

18

MOST WANTED

BLOG POSTS



Health & Love Page
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1 Minute VIDEO Exercises To Ease the Sciatic Nerve Pain

1 Minute VIDEO Exercises To Ease the Sciatic Nerve Pain

 healthandlovepage.com/ease-the-sciatica-nerve-pain/

The [pain](#) that people suffering from sciatica experience cannot be described by using simple words.

A quick look at the treatments specially designed for this health condition confirms how serious this sciatica is.

Sciatica is treated with a combination of intensive physical therapy and specially designed medications.

These therapies are usually complicated, painful and unpleasant.

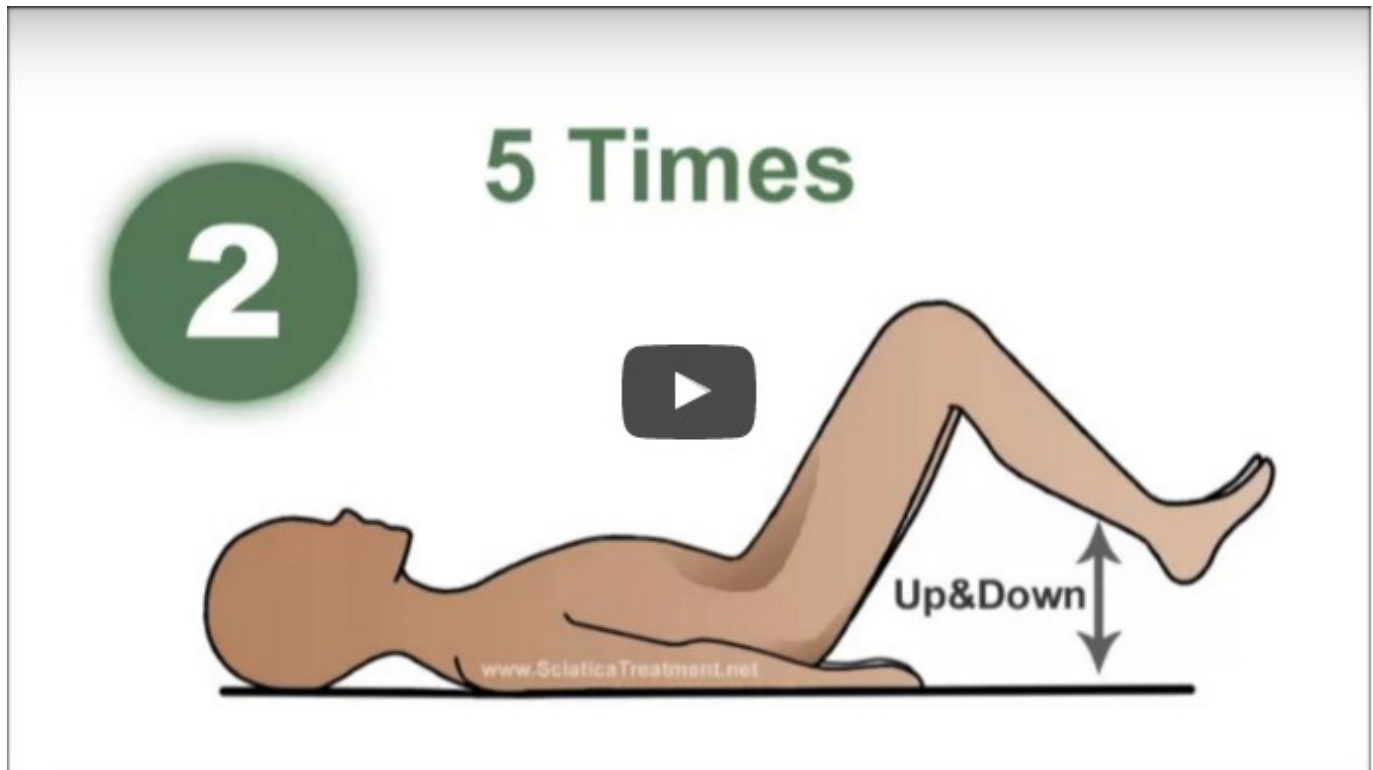
If you want to [relieve the sciatic nerve pain](#) without using the help of a physical therapist simply watch this video.

In this way you will save both energy and time.

You will get the much needed relief and ultimately [eliminate the pain](#) completely without leaving the comfort of your home.

You can also watch this [yoga treatment](#) for sciatic nerve pain relief.

Please don't do this exercise without the presence or prior consultation with the doctor - therapist.



Click image to watch the video!

Sources: [Healthy Food House](#); [Sciatica Treatments](#)

Read more sciatic related articles:

- [Another VIDEO EXERCISE to Get Rid of Your Sciatic Pain in Almost No Time](#)
- [Effective Yoga Stretches for Sciatic Nerve Pain Relief](#)
- [Top 10 Sciatic Pain Natural Treatments](#)

3 Easy Ways To Remove Plaque Without Visiting the Dentist

3 Easy Ways To Remove Plaque Without Visiting the Dentist

 healthandlovepage.com/remove-plaque-without-visiting-the-dentist/

As you are probably aware plaque, removal is an activity that a dentist can perform without any problems.

