

AposBook
AposBook
News and blogs
Natural treatments
Medical conditions
Library
About us

AposBook - The Natural Medicine Platform

Login

Sign Up

Find all Natural Solutions for any Health Condition

*Our database is updated regularly. Always visit to check for new natural treatments.

Natural solutions include diet programs, herbal medicine, alternative medicine, complementary therapies, vitamins, supplements, and home remedies.

Yes, we have it all. Check our video

Log in FOR FREE to enjoy chatting on forums, publishing content, and exchanging knowledge to help each other. You can also write reviews and testimonials about any natural solution you have used to help others learn from your experience.

Publish content | Promote your website

We welcome guest posts from health experts, including articles and Youtube videos. Visit "Natural treatments" or "Medical conditions" directories from the main menu bar, choose your subject, scroll down to "Library" section, and open it. Select the topic tab and click "add content". If you wish to add sponsored content, you should contact publish@aposbook.com

Diet Programs 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

Alkaline Diet

Anti-Inflammatory Diet

Atkins Diet / Low Carbs Diet

B

Blood Type Diet

C

Collagen Diet

D

DASH Diet

Dukan Diet

F

Fast Metabolism Diet

I

Intermittent Fasting

K

Keto Diet / No Carbs Diet

L

Low Glycemic Index (LGI) Diet

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

Physical Treatments 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

C
Chiropractic
O
Osteopathy

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
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.

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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

s 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 EEA, 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 per

sonal 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 the

m.

2. Integrity

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

ie 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 value 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.

sent.

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"

nts: 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 treatment.

ents 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 a

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.

Published: September 2020

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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 immune 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, Jarls
berg, 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, whit
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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