the privacy practices of these Third-Party Websites.

3. Asset Sale, Merger, Acquisition, or Bankruptcy. We also may disclose or transfer information in the event of a business transfer. We may disclose or transfer information, including personal information, as part of any merger, sale, and transfer of our assets, acquisition, or restructuring of all or part of our business, bankruptcy, or similar event.

How We Protect Your Information:

The security of your personal information is one of our primary concerns. This is why we encrypt the transmission of your Personal Information and use SSL connections (Secure Socket Layer) technology when transmitting your data.

We follow the highest standards to protect the Personal Information you submit to us and take various precautions to protect that information from being lost or misused by anyone. If you have any questions about the security of your personal information, you can contact us at support@aposbook.com.

Storing Your Information:

We store your personal data as long as your account exists on AposBook. This includes data you or other sources provide to us and data generated when you use our “Service.” If you delete your account, your account will no longer be available on our “Service.”

However, we may still keep the information you have shared and published on the “Platform.” For example, any “Content” you shared on the forum such as posts, videos, or comments will remain on our “Service.”

How You Can Manage Your Information:

You have options regarding how you can manage your data and what you allow others to see about you. You can choose to:

1. **Update Your Account Information:** You can update and edit your account information at any time.
2. **Delete your account:** you can delete your account information at any time. This feature is available from the drop down menu under your account login.
3. **Use Nicknames or an Alias:** If you want to post what you might consider sensitive or personal information, you can choose to use your alias or nickname when you click the “Post as Anonymous” option. It will hide your real name and profile picture.

Other users will only be able to see an anonymous icon next to your alias or nickname. You can also choose to use your alias to ask a private question online. This will allow you to feel safe and maintain your privacy while interacting authentically, freely, and openly with other members of our community.

4. **Edit Your Data/Reviews:** You are free to edit the “Reviews” you post or the “Content” you create or share on AposBook at any time.
5. **Delete Your Data/Reviews:** If you want to delete your “Content,” you can do so by manually removing your posts and comments at any point in time as long as you are still registered with us because you need to log in to do this.

Who Controls Your Information?

Whether you reside in the “European Union” (EU), “European Economic Area (EEA),” or Switzerland or outside of it, AposBook Inc. (“AposBook Inc.”) will be the controller of your personal data provided to, or collected by or for, or processed in connection with our “Service.”

Your Rights:

As a resident in the United States, Canada, the EU, the EAA, or Switzerland, you have the right to:

- Restrict what data we process

- Object to our use of your data
- Ask for your data to be transferred to another organization
- File a complaint relating to your data

Notice for EU and EEA Residents:

Residents in the European Union” (EU), “European Economic Area (EEA),” or Switzerland and other regions have to follow slightly different regulations when filing a complaint. They have to report it to their local supervisory authority (EU Data Protection Authorities (DPAs) or Swiss Federal Data Protection and Information Commissioner (FDPIC).

More Information:

Children’s Privacy:

Children younger than the age of 15 may not use our services. If we discover or suspect that we have collected data from someone younger than 15 years of age, we will delete it immediately.

Changes To This Privacy Policy:

This “Privacy Policy” is effective as of June 23, 2020, and will remain in effect except with respect to any changes in its provisions in the future, which will be in effect immediately after being posted on this page. We reserve the right to update or change our Privacy Policy at any time. We will inform you when we update it, but you should also check this Privacy Policy from time to time.

If you continue to use the Service after we post any modifications to the Privacy Policy, you accept the changes, and you agree to abide and be bound by the modified

Privacy Policy:

If we make any substantial changes to this Privacy Policy, we will notify you either by email or by placing a prominent notice on our website.

September 17, 2020

Editorial policy

There has been an increasing interest in natural and alternative medicine in recent years; however, this topic is controversial and still subject to debate. And even though more and more doctors are recognizing the benefits of natural therapies and opting to use them in their practice, most medical doctors still do not trust natural medicine and believe it is not always safe and effective.

Despite all this, more people are choosing natural medicine because it provides effective and affordable treatment options for many medical conditions that other disciplines failed to treat. It also offers a more personal and holistic approach to treating the disease rather than just eliminating the symptoms. People may also experience fewer side effects and genuinely feel better when using natural solutions.

Furthermore, many people believe that moving away from nature is the main reason behind most of our health issues. They also have rising suspicions about the medical industry’s role in healthcare.

They question whether it is working toward finding permanent solutions for diseases or if it has a hidden agenda to profit from them. As such, many believe that corporate interests are driving the medical and pharmaceutical industries.

That is why they oppose natural medicine practices and do not want to promote them even if the natural solutions are effective. This is mainly because they do not want to find permanent solutions for diseases so they can continue reaping the financial benefits of permanently treating patients and selling more drugs.

However, even alternative medicine has its drawbacks. The major problem plaguing the field is the lack of a present and supportive regulatory authority.

There are no legal bodies that can help oversee each discipline, help develop proper literature and research, expand knowledge, and enforce rules and regulations to control how information is produced and put into practice. At AposBook, we want to do something about this.

Disclaimer:

The original editorial information we provide is not meant to be a substitute for professional medical advice, diagnosis, or treatment. Before proceeding with any treatment, always seek the advice of a medical expert or qualified health professional.

Never disregard professional medical advice or delay seeking it because of something you have read or heard about on Aposbook.com.

Our beliefs:

We strive to produce reliable and trustworthy material based on the latest information from medical literature, such as scientific articles and case studies. It is carefully compiled, reviewed, and later synthesized by experts in the field.

To maintain full transparency on our platform, we allow our users to edit or suggest changes to our content if they think some information is incorrect or missing.

We also allow users to post or share material they have created or found interesting so they can enrich people's knowledge about natural solutions.

To overcome some of the issues within the field of alternative medicine, we want our content to adhere to the highest standards of:

1. Authenticity

Our goal is to create awareness about health issues and provide people with factual information about natural solutions. That is why we do not recommend or reject any natural solution or any medical treatment.

We strive to be neutral and remain authentic when talking about natural solutions, so we do not support or reject any solution, product, or treatment.

Furthermore, to maintain objectivity, we did not pursue any affiliation with any individual or business organization that promotes any natural or medical solution or treatment, and we do not receive funding from them.

2. Integrity

We make every effort to remain the most credible source of information about natural solutions and altern

ative medicine treatments. The content we produce only benefits our members and does not serve us in any way.

We want to serve the public honestly and ethically, so we do not endorse, reject, or omit any information about any natural solution, treatment, or product.