But, why leave the comfort of your home and go to the dentist's office when there are so many natural remedies that can help you maintenance of [oral health](#) and eliminate plaque at home?

Natural Remedies to Remove The Plaque

Recipe No.1

Ingredients:

- Water
- 1 Oz. (30 g) of walnut husks

Instructions:

Place the walnut husks in a bowl and pour some water.

Put the mixture on fire and leave it like that for about 15 minutes.

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After that, put your toothbrush in the mixture and soak it.

Brush your teeth for about 5 minutes.

You should perform this procedure three times a day – in the morning, after you are finished with your lunch and in the evening.

TIP: How to [whiten your teeth naturally in just 3 minutes.](#)

Recipe No.2

Ingredients:

- 4 cups (1 l) of water
- 4 tablespoons of linden flower
- 4 tablespoons of sunflower seeds

Instructions:

Take all the ingredients and place them in a bowl. Pour the water and put the bowl on fire (low fire). Leave the mixture for about 30 minutes. Use a toothbrush soaked in this mixture to brush your teeth after every meal.



Recipe No.3

Many people using apple cider vinegar to fight plaque, but this remedy should be used once a week. Simply, soak the toothbrush in apple cider vinegar and brush your teeth. Once you are finished, rinse your mouth with lukewarm water in order to protect the enamel on your teeth.

Source: [Healthy Food Star](#)

3 Ingredients That Cure Clogged Arteries, Fat In The Blood, Infections And Cold

3 Ingredients That Cure Clogged Arteries, Fat In The Blood, Infections And Cold

 healthandlovepage.com/3-ingredients-that-cure-clogged-arteries-fat-in-the-blood-infections-and-cold/

We present you one of Germany's oldest home remedies.



3 Ingredients Recipe

For preparation of this remedy, you need only [ginger](#), [garlic](#), [lemon](#) and water.

In fact, this drink, which is a combination of three super healthy foods, can bring more benefits to your health, such as:

- preventing general [fatigue](#),
- the arteries congestion,
- reducing the blood fat levels,
- [liver cleansing](#),
- prevention of infections,
- [flu and colds](#),
- enhance [immunity](#) and so on.

This remedy, because of its ingredients, is the best prevention from free radicals and one of the greatest fighters against [heart and circulatory diseases](#).

Let's get prepare this simply, healthy, 3 ingredient recipe.

Ingredients:

- Four whole garlics (large).
- One 1 – 1,5 inch (3-4 cm) ginger.
- Four whole lemons ([with zest](#)).
- 0,5 gallons (2 l) of pure water.

Directions:

- [Wash the lemons](#) well and cut them into a few pieces.
- After that, [peel the garlic](#) and blend it in a blender, together with the ginger and lemons.
- In a larger metal container, pour the water, add the blended mixture, heat and stir them until the boiling point.
- Just before boiling, turn off the stove and allow the mixture to cool down.
- Drain the mixture in bottles.
- Lemon water and cooking neutralize the unpleasant smell of garlic.
- Every day, at least 2 hours before a meal, drink a cup of this drink [on an empty stomach](#).
- Before drinking, shake the bottle to get lemon and garlic at the bottom, mixed with juice.

Source: [Healthy Food Team](#)

