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in moderate doses caffeine has mainly positive effects for most people but it increases production of cortisol which can lead to health problems including anxiety weight gain and heart disease, **irritable bowel syndrome wikipedia** - irritable bowel syndrome ibs is a group of symptoms including abdominal pain and changes in the pattern of bowel movements without any evidence of underlying damage these symptoms occur over a long time often years it has been classified into four main types depending on whether diarrhea is common constipation is common both are common or neither occurs very often ibs d ibs c ibs, **magnesium for depression a cure for depression using** - forward although this depression treatment by magnesium essay was written originally to address the role of magnesium as a depression treatment the role of magnesium deficiency as cause of vast other morbidity and mortality is also addressed, **10 therapeutic properties of turmeric that can fight hiv aids** - the pace at which the world is advancing in terms of technology medical science and connectivity is astounding but at the same time another unwanted arena that is expanding is that of infectious and viral diseases, **scabies 7 natural treatments that work fast dr axe** - this dr axe content is medically reviewed or fact checked to ensure factually accurate information with strict editorial sourcing guidelines we only link to academic research institutions reputable media sites and when research is available medically peer reviewed studies, **jordan rubin health story founder of garden of life** - founder of garden of life and survivor of crohn s disease a debilitating digestive disorder jordan rubin has devoted his life to developing nutritional supplements foods for achieving good health, **letters cforyourself vitamin c for optimum health** - if you have any questions or comments we would love to hear from you while our focus is vitamin c i will be glad to discuss other nutritional questions in this section when i feel i have something worthwhile to share, **the code of life understanding the cure** - is it healthcare or disease care true healthcare would be the care of the very basic unit of life which as we know is the human cell this comprehensive care would begin in our very early years conceivably from conception involving a system focused on the healthy maintenance of the cells and thus the non interference of cellular function and subsequently unaltered dna, **what your poop says about your health for serious** - best bowel movements 1 frequency it s best to have at least one complete bowel movement a day you should feel like your bowels have emptied rather than just partially eliminated, **6 home remedies for acid reflux global healing center** - 6 natural remedies for balancing acid reflux 1 balance your hydrochloric acid levels increasing natural production of hydrochloric acid in the stomach is the first step to preventing acid reflux, **aging mental health and long term care by william** - although most adults live independently in their home many are living in long term care facilities the majority of these people up to 90 percent in this setting will be suffering from mental emotional or behavioral problems, **newsletter archive cancer defeated** - video of the week shocking confessions of a drug company insider in this expos a top executive of a major pharmaceutical company spills the naked truth about the drugs you and your family take which drugs heal and which ones kill, **the infojustice journal beat the press** - the u s food and drug administration today announced a new comprehensive plan for tobacco and nicotine regulation that will serve as a multi year roadmap to better protect kids and significantly reduce tobacco related disease and death, **catalyst gut reaction pt 2 abc tv science** - could our food be making us sick very sick in the second episode of this two part special dr graham phillips reveals new research about the interplay between food and the bacteria deep, **soil depletion and the decline in nutritional delano** - scientists develop skin patch with on the spot sweat monitor app posted by admin on nov 23 2016 in health 0 comments scientists in the united states have developed a flexible microfluidic device that easily sticks to the skin and measures sweat levels to show how the wearer s body is responding to exercise, **raw milk testimonials a campaign for real milka campaign** - if you have a story about the power of raw milk please email the

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