We strive to be completely truthful when we write about different treatments or practices. To maintain our integrity, we give our users the option to suggest changes to our material if they feel anything is missing.

Our users can also add content to our platform to make sure we provide everyone with the most comprehensive and complete information.

3. Transparency

We aim to provide you with thorough evidence about natural solutions. That is why our team analyzes the natural solutions from different angles before they present it to you. They review articles by various medical doctors and healthcare experts about each treatment.

They make sure to cover the perspective of those who support it and those who are against it. They also review tutorials, conferences, and interviews available online, and add them to our platform as supplementary material.

We also include other people's success and failure stories using natural solutions so you can see their effectiveness for yourself.

We want to present you with the facts, so you get a 360 degrees perspective about each natural solution. That way, you check the different opinions about every available solution and assess the pros and cons.

4. Excellence

AposBook has a team of experts on board. The research and content development team consists of people who come from different disciplinary backgrounds. We have certified medical experts, licensed nutritionists, health scientists, biologists, and physicians who all conduct research, write articles, and verify information related to their field of expertise.

They all strive to search for, filter, select, and investigate all the natural solutions and treatments that can heal or treat different medical conditions and present the information in a balanced manner. To do so, they review scientific research and synthesize the information related to the science behind these different alternative medicine treatments, why they might work, and how they can treat various medical problems.

5. Community

We believe that people can acquire knowledge by learning from others and benefiting from their experiences. Every person is unique and can offer a lot of insights into many things we never thought about before.

We built this platform to provide our users with the means to share their knowledge with others because we believe in the power of community, and our users are our family.

They can share their expertise by writing testimonials or writing about their personal experiences with particular natural solutions. They can also offer others support and advice when they need it.

We ask that everyone remains genuine and transparent when sharing their perspectives with others because they can unintentionally help or hurt someone.

Their words can also unknowingly influence other people's decisions. Therefore, we urge you to think well

before you speak and write anything.

External Content:

We only include summaries of third party content. If our users want to access the full document, we always provide them with an external link to direct users to the original content.

We respect the intellectual property of others, so we acknowledge and attribute the article's author or publisher properly when adding it to our platform.

If you see that your material has been published on our platform and you have any special attribution requirements attached to your content, please contact us at info@aposbook.com. We will attribute your work according to your specifications.

User Content:

We are passionate about community learning and want to build a community of people who can discuss different topics as well as share their personal experiences with others. If our users want to publish their work on our platform, they are more than welcome to submit content on there.

Here are a few guidelines they should follow:

1. Personal Content

Our users, just like our content writers, need to be ethical and responsible when reporting factual content. Content that our members write or create should be scientifically accurate and supported by research, scientific literature, or sound analysis.

They are free to publish it on the Wiki Platform, but if they use information from another source, they should cite their sources properly and mention them in their reference list.

We are not legally responsible for any copyright violations on user content. Therefore, we advise our users to be responsible when posting content and make sure that the article or video they submit is not subject to copyright.

Any content not properly attributed to its original author is considered plagiarism and will be removed from our platform.

2. Public Content

When sharing content, users should:

- Try and make sure that the information they post is trustworthy and reliable
- Correctly attribute information to the source
- Only share work if they believe they are authorized to do so

AposBook is not responsible for any user copyright infringement. If you know or suspect that any material has been published without proper authorization, please alert us immediately at info@aposbook.com.

Corrections Policy:

We are committed to correcting or clarifying our content when we consider it necessary. We always update our content based on the latest medical literature, including research papers and case studies available to us.

We also edit spelling and grammar and fix stylistic writing errors if there are any.

If you believe you have found errors in our content, you can flag the information, and notify us at info@aposbook.com.

We will review the content you flagged to determine if your claim is valid. If it is, we will correct any errors and update the information as soon as we can.

You can also suggest edits to the material you find to be inaccurate. Once you click on the “Suggest edits” button, you can correct or update the content that you believe contains errors.

Your edits are subject to our approval. If we approve your changes, your name will be listed under the “Contributor” heading above the edited content.

This corrections policy only applies to our content. Any articles or materials published by external parties abide by the terms present in their own corrections policy.

September 17, 2020

Legal disclaimer

Legal disclaimer:

The information provided by AposBook (“we,” “us” or “our”) on [\[aposbook.com\]](https://aposbook.com) (the “Platform”) is provided for general information and educational purposes only.

We do not offer any medical advice, and none of the information available on the platform is a replacement for a medical consultation. As an AposBook user, it is your responsibility to approach the information provided with caution and always seek medical assistance or the help of a health professional if you need it.

This network has not been evaluated by the Food and Drug Administration (FDA). The solutions available here are not intended to diagnose, treat, cure, or prevent any disease.

You should not rely on the material or information available on this website as a basis for making any medical decision or diagnosis. The use or reliance of any information contained on this “Platform” is solely at your own risk.

Please be advised that although some treatments may be beneficial to you, other solutions may be unsuitable for you or cause side effects depending on your health condition. In some extreme cases, they can even be harmful to your health.

Never ignore professional medical advice or delay seeking treatment because of something you heard about or read on [Aposbook.com](https://aposbook.com).

Your Responsibility:

It is your sole responsibility to seek medical advice.

Before you proceed with any treatment available on the “Platform,” always consult with a licensed medical and healthcare expert to get a proper diagnosis for whatever symptoms you may have.

Do not solely rely on the information available here or trust your peers’ opinions or assume at any point in

time that they are a replacement for medical advice.

You might find a large amount of medical information about your symptoms online, and this may be confusing and can lead you to misdiagnose yourself. Do not assume you have a particular illness because you are experiencing what you think to be specific symptoms related to it.

Often, similar symptoms may be present in more than one condition, and only an expert can correctly identify what problem you may be facing.

Therefore, it is very important to get a formal medical diagnosis because any inappropriate evaluation of your medical condition on your end can cause your condition to worsen or even become fatal in some circumstances, depending on your case.

In case of a medical emergency, call 911, and make sure to remain under medical supervision.

Errors and Omissions Disclaimer:

The information present on this “Platform” is only meant for the user’s personal, non-commercial use. While we have taken great care when compiling the information on the “Platform” to ensure accuracy, AposBook is not responsible for any errors or omissions or results obtained when using this information.

All information on this “Platform” is provided “as is,” and without warranties whatsoever, express or implied. We do not guarantee the completeness, accuracy, or relevance of the content on AposBook.

In case we have omitted or provided any inaccurate information, our users have the opportunity to edit and modify any information they think is incomplete or incorrect using the “Community Contribution tool.”