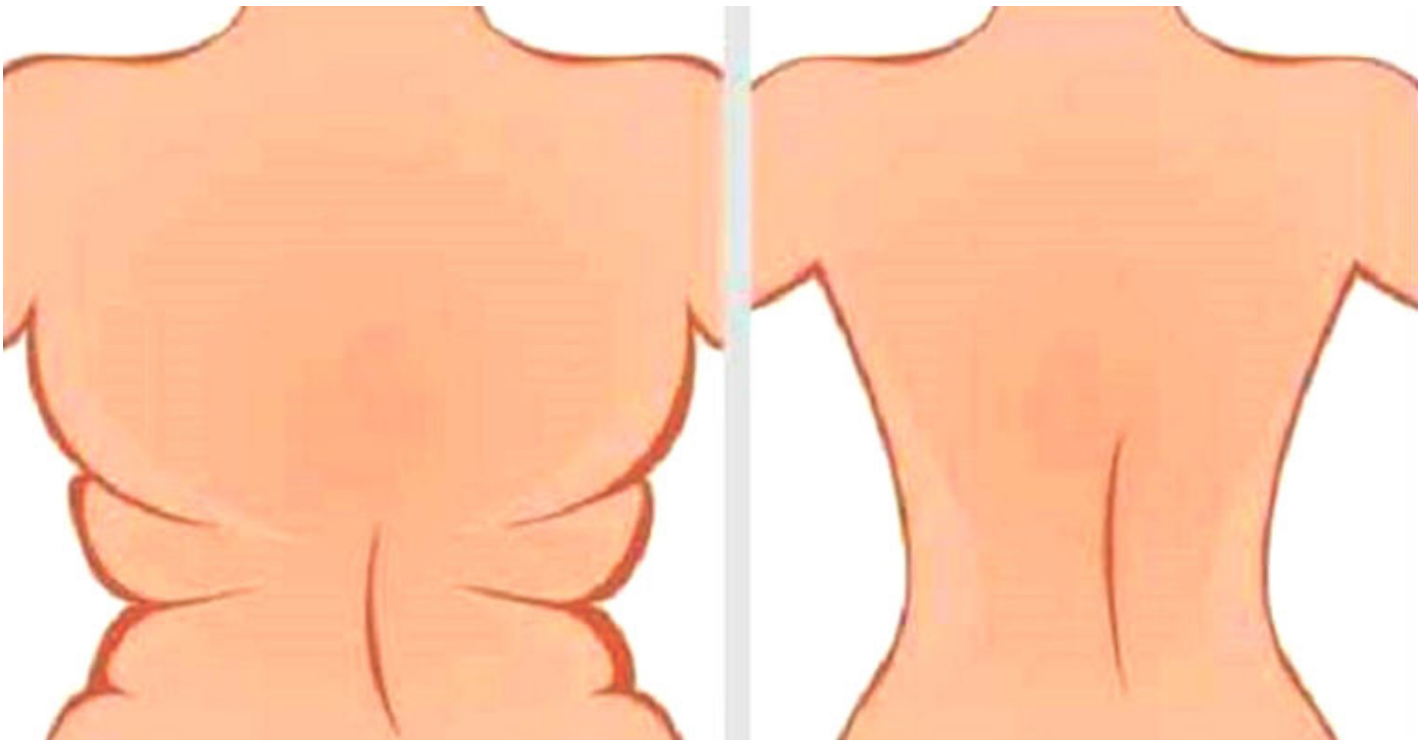
4 Quick Exercises to Get Rid of Underarm Flab and Back Bulge in 3 Weeks

4 Quick Exercises to Get Rid of Underarm Flab and Back Bulge in 3 Weeks

 healthandlovepage.com/get-rid-of-underarm-flab-and-back-bulge/

The **Underarm Flab and Back Bulge** distorts the body shape of many women. It also makes it very uncomfortable wearing a bra. Many people have tried dieting to no avail. The surest and the most [effective way of getting rid of this unpleasant accumulation of fat](#) is through four effective short and quick exercises.

These can be done at the comfort of your home, either using a band with handles, rubber banding, tubing, hand weights or just moving your hands only.



If done consistently daily, you are guaranteed to lose that fat in a record of three weeks' time. Quite incredible, yet real and achievable. These exercises include:

1. Elbow kiss

This involves spreading out your arms on either side at the level of your shoulders, palms facing up. Then fold each arm at the elbow to make a ninety degrees angle upwards.

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Swing the hands while folded to the front so that they close in at the elbow with forearms touching on the sides. Lastly, return the arms to their initial position. Do sets of three, each 10 repetitions.

2. Push and touch

Involves lifting your stretched arms overhead from the resting position on the sides of your body. If you have hand weights you can use them or even a band. Standing with your stretched arms on the sides, palms facing forward, lift them to the shoulder level simultaneously than over your head. Lastly, bring the arms back in position. Do 3 sets of about 6 repetitions each.

3. Crisscross reverse fly

Put your legs apart about the width of your shoulders, slightly bend at the knees for stability and then bend forward at the waist, no more than 90 degrees, so that your head faces down. Hold the hand weight or dumbbell on each hand bent at the elbow and while palms face towards each other. Then raise your hands to the level of or slightly lower than your shoulders. Do three sets each 10 times.

4. Bent-over circular row

With your legs apart shoulder-width, bend forward (ninety degrees) and using each hand at a time, move the dumbbell towards the opposite hand, lift it up, then move it towards the chest and the back to the extended position in a circular motion. Do three sets of 10 repetitions each.

The victory over **Underarm Flab and Back Bulge** has never been this practical. Stop winning on how ugly and uncomfortable you are and get to exercise following these simple straightforward exercises.

These are not quick fix magical techniques that will make that accumulation of adipose tissue simply melt away. For this to work, you need discipline, commitment and consistency. Schedule an appropriate time in your daily schedule to practice these four simple and quick exercises.

This is the only way you will effectively manage to get rid of that fat in the proven record time of three weeks.



Click image to watch the video!

6 Strong Reasons You Should Never Eat Tilapia

6 Strong Reasons You Should Never Eat Tilapia

 healthandlovepage.com/6-reasons-never-eat-tilapia/

If we are in a situation to choose between eating fish or bacon and we are worried about our health then we will most likely choose fish. This is the right choice, at least most of the time. Fish contains huge amounts of proteins; it doesn't contain much fat and comes with several benefits for our health in general.

