

12 health benefits of avocado medical news today - avocados are a stone fruit with a creamy texture that grow in warm climates their potential health benefits include improving digestion decreasing risk of depression and protection against cancer, **strawberries the world s healthiest foods** - what s new and beneficial about strawberries recent studies have examined the total antioxidant capacity tac of strawberries not only in comparison with other fruits but also in comparison with foods in other food groups, **tomatoes benefits facts and research medical news today** - a tomato is a nutrient dense superfood that offers benefit to a range of bodily systems its nutritional content supports healthful skin weight loss and heart health, **the benefits of breastfeeding for both mother and baby** - continued talk with your doctor before starting to breastfeed if you re taking prescription drugs of any kind your doctor can help you make an informed decision based on your particular medication, **quercetin 8 proven quercetin benefits 1 is incredible** - benefits of quercetin what are the health benefits of quercetin there are actually at least seven health benefits of this superfood read on for more details on how it can help boost your health thanks to its compounds like isoquercetin 1, **top 10 activated charcoal uses benefits dr axe** - top 10 activated charcoal uses benefits whenever you take activated charcoal it s imperative to drink 12 16 glasses of water per day activated charcoal can cause dehydration if adequate amounts of water aren t consumed in tandem, **the health benefits of intermittent fasting mark s daily** - i suspect if fasting combined with a paleo lc diet is particularly helpful getting a lot of fat protein will reduce satiety eating a hc refeed isn t satisfying you ve got to eat plates of pasta to get the same feeling, **13 foods that could lower your risk of cancer healthline** - what you eat can drastically affect many aspects of your health including your risk of developing chronic diseases like heart disease diabetes and cancer, **7 surprising health benefits of jalape os healthline com** - jalape os are spicy chili peppers from the hot pepper family they are small green or red in color and moderately spicy jalape os are commonly used in mexican cuisine but popular worldwide, **turmeric uses side effects interactions dosage and** - uses effectiveness possibly effective for hay fever taking curcumin a chemical found in turmeric seems to reduce hayfever symptoms such as sneezing itching runny nose and congestion, **the best winter fruits and winter vegetables greatist** - step away from the potatoes eating seasonally during the winter doesn t have to be boring see our list of the best local winter fruits and winter veggies, **mercola com natural health information articles and** - a reliable source of health articles optimal wellness products medical news and free natural newsletter from natural health expert dr joseph mercola

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