By providing our users with this option, we try to the best of our ability to minimize any errors and omissions that may be present in the material we offer.

User Content Disclaimer:

AposBook users can also create and post their own content on the “Wiki Platform.” They can share their expertise about natural medicine on there if it is adequately supported by scientific and factual evidence or genuine personal experience.

However, while we encourage our users to include credible information when creating personal content or sharing public content, we do not guarantee or warrant that the information that users share is complete, reliable, or accurate. We will not be liable for any losses or damages in connection with the use of this information.

The views and opinions contained in the content submitted or posted by the user belong solely to the individual user and do not reflect our views and opinions.

The user is solely responsible for how he or she uses the information available on this “Platform.” You should take all the steps necessary to verify the information yourself.

After reading the information created or shared by our users, always make sure to check the links or sources of the material to ensure that the information you receive is accurate and true. We are not responsible for your use of the information on AposBook.

User Feedback Disclaimer:

The “Platform” may contain our users’ testimonials, reviews, and ratings of the natural solutions we present to you. If you have questions about a particular health condition, you can ask people for feedback about

the treatments they have undergone.

These testimonials, ratings, and reviews reflect the real-life experiences and opinions of these users and do not reflect our views or opinions. We do not tamper with user feedback in any way.

Please note that the experiences are personal and specific to those users and may not necessarily be representative of all users of our services. We do not claim, and you should not assume that all users will have the same experiences. Your individual results may vary.

The testimonials, ratings, and reviews provided here might be beneficial to you, but please use the available knowledge on our network at your own discretion.

We do not endorse any feedback provided by our users, and we are not legally responsible or liable for any information exchanged by users or healthcare experts on the “Platform.”

We are not affiliated with users who provide testimonials, ratings, or reviews. Also, users are not compensated for any feedback they offer on AposBook.

September 17, 2020

Advertising policy

Disclaimer:

AposBook does not endorse any product or service marked as an advertisement or promoted by a sponsor or on its platform. Furthermore, the “Content” we provide is not compromised by any corporate interests or agreements with advertising clients or sponsors.

Overview:

We believe that advertising on the AposBook platform (“The Platform”) should serve both the users of our platform as well as our advertisers. Your advertisements should promote your services, but they should also be helpful to our users, and that is why we have high-quality standards for them.

It is your sole responsibility as an advertiser to make sure that your ad campaigns comply with the law as well as the advertising guidelines outlined in this Advertising Policy.

Please review this Policy carefully to determine whether your advertisement is appropriate for AposBook and its users.

By agreeing to our Advertising Policy, you must also agree to and abide by our “Privacy Policy” and “Cookie Policy” when collecting data.

If you have any questions about our advertising policy, you can contact us at info@aposbook.com.

Reviewing ads:

We reserve the right to review your ads before you are allowed to post them on our Service.

If your ad does not meet our standards or regulations or is damaging to AposBook in any way, we will not approve it.

If you have any questions as to why your ad was not approved or you believe it was mistakenly disapproved, you can contact us at info@aposbook.com.

If your ad was rejected, you have the option of editing your ad and resubmitting it to us for review.

Incomplete ads will be rejected. If your ad is rejected and considered unfinished, you will need to finalize it before you resubmit it.

Ad Copy Requirements:

Advertisements should be clear and identify the advertiser and the product or service being offered. We do not allow copy that uses exaggerated or shocking language to create false expectations.

You are not allowed to use profanity or include sexual content in your copy. Your ad should be well-formatted, and use proper grammatical, capitalization, and punctuation.

Maintaining Trust:

We are a social and professional community and preserving our users' trust is our highest priority. We strive to present transparent and unbiased information to our users. As advertisers on our Platform, we expect you to do the same. That is why your ads may not misrepresent or violate our users' trust in any way.

Therefore, your ads must not:

- Direct people to non-functional webpages which includes pages that interfere with a person's ability to navigate our platform

- Direct our users to products you do not advertise or products that are prohibited on our platform

- Use cookies without the user's consent

- Contain graphic, disrespectful or excessively violent content.

- Contain adult content or pornography

- Target users based on sensitive categories such as political affiliation, race or ethnicity, religious beliefs, sexual behavior/orientation, and trade union membership or income status.

- Infringe upon the intellectual rights of any third party, including copyright, trademark, privacy, publicity, or other proprietary rights. To report any copyright infringement, you can contact us at info@aposbook.com.

Ads may not contain content that:

1. Violates our Terms

2. Harms our community in any way by:

- Promoting misinformation designed to deceive our users.

- Promoting, installing or distributing viruses, malware or other malicious software without the user's consent.

- Promoting a website that tricks the user and encourages them to reveal their personal information.

Prohibited Content:

Your advertisement may not promote or contain any of the following content:

1. Illegal Products or Services

Ads must not include or promote illegal products or services. Ads targeted to people under the age of 18 must not include or promote products or services that are inappropriate, illegal, dangerous for them.

2. Fraudulent Products or Services

Ads must not include or promote fraudulent products or services that mislead or manipulate anyone, especially people under the age of 18.

3. Tobacco and Tobacco-Related Products

Ads must not promote the sale or use of tobacco products or alternative tobacco products such as e-cigarettes or vaporizers and other related equipment.

4. Drugs

Ads must not promote the sale or use of illegal, prescription, or recreational drugs.

5. Products with Misleading Health Claims

Ads must not promote products with unsubstantiated claims of curing a disease or products promising exaggerated results like “miracle” weight loss products.

6. Hacking or Spying Software

Ads must not promote products or services that enable users to bypass security systems like hacking software. They also must not promote products or services designed to record or surveil individuals such as spy cams and mobile phone trackers.

7. Weapons, Ammunition, or Explosives

Ads promote the sale or use of weapons, firearms, ammunition, or explosives are prohibited.

8. Adult Products or Services

Ads must not promote the sale or use of prohibited adult products or services.

However, ads for contraceptives are permitted but must be targeted to people who are at least 18 years old.

9. Political Ads.

Political ads that raise funds for, advocate for or against a particular candidate or party, or ads intending to manipulate the outcome of an election outcome are prohibited.

Restricted Content:

There may be specific restrictions on the content of your ads that depend on your target audience's age or the laws in their country of residence:

Bear in mind that ads for the following content are allowed with certain limitations:

1. Alcohol

Ads that promote alcohol are restricted. They must abide by all the applicable laws and must not target people below the legal drinking age depending on their country of residence.

2. Dating Services

Ads for dating services are restricted. Such ads may never be targeted at members under the age of 18 and the dating services must be legal.