However, there are many different types of fish on the market and on top of that, some of them are raised in an unnatural way, so we should probably take few things into consideration before we start talking positive about every fish.

Why You Should Never Eat Tilapia?

There is no doubt that fish can be an excellent source of nutrients, but the fact is that there are some fish that can actually damage your health and it all depends on the source. You should know that fish caught in the wild is much different from fish raised or bred on a farm. There are certain farm-raised fish that are quite popular in the past two decades and some of these fish species include tilapia, salmon, catfish, sea bass, cod etc.

1. According to latest scientific studies, farm-raised Tilapia can worsen inflammation.

One of the main reasons why people love tilapia is the fact that this fish is available in almost any store, it's tasty and it is also cost affordable. But, what many people don't know is the relation between inflammation and tilapia. Latest scientific studies have confirmed that Tilapia consumption can increase the effects of [inflammation](#), which ultimately results in arthritis, [heart disease](#), [asthma](#) and many other dangerous diseases. In addition, people who tend to consume more fish because they know that fish is rich in omega 3 fatty acids and that their content can help them prevent [heart attacks](#) should think twice before eating Tilapia. Another research conducted by a scientist from Wake Forest University shows that there are situations when tilapia and its inflammatory potential can be greater than the potential of bacon, hamburgers and junk food.

2. The level of nutrients in farm-bred feed is reduced.

As we have mentioned before, there are many people who eat fish in order to get access to omega-3 fatty acids and the positive effects of these acids for our health. But, it is good to point out that the fatty acids found in farm-bred fish are less valuable than those found in fish raised in the wild. Even the levels of protein in this type of fish are reduced. Fish raised in this way usually weigh more and have higher amounts of bad fat. They also contain more omega-6 fatty acids which and high amounts of acids of this kind can lead to inflammations.

3. Farmed fish compared to fish found in the wilderness could contain ten times more organic pollutants that cause cancer.

The main reason for that is the food these fish consume. People who have seen what farmed fish eat were disgusted. For example, poultry feces are one of the most common ingredients used in feed prepared for farm-raised fish. It is not uncommon to find pieces of duck and pig waste in their meals too.

4. Farm raised fish contain pesticides and antibiotics.

This may sound like a surprise to some people because it is hard to imagine how antibiotics can be found in fish no

matter how they are raised. However, fish farms are places that are trying to use maximum of space and often these farms are overcrowded which leads to [infections](#) and diseases. In order to keep their fish alive, workers feed fish with antibiotics just in case. This is something that they do on a regular basis. Sea lice are the reason why farm owners use [pesticides](#). However, some of them use so strong pesticides that can even kill wild fish. The sad truth is that these pesticides reach the marine life in the end (through water).



5. Farm-bred Tilapia and salmon has eleven times more dioxin compared to wild fish.

Dioxin is a [toxic and dangerous chemical](#) that supports the formation of cancer and some other diseases. What is even worse is that it is hard to get rid of this chemical once it enters the body. It can live inside our bodies for more than 5 years.

6. Farm-bred mussels have six times more dibutyltin (chemical found in PVC plastic) than wild mussels.

This toxic chemical affects the [immune system](#) in a negative way and it worsens the effects of inflammation. Some scientists believe that dibutyltin is one of the main reasons why the number of people suffering from asthma is growing. They also connect this chemical with the occurrence of allergies, obesity and similar metabolic problems that seem to be growing in the past two decades. If this substance is dangerous even when you breathe it imagine what it can do if you put it inside your system through food.


Keep in mind that these are only some of the negative effects that have been related to farm-bred fish consumption. So, what does this exactly mean? The main point is that you should do some research before buying fish. You need to find out where the fish was raised. This doesn't mean that all farm-bred fish are bad, but we certainly need to be cautious.

Finally, there is another marine animal that has proven to be even more dangerous to your health than farm-bred fish and that's shrimp.

Source: [Dr. Axe](#)

8 Things That Happen When You Drink Honey Water on an Empty Stomach

8 Things That Happen When You Drink Honey Water on an Empty Stomach

 healthandlovepage.com/8-things-happen-drink-honey-water-empty-stomach/

Honey is one of the foods that have been used by people even before the earliest emergence of civilization. It was known as an excellent source of nutrients and as a food which brings many health benefits. However, many people are unaware of the fact that honey has special healing properties when it is used in a combination with water.

How To Prepare Honey Water?

Ingredients:

- One cup of lukewarm water.
- One tablespoon of honey.

If possible use Manuka Honey and [here is why](#).

Preparation:

Put the honey in a glass of water and mix them until you get a 1/3 honey mixture. The density should be similar to blood plasma. The body doesn't need much time before it processes this mixture. This incredible mixture comes with many healing effects.

You should also know the reasons why to combine [honey and cinnamon](#) and what the [Golden Honey](#) is.

Healing Effects of Honey Water

1. Eliminates the mucus found in the [lungs](#) (especially useful for patients with [cold](#) and fevers).
2. It prevents and removes parasites and bleeding from the digestive system.
3. It works really well in cases of [bronchitis](#), eases colds and improves the [immune system](#).
4. Many people will experience a slight increase of their [waistline](#) even after few days of using this natural remedy, but that's not a sign that you need to get worried. This has nothing to do with the [body fat](#). The increase of the waistline is a result of the swelling of the fecal sediments and at the same time, they become softer. This is a process that lasts for a limited time and after it's finished your body will get back to its normal appearance.
5. It has strong [antibacterial](#), [antiviral](#) and antifungal properties.
6. It [removes all the toxin deposits](#) from the body and the [intestines](#).
7. People that are suffering from uncontrolled urination during the night will find this mixture helpful. Honey has the ability to absorb the water from the [kidneys](#), which means that they will have less work.
8. It makes your [skin appear younger, shinier and silkier](#).

8 THINGS THAT HAPPEN WHEN YOU DRINK HONEY WATER ON AN EMPTY STOMACH

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HEALING EFFECTS OF HONEY WATER



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- 7 People that are suffering from uncontrolled urination during the night will find this mixture helpful. Honey has the ability to absorb the water from the kidneys, which means that they will have less work.

- 8 It makes your skin appear younger, shinier and silkier.



HOW TO CONSUME HONEY WATER?

This mixture must be consumed in the morning on an empty stomach in order to avoid any problems and to feel the best effects. Remember to drink this potion very fast. As we have mentioned before, you can use this mixture before you go to bed too.



It is the best to prepare honey water right before you use it.

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It is the best to [prepare honey water](#) right before you use it.

Note:

[Click the infographic to see it in full resolution!](#)

You should also visit our Empty Stomach section:

- [Garlic](#)
- [Water](#)
- [One sip for your healthy liver](#)
- [Drink that kills cholesterol and fat](#)
- [Traditional Amish Remedy](#)



**After You See What
Happens, You'll Freeze
Lemons For The Rest
Of Your Life !!!**

After You See What Happens, You'll Freeze Lemons For The Rest Of Your Life !!!

 healthandlovepage.com/freeze-lemons/

Lemons are packed with one of a kind compounds known as lemonoids. These compounds are able to inhibit the growth of tumors and this is especially true for tumors found in breast cancer patients. A recent scientific research has shown that lemons provide some amazing benefits to the human body .



It turns out that lemon peel is loaded with two times more vitamins compared to the juice. In addition to the strong anti-carcinogenic effects, lemons can also cleanse the body from toxins, parasites, worms, bacteria and fungi.

In case you are wondering about the best way to consume **lemon peel**, you should know that there is a very simple way to do this. Take one lemon and wash it thoroughly before placing it in a freezer. Wait until the lemon is completely frozen.

In addition, you can take the lemon and cut it into pieces and freeze these pieces after that. When the lemon is finally frozen, just grate or grind the content and use the pieces of frozen lemon peel in your creams, beverages, pasta, soups, desserts and salads.

That's it! This simple procedure can do wonders for your health.

Via [Natural Remedies](#)

**Any Type of Cancer
Can be Cured
in Just 2-6 Weeks**

Any Type of Cancer Can be Cured in Just 2-6 Weeks

 healthandlovepage.com/any-type-of-cancer-can-be-cured-in-just-2-6-weeks-2/

“Cancer can be cured!” claims Dr. Leonard Coldwell. The video at the end of this article is very important. Everybody should see it. Cancer can be cured! You can imagine the look of surprise on my face when I first saw this. In fact, many of you out there must be feeling surprised right now.

My mother died of cancer just as I was finishing high school. That experience completely changed my life around. I got to know about it accidentally. Since that day, I had to literally watch my mother draw closer and closer to her death. Quite frankly, the experience is not one I am willing to talk about.



But I can tell you this – it was very painful. I also know many of you out there have lost someone from cancer – a friend, a family member, a child, a parent – the list just goes on and on. Cancer can attack anyone – you never know when you will be the next victim.

Tumors can be treated. There’s a multi-trillion dollar industry for the Cancer Treatment.

I’ve heard this lot of times! *But do you really trust that these medications will heal the tumor?* My father spent almost everything he had in order to pay for my mother’s medication. We did everything we could possibly think of. Cancer is treated a long time. My mom was treated for an extensive time too. But in the end, unfortunately, my mother succumbed to it.

A few days back I came across this article

“Because of the terrible scheme, millions of people died and thousands were only partly treated. Throughout our history, Food and Drug Administration have deliberately poisoned our people. Those companies will do anything to make money. Please stand up.” – That’s what the article claimed.