3. Gambling and Gambling-Related Services

Ads related to gambling or its related services are restricted. Such ads may only target people above the age of 18 who live in areas where gambling is legal.

More Information:

As advertisers, you are responsible for understanding and complying with all laws and regulations that apply to you. If you do not abide by the law or the guidelines in this agreement, we reserve the right to cancel and remove your ads and terminate your account.

We reserve the right to remove ads that do not follow our advertising standards at any time.

We reserve the right to change this Policy at any time, without notice.

September 17, 2020

Cookies policy

We use “cookies” to store users’ information to be able to distinguish one from another and to provide you with an optimal experience when you use our platform and surf across the various sections and pages.

If you use AposBook, you consent to the placement of cookies by us as well as third-party service providers. You can choose not to accept cookie usage on your browser; however, this may affect your browsing experience on our platform. This “Cookie Policy” describes the types of cookies we use, why we use them, and how you can change, delete, or opt-out of using cookies.

Please read it carefully. If you have any questions regarding our “Cookie Policy” please contact us at info@aposbook.com. Please read our “Privacy Policy” if you have general questions about our privacy practices.

What are Cookies?

“Cookies” are small text files stored on your browser and phone. Cookies allow us to remember your device and user information and data so we can provide you with the most optimal experience on our platform. For example, they keep track of pages you like so you do not waste time looking for them. They also keep the platform more secure and notify us if errors occur.

Why Do We Use Cookies?

We use cookies to provide:

- Authentication
- Site security
- Advertising
- Better Services

Types Of Cookies We Use:

Personalization and Service Cookies.

Service cookies are necessary for the platform to be able to function correctly. Personalization cookies remember your mobile or computer when you visit our platform. This ensures that you do not need to provide your username and password every time you visit. It also ensures that you remain logged in when you visit different pages across the platform. They also allow you to view and interact with the pages more smoothly and notify us if you experience any errors.

Analytics Cookies.

These cookies keep track of the different pages you visit and your activity on AposBook. They help us monitor how our members use our platform, which allows us to provide you with better content in the future. We also use analytics cookies to measure the effectiveness of the advertising offered on our sites.

Advertising Cookies.

These cookies collect information about your browsing activity to help us show you ads that are relevant to you. They also allow advertisers to manage their ads. This helps them personalize the ads you see on our services.

Third-party Cookies:

Third-party advertisers may use their own cookies to collect information about the content that appeals to you on our platform. They use this information to show ads based on these interests. Third-party advertisers may also use this information to measure the effectiveness of their ads.

We do not have control over the cookies placed on our website by third parties, and the use of their cookies is subject to their own privacy policies. We recommend that you review each third party's privacy policy to check how they use cookies.

How To Opt-Out of Using Cookies:

Most web browsers allow you to control cookies or turn them off through the browser's settings. You can do this by going to the "Settings" option in your browser. Remember, choosing to block all cookies will negatively affect your experience on the platform.

September 17, 2020

CBD for Cancer: All you Need to Know
Go to None...
Complete Guide to CBD Oil For Cancer
Case analysis
Why it helps

How it works
Usage
Dosage
Precautions
Side effects

The possible causes of Cancer that might be managed by CBD:

Cancer is a medical condition in which abnormal cells start dividing and growing out of control in the body. It occurs when old cells in the body do not die but instead grow to become unstoppable and form new abnormal cells. These new cells may form a mass of tissue called a tumor.

Homeostasis is the state of optimal functioning for the body, where the body controls various functions, including temperature, appetite, digestion, immune function, pain, and mood. Most importantly, cellular homeostasis is responsible for maintaining a balance of several factors that make a cell healthy.

Homeostatic deregulation is a serious health issue resulting in different kinds of imbalances that can turn into several diseases, including tumor formation.

There can be several reasons for this homeostatic deregulation. One of these that might be managed by CBD, is caused by a dysfunction in the endocannabinoid system, which plays an important role in maintaining homeostasis

Why CBD might help Cancer patients:

CBD might help cancer patients by controlling cancer development and reducing the side effects of conventional cancer treatment:

- Help control tumor growth: CBD is suggested to help reduce cancer because it can support homeostatic function and lead cancerous cells to death.

In a homeostatic environment, a normal cell has a set lifespan and is programmed to die. Once the cell dies, it is replaced by a new cell. However, the deregulation of the homeostatic system disrupts the cell's biological clock, which allows it to live longer and proliferate.

Scientists suggest that cannabinoids can boost the immune system and help kill the abnormal cancer cells, especially in the early stages of cancer.

A study titled "Cannabinoids reduce ErbB2-driven breast cancer progression through Akt inhibition" showed that THC could fight against breast cancer. The study also showed that breast cancer cells had low expressions of CB1 and CB2 receptors as compared to normal cells.

- Reduce side effects of medical treatment: CBD can reduce the side effects of cancer medical treatments, such as nausea, vomiting, pain, and decreased appetite.

A study titled "Delta-9-tetrahydrocannabinol may palliate altered chemosensory perception in cancer patients: results of a randomized trial, double-blind, place-control pilot trial" showed that cancer patients who took THC reported that their food tasted better.

Their caloric intake increased as compared to a placebo group. Therefore, cannabis helped cancer patients feel better during their cancer treatment.

Suggest Edit

How CBD is suggested to work for Cancer:

The cannabinoids available in CBD are suggested to play a similar role to endocannabinoids in the body, in terms of maintaining homeostasis and system functions.

Accordingly, when the body's homeostatic system fails, which can be due to several factors, cannabinoids can play an important role in fixing and resetting the system to help the body maintain normal functions.

As a result, cannabinoids can slow cancer cells reproduction, and inhibit the spread of cancer to other surrounding tissues by stopping cancer cells from dividing and invading normal tissue.

Cannabinoids can also positively stimulate the brain and immune and endocrine system so they can fight back against tumors. This can help reset the cell biological clock and program cancer cells to die. Furthermore, cannabinoids may block the blood supply to tumors, so they end up choking and die.

The cannabinoids do this by binding to specific receptors (CB1 and CB2) of the endocannabinoid system and perform a variety of biological effects necessary to maintain homeostasis and normal bodily functions.

Furthermore, cannabinoids can relieve the side effects of cancer treatment by binding to the CB1 and CB2 receptors of the endocannabinoid system to stimulate them. When these receptors are activated, the body sends signals to reduce pain, nausea, vomiting, and increase appetite.