Imagine the thoughts that ran through my mind when I saw it. So I decided to have a look at the article

One Dr. Leonard Coldwell has gone through a lot more of the 'cancer experience' that you or me. All seven brothers and sisters of his mom suffered from carcinoma. His father and grandma died passed away due to cancer too. He was there to witness how cancer slowly drew his family members, son and even grandson to their deaths. So I guess it's safe to say that he has gained experience that a very few have had.

As it turns out, Dr. Leonard Coldwell has seen greater than thirty-five thousand patients, around 2.2 million partakers in his workshops who write to him sent life stories and have more than seven million admirers who read his bulletins and news reports. According to world experts, Dr. Leonard Coldwell has the best rates of success in the curing of cancer globally. As it turns out, his website drleonardcoldwell.com was blocked by the federal government. Why? Because of its enormous success in cancer treatment.

"With no chemotherapy, no contact with the radiation obviously cancer can be cured in most patients. I know that I can heal a patient in a few weeks maybe in some months. But because of the people who profit from cancer patients and the law legally I am not allowed to tell anyone what to do or what not to.", describes the doctor.

The health profession and the pharmaceutical industry earn massive amounts of money through the cancer industry. Yes, cancer has now become an industry for them. The current situation as Dr. Coldwell underlines is that they "make legislators legislate laws that will kill us, or at the very least make them fall sick and the laws that are supposed to 'protect' us do not permit the right treatment of the disease. They make you sick as ever and finally you are drawn to your death because of the poisonous, hazardous and harsh treatment."

To be honest, I was stunned at these claims. The memories of my mother in pain and her eventual death began haunting in my mind. I read on.

Here is Dr. Coldwell's method

According to the doctor, any malignancy can be cured in two to sixteen weeks. There are kinds of cancers if treated correctly that can heal in minutes.

Any doctor with a minimum of 20 years' experience in the field has witnessed much healing which is spontaneous. There's actually a book called 'Spontaneous Healing'. Since this method is very possible, now it's a matter of finding means of achieving this. Usually people who are religious minded go to places of religious curing. But the religious place is not what cures. The positivity and hopefulness actually do all the healing.

As the doctor reveals, first and foremost, tackling of acidity and the toxic elements need to be done. We should eat vegetables; this gives the body lots of oxygen. With that and adequate calcium and a proper diet, we alkalize our bodies. How is this related to cancer? Well, the progress of cancer stops when the body is alkalized.

The body has to achieve what is called a 'therapeutic pH level. pH has 14 levels from 0 to 14. The lower values are the acidic region while the higher values are the alkaline region. PH 7 is the median neutral level. As soon as the body reaches pH 7, it becomes alkaline. A level of seven point three six is good. But when it comes to treatment, a pH of around 7.5 or higher should be present.

So what else?

The next is to eliminate hypoxia. For this a friend of Dr.Coldwell, one doctor Martin, offers a solution – an oxygen therapy which involves several steps. In this therapy, blood is taken out, enriched with pure oxygen and then re-injected into the body twelve times. Blood, when taken out of our body, has a shade of black. But with this therapy, the blood that is re-injected have a shade of beautiful pink – like the blood of a newborn baby – it is completely fresh. This fills the body with energy.

The ‘intravenous’ injection of C vitamin is also helpful, the doctor claims.100 cc every day thrice a week, or in certain cases, more than that has given amazing results. “Believe it, cancer disappears in a few days after the administering of vitamin C in this manner.”, he says.

Food which has a high content of vitamin C includes chili peppers, cabbage, broccoli, papaya, strawberries, cauliflower, pineapples, kiwi fruit, oranges and lemons.

Vitamin C – the miracle cure...

But wait! It’s not the only vitamin that has amazing healing powers...

Vitamin E belongs to the same category as well. It mostly aids with blood pressure. Treated quickly and effectively in any form, vitamin E has shown that it can produce stunning results. But E vitamin which is produced artificially is not the solution. As it turns out, a study done with artificially produced vitamin E determined that it was utterly ineffective.

So there we go. Chemicals are not helping at all. It’s nature that helps. Nature brings out all these illnesses and its nature again that will come to the rescue. Cancer didn’t exist a century ago. There’s no reason for cancers to existing now. We’ve caused all our problems by ourselves. If you really want to get rid of cancer, then start by consuming vegetables and fresh raw foodstuff.



Dr.Coldwell also says, a friend of his happens to be a chef has written a book on preparing raw meals. “It doesn’t cost even half as much as you spend on expensive drugs that are just aggravating the condition. His website and books will teach you exactly how to make them.”, he further added.

The next thing Dr.Coldwell stresses on is water. Yes, you heard correct. Four litres of water with half a teaspoon of sea salt every day – unless in cases of a person suffering from a type of kidney ailment.

Don’t they say that excessive amounts of salt lead to high blood pressure? Anyone doesn’t want to get themselves in double trouble, do they?

The doctor disagrees. He says that even though we were taught that high salt is bad, it is actually the opposite. In fact, Salt is essential. “The electrical signals transmit only if the required amount of salt is present in our body. Therefore, lack of salt creates problems in blood.” the doctor explains.

Now that’s not the real problem. The real problem is with the table salt we consume. Table salt often contains only a third of actual salt!

“Woah! What are we eating then – thinking its salt?”

The salt we consume, as it turns out, contains 1/3 of glass and one-third of sand. Now this spells trouble for the body. The sand and glass irritate the blood vessels and they start bleeding. Then cholesterol clogs up to protect the blood vessels – so that we don’t perish from interior hemorrhage.

But cholesterol can cause high blood pressure by narrowing the blood vessels right?

Wrong again. “This is absurd because there’s no way we can die from excessive cholesterol. Deficiency in cholesterol – yeah, death is probably on the way”, claims Dr.Coldwell. As it turns out, some have had cholesterol as high as 60 and haven’t had any illness in their entire life.

Here’s why lack of cholesterol is bad

Healthy cells are produced rapidly by cholesterol. In fact, 87% of the cells in our body are made out of cholesterol. So the lack of cholesterol simply means the body has no way to make new cells. For example, let us think of how doctors treat burns. They give them 20-25 eggs. Why? Because they know only cholesterol can produce new cells.

“Cholesterol produces new cells. Wow! I did NOT know that...”

“High-Density Lipoproteins” and “Low-density lipoproteins” – We’ve all heard about this ‘good’ and ‘bad’ cholesterol. But hang on, Dr.Coldwell again disagrees. “HDL and LDL – that’s not cholesterol. They are proteins that move cholesterol,” he says.

“Everything we thought we knew turned out to be completely wrong, isn’t it? But it’s the doctors who say these things! How can they be wrong?”

For this, we have to think of the opinion of Dr.Gray Neal among others. He said that referring to statistics; physicians have the shortest lifetime. Physicians live for around 56 years on average (often it’s less than that except for a very few), they are addicted towards alcohol, drugs and even a higher rate of suicide – that being only higher in psychiatrists. But despite all of this, we still go behind doctors for advice and help on happier, healthier and longer living... You should probably think about changing that opinion.

Via [Elixir Vitae Secrets](#)



Click image to watch the video!

Get Rid of the Back, Joints and Legs Pain in 7 Days

Get Rid of the Back, Joints and Legs Pain in 7 Days

 healthandlovepage.com/get-rid-back-joints-legs-pain-7-days-using-gelatin/

Do you know how to get rid of the annoying pain in the back, joints and legs in just one week?

This simple recipe will help anyone who is experiencing pain in the [back](#), legs, [neck](#), [joints](#) etc.

Remedy for Back, Joints and Legs Pain using Gelatin

In order to create a remedy for a 1-month treatment, buy 50 oz. (150 gr) of [gelatin suitable for eating](#). You can find gelatin like that in any local store.

Add two flat teaspoons of gelatin in a ¼ cup of cold water kept in the fridge. Do this at night.

Stir it a little bit and leave it for the entire night outside of the fridge. You will notice that the gelatin will transform into jelly during the night. Once you wake up in the morning drink this combination. If it tastes bad for you, you can add [honey](#), juice and water or even some sour cream or yogurt.

This is all that you have to do. People who will drink this mixture for one week will notice improvement and the pain they have experienced in the back, legs, spine, neck, joints etc. will be gone after seven days.

However, you should not stop with this procedure once those seven days pass. You should continue with the treatment for one month. After that, take a break and do it again after 6 months. In this way, you are “lubing” the joints with the right amount of “lubricants”. The joints are extremely important for a proper functioning of our body.

We are aware that many people won't believe that this treatment works, but what do you have to lose? The [painkillers](#) that will usually cost you a fortune contain many substances that come with side effects and this is a completely natural homemade remedy.

How does gelatin work and why is gelatin beneficial for the joints?

Gelatin is a product of animal origin and it comes as a direct result of industrial processing of the CT (connective tissue) of large livestock such as the bones, tendons, cartilage etc. Gelatin is especially useful for us because it affects the condition of our small vessels and internal fibers in a positive way.

Proline and **hydroxyproline** are two amino acids found in gelatin and these amino acids are known for their positive effects on the process of healing and recovery of connective tissue. With the help of gelatin, people are able to speed up the growth of connective tissue, which means they are able to heal their ill joints.



Gelatin is a helpful natural product that can help people in many situations:

- Accelerates and stabilizes metabolism.
- It improves the work of joints and heart muscle.
- Gelatin keeps the [skin](#) healthy.
- It improves mental ability.
- It provides flexibility and increases strength of ligaments and tendons.
- It protects the body from the occurrence of osteoarthritis and osteoporosis.
- Gelatin helps in cases of dysplasia.
- Gelatin encourages the growth of nails and [hair](#).