CBD use for Cancer:

Cannabis can be used in the following forms:

1- Smoking: this is the quickest way to feel the effect of cannabis. It can be rolled into a cigarette or smoked in a water pipe, either as herbal cannabis or hash. When it is inhaled, THC would need between 1 and 10 minutes to reach the brain for someone to feel its effect.

2- Oral use (per oz.): hash oil can be taken as drops under the tongue, especially for medical purposes, or it can also be swallowed as baked products or herbal tea. For instance, cannabis leaves, hash, and oil can be mixed into brownies, cookies, and other foods.

It takes longer for someone to feel the effects of cannabis if a person eats it because it needs to go through the digestive system before it gets into the bloodstream. It might take anywhere between 30 minutes to 5 hours for the body to absorb cannabis properly.

How much CBD you should take for Cancer:

There is no official recommended dose of cannabis to take for cancer. The dosing would vary depending on your condition, weight, gender, and age. It's important to always consult your doctor before using cannabis to avoid taking the wrong dose.

Given that the use of CBD is a relatively new treatment option, healthcare providers are still learning about the appropriate dosages of CBD and are trying to determine what dosing is considered safe and effective.

Some experts suggest taking 25-50 mg/day of mixed cannabinoids (THC and CBD) to ease the treatment's symptoms. Meanwhile, some doctors recommend higher doses of up to 300 mg/day to cure cancer.

It is important to note that the cannabinoids' strength might depend on the different ways people consume cannabis. Its potency might also vary from one plant to another, depending on the quality of the plant.

Factors affecting Cannabis quality:

Several factors can impact the plant's potency and alter its effects on the body. These factors affect the dosage each person can take. They include:

- The type of cannabis plant
- The quality of the plant
- How cannabis was used i.e., whether it was smoked or ingested
- How the plant was processed

Therefore, defining the exact dosage remains challenging. It will be subject to disparity until a specific product is defined and tested properly and officially approved by the government.

Using Cannabis for Cancer: precautions

If you are considering taking CBD for cancer, there are some precautions that you should take into consideration:

- Alcohol: cannabis should not be mixed with alcohol since it may cause dizziness, drowsiness, and impaired judgment. Alcohol will increase these effects.
- Medications: cannabis can increase the effects of medications that cause drowsiness such as antihistamines, antidepressants, seizure medicine, and pain relievers among others.
- Pregnancy or breastfeeding: women should avoid using cannabis during pregnancy or if they are planning on becoming pregnant. Smoking may increase the risk of having a child born with physical and mental defects, and a lower birth weight.
- Driving: cannabis use can cause dizziness, drowsiness, and impaired judgment. Therefore, it's important to avoid driving so you don't endanger yourself or harm others.

Using Cannabis for Cancer: side effects

Smoking cannabis might have some negative side effects. That is why doctors recommend taking CBD oil rather than smoking cannabis for medical purposes. These harmful effects might include developing:

- Respiratory problems: smoking cannabis can irritate the lungs and increase the risk of several conditions like chronic bronchitis and cancer of the respiratory tract.
- Heart disease: smoking cannabis increases the heart rate and might aggravate existing heart conditions.
- Mental health problems: the THC component of cannabis can decrease concentration levels, which can worsen short-term memory. When taken in high doses, it can even cause hallucinations and delusions.
- Addiction: many people who smoke cannabis long term might develop an addiction and depend on it because its THC component makes them feel “high.”

What science says about CBD Oil For Cancer

[Go back](#)

[Suggest edit](#)

Scientists and medical experts have conflicting views about taking CBD for cancer.

On one hand, many experts believe that cannabis could actually kill cancer cells and cure this fatal disease, or at least limit its development. Some studies can support these claims. However, researchers need to conduct more studies to determine exactly how cannabinoids work to treat cancer.

Furthermore, many success stories and testimonials are available all over the internet about individuals claiming that cannabis either helped them manage the side effects of cancer treatment or even cured them of cancer.

On the other hand, many medical doctors disagree with the use of cannabis to treat cancer and believe it is not effective. While many medical experts agree that the conventional medical treatments available might not be the best solution for cancer and have a lot of side effects, they still support current cancer treatments because no other solutions are available to them.

Nevertheless, most doctors agree that cannabis is beneficial because it reduces the side effects of cancer treatment. Several studies show that cannabis can reduce symptoms like nausea, vomiting, pain, and loss of appetite and improve cancer patients' quality of life when they undergo conventional medical treatment.

Opinion in favor of taking CBD to treat cancer:

Supporters of cannabis use for the treatment of cancer believe that the cannabinoids in the cannabis plant can cure many types of cancer.

Some studies prove that cannabis can fight many types of cancers in humans. For instance, a study titled "Cannabinoids reduce ErbB2-driven breast cancer progression through Akt inhibition" showed that THC could fight against breast cancer. In addition, the study showed that breast cancer cells had low expressions of CB1 and CB2 receptors compared to normal cells. Cannabinoids can overcome this deficit and hence can help cure breast cancer.

Supporters of cannabis also point out that many large pharmaceutical companies (Big Pharma) are fighting the legalization of cannabis even though there is plenty of evidence proving that cannabis is beneficial for cancer.

Proponents of cannabis believe that Big Pharma does not want to push for more research on cannabis for cancer because the industry will lose a ton of revenue if cannabis is found effective in curing cancer. Instead, pharmaceutical companies try to disprove, reject, and object to the use of cannabis despite the studies showing that cannabis can treat cancer patients.

They argue that people should not use it because of its potential side effects, mostly related to addiction and psychoactive effect of feeling high." However, these are mainly some properties of THC not CBD, which is the non-psychoactive component of cannabis.

Many experts support the use of cannabis to ease the symptoms associated with the conventional medical treatment of cancer, such as nausea and vomiting.

For instance, a study titled "Delta-9-tetrahydrocannabinol may palliate altered chemosensory perception in cancer patients: results of a randomized trial, double-blind, placebo-control pilot trial" showed that cancer patients who took THC reported that their food tasted better. Their caloric intake also increased compared to a placebo group. Therefore, cannabis helped cancer patients feel better during their cancer treatment.

Suggest edit

Opinion against taking CBD to treat cancer:

On the other hand, many medical experts disagree with the use of cannabis as a cure for cancer. Opponents argue that cannabis does not play any role in cell growth and proliferation. Hence, it should not be used to treat cancer.

Medical experts also argue that cancer is a much more complex disease than many would think, and it expresses itself in too many types. While cannabis can act as a tumor suppressant for one type of cancer, however it can prompt tumor growth in other types of cancer. Thus, simply concluding that cannabis could be a cure for cancer is a dangerous statement.

They also claim that smoking cannabis damages the lungs and causes different types of cancer. Therefore, smoking cannabis allows many carcinogens into the body. In addition, cannabis use could also cause an addiction leading to more consumption, making the disease worse. Healthcare experts also argue that cannabis use has many other negative side effects.

Finally, some doctors argue that there are not enough studies on cannabis use and cancer, especially its long-term effect. Plus, scientists are unclear on how cannabis acts to treat cancer, so they do not consider cannabis a safe substance.

Add to saved list

This article discusses why “moon milk,” a blend of different herbs including ashwagandha, helps improve sleep. It also includes a recipe for “moon milk.”

“Moon Milk” with Ashwagandha At Night to Lower Stress, Improve Sleep

Medically reviewed by Natalie Butler, R.D., L.D.

Written by Tiffany La Forge

Updated on June 3, 2019

Ideally sipped daily before bedtime, moon milk contains a blend of adaptogens and spices to help inspire a blissful night's rest.

Adaptogens are herbs and plants that have been used for centuries in Ayurvedic medicine, one of the oldest holistic healing systems in the world. These adaptogens provide therapeutic benefits and help the human body deal with physical and mental stressors.

One of the most therapeutic adaptogenic herbs is ashwagandha. Ashwagandha has positive benefits on the endocrine, cardiopulmonary, and central nervous systems, with powerful anti-inflammatory, anti-stress, and antioxidant effects.

Ashwagandha benefits

- contains powerful anti-inflammatory, anti-stress, and antioxidant effects

- boosts immunity by increasing natural killer cells

- improves symptoms associated with stress and anxiety

- improves quality of sleep and may help with insomnia

Numerous studies have shown that ashwagandha can reduce the effects and symptoms of stress and anxiety disorder by building a resistance to stress. Research also suggests that the adaptogen can help lower blood sugar levels, boost immunity by increasing natural killer cells, and stimulates brain function and memory.

Ashwagandha can also improve the quality of sleep and may help with the treatment of insomnia. Specifically, the leaves of the plant contain the compound triethylene glycol, which promotes sleep induction.

Try it: Try a tasty sleepytime moon milk that pairs ashwagandha with nutmeg, another natural sleep aid. For an Instagram-worthy pink moon milk, try this version. It combines ashwagandha with dried rose petals and tart cherry juice that's also perfect for sore muscles.

Recipe for Moon Milk

Ingredients:

- 1 cup milk of choice (whole, almond, coconut, etc.)

- 1/2 tsp. ground ashwagandha powder

- 1/2 tsp. ground cinnamon

1/4 tsp. ground ginger
a pinch of ground nutmeg
1 tsp. coconut oil
1 tsp. honey or maple syrup

Directions:

1. Bring the milk to a low simmer, but don't let it boil.
2. Once the milk is hot, whisk in the ashwagandha, cinnamon, ginger, and nutmeg. Gently simmer for 5 minutes.
3. Stir in the coconut oil, and pour the moon milk into a cup. Sweeten with honey or maple syrup, if desired.

Best sleeping positions for scoliosis

February 2020

What you need to know about:

sleeping on your front
sleeping on your back
sleeping on your side

This article discusses the benefits of coQ10, including how it can help keep the skin young.
9 Benefits of Coenzyme Q10 (CoQ10)

October 2017
Arlene Semeco

Coenzyme Q10, also known as CoQ10, is a compound that helps generate energy in your cells.

Your body produces CoQ10 naturally, but its production tends to decrease with age. Fortunately, you can also get CoQ10 through supplements or foods.

Health conditions like heart disease, brain disorders, diabetes, and cancer have been linked to low levels of CoQ10.

It is not clear whether low levels of CoQ10 cause these diseases or are a result of them.

One thing is for certain: plenty of research has revealed CoQ10's wide range of health benefits.

Here is all you need to know about CoQ10.

This study shows that egg yolk consumption increases cholesterol levels which increase plaque areas that can damage a person's arteries.

Egg yolk consumption and carotid plaque

By: J. David, Spence David J.A., and Jenkins Jean Davignon

October 2012

Abstract

Background

Increasingly the potential harm from high cholesterol intake, and specifically from egg yolks, is considered insignificant. We therefore assessed total plaque area (TPA) in patients attending Canadian vascular prevention clinics to determine if the atherosclerosis burden, as a marker of arterial damage, was related to egg intake. To provide perspective on the magnitude of the effect, we also analysed the effect of smoking (pack-years).

Methods

Consecutive patients attending vascular prevention clinics at University Hospital had baseline measurement of TPA by duplex ultrasound, and filled out questionnaires regarding their lifestyle and medications, including pack-years of smoking, and the number of egg yolks consumed per week times the number of years consumed (egg-yolk years).

Results

Data were available in 1262 patients; mean (SD) age was 61.5 (14.8) years; 47% were women. Carotid plaque area increased linearly with age after age 40, but increased exponentially with pack-years of smoking and with egg-yolk years. Plaque area in patients consuming <2 eggs per week (n = 388) was 125 ± 129 mm², versus 132 ± 142 mm² in those consuming 3 or more eggs per week (n = 603); (p < 0.0001 after adjustment for age). In multiple regression, egg-yolk years remained significant after adjusting for coronary risk factors.

Interpretation

Our findings suggest that regular consumption of egg yolk should be avoided by persons at risk of cardiovascular disease. This hypothesis should be tested in a prospective study with more detailed information about diet, and other possible confounders such as exercise and waist circumference.

[Go to original article](#)

This article suggests that the Ayurvedic herb, ashwagandha “possesses antioxidant, anxiolytic, adaptogen, memory enhancing, antiparkinsonian, antivenom, anti-inflammatory, and antitumor properties.”
Withania somnifera (Ashwagandha): A Review

By: Girdhari Lal Gupta and A. C. Rana
January 2007

Abstract:

Withania somnifera, a commonly used herb in Ayurvedic medicine. Although the review articles on this plant are already published, this review article is presented to compile all the updated information on its phytochemical and pharmacological activities, which were performed by widely different methods. Studies indicate ashwagandha possesses antioxidant, anxiolytic, adaptogen, memory enhancing, antiparkinsonian, antivenom, antiinflammatory, antitumor properties. Various other effects like immunomodulation, hypolipidemic, antibacterial, cardiovascular protection, sexual behaviour, tolerance and dependence have also been studied. These results are very encouraging and indicate this herb should be studied more extensively to confirm these results and reveal other potential therapeutic effects. Clinical trials using ashwagandha for a variety of conditions should also be conducted.

This research shows that selenium deficiency increases the virulence of RNA viruses, including COVID-19.

Association between regional selenium status and reported outcome of COVID-19 cases in China

April 2020

Jinsong Zhang, Ethan Will Taylor, Kate Bennett, Ramy Saad, Margaret P Rayman

Potentially relevant to the recent appearance of COVID-19 in China is the fact that there is a belt of selenium deficiency running from northeast to southwest in the country and, indeed, China has populations that have both the lowest and the highest selenium status in the world. A set of interesting studies published by the Beck laboratory in the 1990s showed that host selenium deficiency increased the virulence of RNA viruses such as coxsackievirus B3 and influenza A. Passage through a selenium-deficient animal that was unable to produce sufficient antioxidant selenoproteins for its own protection resulted in the virus mutating to a virulent form that caused more severe pathology. Those findings shed light on a human selenium-deficiency disease, a cardiomyopathy known as Keshan disease, named after the area in northeast China where it was endemic. The disease showed a seasonal variation, suggesting a viral cofactor that was later identified as coxsackievirus B3. When the population was supplemented with selenium, the incidence of Keshan disease decreased dramatically.

Significant clinical benefits of selenium supplementation have also been demonstrated in other viral infections, as reviewed previously, including HIV-1 [where a negative correlation between selenium status and mortality has been established (1, 6)]; in liver cancer linked to hepatitis B; and in patients with “epidemic hemorrhagic fever” that was successfully treated with oral sodium selenite, giving an overall 80% reduction in mortality. As such, selenium appears relevant to a number of evolutionarily distinct viruses, via potential immunomodulatory effects that are fully consistent with the many essential roles of selenium in the immu

ne system (2) and its ability (especially in deficiency) to influence viral mutation and evolution (3). These and other studies prompted us to hypothesize that selenium status was associated with COVID-19 disease outcome in China.

In this population-based, retrospective analysis, we collected real-time data from the Baidu website, a non governmental website that provides daily updates of the reports of the health commissions of each province, municipality, or city on numbers of COVID-19 confirmed cases, numbers cured, and numbers who died. [According to the National Health Commission of China, cured patients are those in whom temperature has returned to normal for >3 d, respiratory symptoms are significantly improved, lung imaging shows significant reduction of inflammation, and there is a negative nucleic acid test of respiratory pathogen on 2 consecutive occasions with a sampling interval of at least 1.] Cure rate and death rate were defined as percentage of patients cured or who died, respectively, from infection with SARS-CoV-2. We tracked the course of the outbreak from 14 February and chose data from 18 February as a “snapshot” of the progress of the outbreak to that date. We included provinces or municipalities with >200 cases and cities with >40 cases.

This video explains how Ayurvedic practices help detox the body.
Simple De-tox through Ayurveda - Complete Lecture

May 19, 2015

Detoxification is a common practice in ayurveda to keep your body balanced. Learn how to do it on your own at home and which are the ayurvedic products that can help you follow a healthy de-tox process.
for more info, visit: www.ayurvedapura.com

This study shows that the oral administration of glutathione and a diet enriched by natural antioxidants and appropriate dietary supplements, could be important for full healing of pediatric celiac disease patients. Glutathione redox cycle in small intestinal mucosa and peripheral blood of pediatric celiac disease patients - PubMed

Abstract

The celiac disease is an autoimmune gastrointestinal disorder caused by gluten from wheat, rye or barley. In genetically predisposed persons, gluten induces the immune-mediated inflammation of small intestinal mucosa. Histological lesions include intraepithelial lymphocytosis, crypt hypertrophy and villous atrophy, resulting in malabsorption of micro- and macronutrients. The only treatment for celiac patients is a permanent gluten-free diet (GFD). Reactive oxygen species (ROS) and oxidative stress are strongly associated with the celiac disease. Glutathione (GSH) is a main detoxifier of endogenous and exogenous ROS in the intestine. In order to explain the role of glutathione redox cycle in celiac patients, we examined the activities of GSH-related antioxidant (AO) enzymes glutathione peroxidase (GPx) and glutathione reductase (GR), as well as the concentration of GSH in small intestinal biopsies and peripheral blood of children affected by the celiac disease. The concentration of lipid hydroperoxides (LOOH) as markers of oxidative damage was measured in the same samples. The results clearly demonstrate a significant malfunction of GSH redox cycle with a concomitant decrease in the capacity to regenerate GSH and detoxify LOOH in celiac patients, even after several years of GFD. The oral administration of GSH and a diet rich in natural antioxidants, as well as appropriate dietary supplements, could be of great benefit to the patients.

7 high glycemic carbs to stay away from

Registered nutritionist Dr. Joey Shulman puts Tracy's carb knowledge to the test. She reveals the carbs with the highest glycemic index—meaning these foods enter your blood stream faster than the carbohydrates with low GI.

This article discusses the various benefits of the DASH diet and explains why it can help in treating various conditions.

The DASH Diet: Recipes, Meal Plan Ideas & Tips

Formally known as Dietary Approaches to Stop Hypertension, the DASH diet was developed in aim to reduce high blood pressure. Due to its healthful composition, the diet surfaced additional benefits. But with so many diets and fads out there, does the DASH diet work and is it healthy?

Written By Sarah Asay, RDN. Updated on August 21, 2019

The DASH diet is filled with key nutrients from healthful, whole foods. Although prepackaged, processed food items are limited on the list, the DASH diet allows some sort of flexibility for sweets and fats.

Components of the DASH Diet

Specifically, the DASH dietary pattern consists of:

- Grains and grain products: 6 to 8 servings, include at least 3 whole grain foods
- Fruits: 4 to 5 servings
- Vegetables: 4 to 5 servings
- Low- or non-fat dairy foods: 2 to 3 servings
- Lean meats, fish, poultry: 6 or less
- Nuts, seeds, and legumes: 4 to 5 servings per week
- Fats and sweets: limited

*Based on a 2,000 calorie diet

Following the DASH diet will naturally reduce the consumption of salt. On DASH, sodium intake is recommended to 2,300 or 1,500 milligrams per day, depending on other factors such as current and past health conditions, age, and race.

Despite the absence of sodium in the foods stressed above, you can further limit sodium intake by removing the salt shaker from the dinner table, in cooking, choosing low- or no-sodium foods and condiments, and watching out for foods that are cured, smoked, or pickled.

Alcohol consumption should also be monitored. Men should limit alcohol intake to no more than two drinks per day while women are limited to one. Keeping alcohol in check can aid in weight management and may reduce blood pressure.

In addition to diet, be active. Exercise can help manage and achieve an optimal, healthy weight. Overweight and obese individuals are at further risk for high blood pressure and heart disease.

Participating in regular aerobic exercises is also extremely important in the promotion of heart health and can reduce blood pressure. Aim for at least 60 minutes per day on most days, or 150 minutes per week.

Health Benefits of the DASH Diet

From reducing blood pressure to supporting weight loss, the benefits of the DASH diet are not only invaluable, but supported by sound evidence.

Reduce Blood Pressure

The DASH diet helps to lower blood pressure related to its composition of potassium, calcium, and magnesium. Each key nutrient plays a role in the lowering of blood pressure. Since the DASH diet innately limits salt and sodium intake, some individuals may see further reductions.

Although sodium is needed for critical body functions, too much can cause fluid build-up. Additional fluid can put extra strain and pressure on the heart, thus increasing blood pressure.

Lowered Cholesterol

With the inclusion of whole grains, comes the natural addition of fiber. Whole wheat products, brown rice, and oats are excellent fiber sources. Adequate fiber has been shown to reduce cholesterol levels.

Men should aim for 38 grams per day while women should obtain 25 grams per day. Interestingly enough, new research found the addition of higher fat dairy products actually reduced triglyceride and "bad" cholesterol levels in comparison to individuals consuming the standard low-fat DASH plan.

Additionally, blood pressure levels were reduced similarly following both diet plans. The compelling new findings offer DASH with additional flexibility.

Weight Loss

Weight loss comes with a calorie deficit. Although the DASH diet does not stress calorie reduction, filling the diet with nutrient-dense foods rather than calorie-rich foods can shed off pounds in a sustaining manner. Diets rich in fiber have also been shown to contribute to weight loss.

Again, the DASH diet is a well-balanced diet filled with nutrients, an important key in the optimization of health. It provides success and sustainability due to its flexibility and its semi-unrestrictive nature.

Even if blood pressure levels are normal and healthy, the DASH diet is worth embracing. Reducing processed fats and sweets with rising amounts of fruits, veggies, and low-fat dairy products can ultimately provide the body with abundant nutrients without feeling deprived or hungry.

Food Allowed For Blood Type B

Allowed foods contain necessary nutrients that will balance your diet. It is neutral foods for your type.

Allowed Foods Chart

Group Type Allowed Foods

Protein Seafood abalone, butterfish, bulhead, carp, catfish, chub, cusk, freshwater drum, half-moon fish, herring (Atlantic), mullet, muskellunge, opaleye, orange roughy, parrot fish, perch (silver, yellow, white), pompano, red snapper, rosefish, sailfish, scallop, scrod, shark, smelt, sole (gray), squid (calamari), sucker (white), sunfish, swordfish, tilapia, tilefish, weakfish, whiting

Vegetables agar, alfalfa (seeds, sprouts), arugula, asparagus/asparagus peas, bamboo shoot, bok choy cabbage, caper, celeriac, celery, chicory root, cucumber, daikon radish, endive, escarole, fennel (bulb), fiddlehead fern, garlic, horseradish (prepared), jicama, kelp, kohlrabi, leek, lettuce (romaine, all types), okra, onion (raw, all types), oyster plant, peas (green, yellow), pickle (in brine/vinegar), pimento, poi, potato (red, white), radicchio, rappini (broccoli rabe), rutabaga, sauerkraut, scallion, seaweed (nori), shallots, spinach, squash, swiss chard, taro (tahitian, dasheen), turnip, water chestnut, watercress, yucca, zucchini

Herbs, Spices, and Condiments agave syrup, alfalfa, anise seed, apple pectin, arrowroot flour, baking soda, basil, bay leaf, bergamot (peel), caraway seeds, cardamon, carob, chervil, chives, chocolate (coco), cilantro (coriander), clove, cumin seed, dill seed, dulse, fructose, honey, lecithin, mace, maple syrup, marjoram, mayonnaise (with vinegar), molasses, mustard (dry, wheat/vinegar free), nutmeg, oregano, paprika, pepper (cayenne, chili, red flakes), peppermint, pickle relish, rice syrup, rosemary, saffron, sage (ground), savory, sea salt, spearmint, sugar (brown, white), tamari, tarragon, thyme (raw), turmeric, vanilla extract, vegetable glycerine, vinegar (balsamic, cider, red wine, rice, white), wintergreen, yeast (bakers, nutritional, brewers)

Oils almond, black currant seed, cod liver, evening primrose, flax seed (linseed), walnut, wheat germ

Protein Nuts almonds (raw, cheese, milk), beech, brazil, butternuts, chestnut, hickory, macadamia, pecans, walnut (English)

Fruits apple, apricot, asian pear, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, currants (red, black), dates, dewberry, elderberry, fig (dried), gooseberries, grapefruit, guava, kiwi, lemon, lime, lychee, mango, mulberries, nectarine, orange, peach, pear, plantain, prune, quince, raisins, raspberries, strawberries, tangerine, young-berries

Fruits Juice apple, apricot, blackberry, cherry, grapefruit, guava, lemon, lime, mango, nectarine, orange, pear, prune, tangerine

Grains barley, gluten free bread, quinoa, sago palm, soy flour, spelt (flour, products)

Grains Rice basmati, brown, cream, white

Protein Meat beef, buffalo, veal

Beverages beer, coffee, tea (black), wine (red, white)

Vegetables Mushrooms black trumpet, domestic white, enoki, maitake, oyster, Portobello, straw

Dairy Cheeses brie, camembert, casein, cheddar, Colby, cream, edam, emmental, gouda, gruyere, Jarlsberg, monterey jack, Neufchâtel, parmesan, provolone, quark, Swiss

Dairy butter (without salt), buttermilk (low-fat), ghee, half & half, sour cream, whey

Fruits Melons canang, casaba, Christmas, Crenshaw, honeydew, musk, Persian, Spanish

Protein Beans cannelloni, copper, fava, green, northern, yellow snap, soy (beans, butter), tamarind, white

e

Vegetables Juice carrot, celery, cucumber

Protein Poultry ostrich, pheasant, turkey

Protein Nut Butter pecans, almonds

Grains Wheat refined, unbleached, semolina flour, white flour, sprouted bread

Protein Chicken Eggs white, whole, yolk

9 Factors that Affect Male Hair Loss | 6 Ways to Prevent Losing Hair or Balding | Stop Going Bald

June 2015

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