Many people have confirmed that most of their neck and spine pain were gone in just one week and they were able to notice that immediately because most people who had problems like these were spending most of the time on their desk and in front of their computers.

All of them have confirmed that the pain was completely gone after one month.

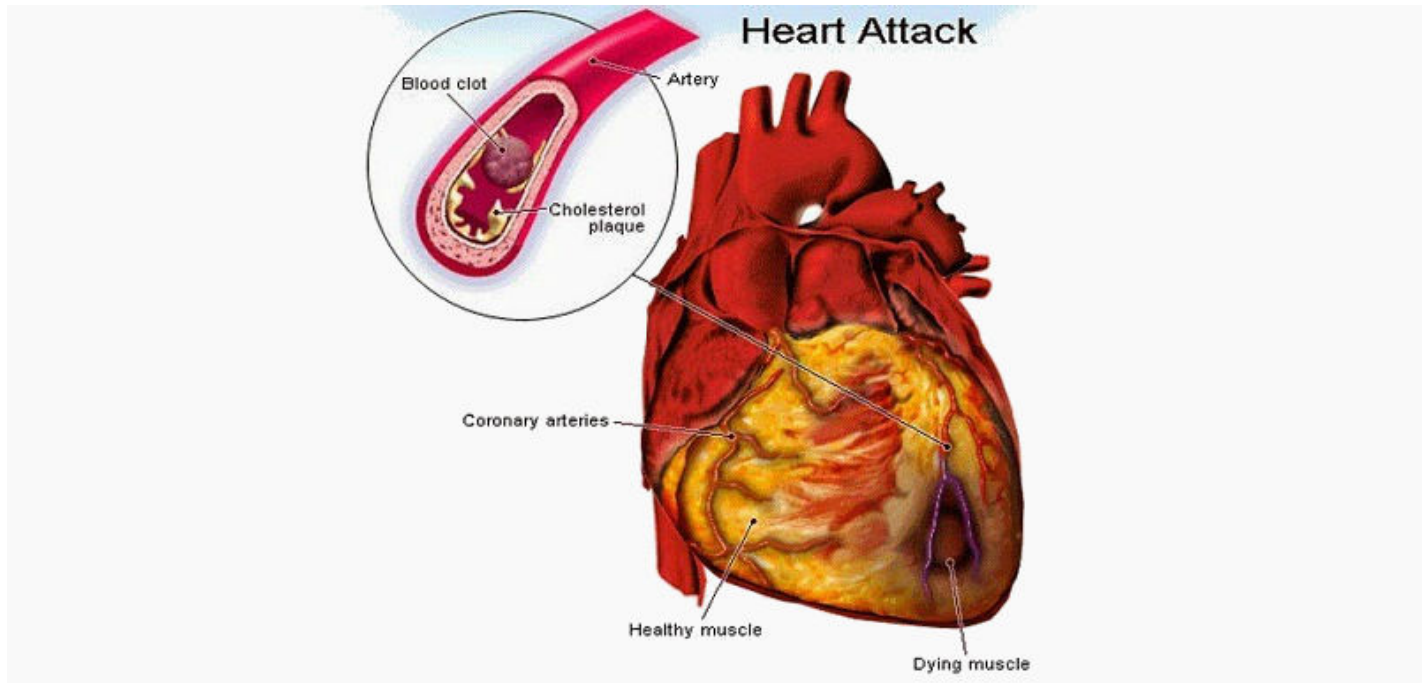
Source: [Good Morning Center](#)

Have You Heard What Happens When You Drink Water On An Empty Stomach?

Have You Heard What Happens When You Drink Water On An Empty Stomach?

 healthandlovepage.com/drink-water-on-an-empty-stomach/

Have you heard that in Japan is popular to drink water on an empty stomach, immediately after waking up?



Why is this the case in Japan only?

Why you have to drink water on an empty stomach?

Japanese scientists recently came to the amazing discovery, that water can heal the oldest and many serious diseases, such as:

- [diabetes](#).
- [cancer](#).
- [menstrual disorders](#).
- diarrhea, hemorrhoids, gastritis.
- diseases of the ear, nose and [throat](#).
- meningitis.
- [asthma, bronchitis and tuberculosis](#) (consultation with an expert).
- [excess weight](#).
- [epilepsy](#).
- arthritis, rapid heartbeat and heart attack.
- [headache](#) or body aches.

Drink Water On An Empty Stomach – Treatment

1. In the morning before brushing teeth – Drink 4 x 5,oz (160ml) glasses of water
2. Brush your teeth, but do not eat or drink anything for the next 45 minutes
3. After 45 minutes – You may eat and drink normally as always
4. After 15 minutes of every meal – Do not eat or drink anything in the next 2 hours

Those who cannot drink so much water or they are old and sick, they should initially start with a smaller amount and gradually increase it to 4 glasses per day.

In the following list, the number of days required for the proper treatment of disease is given:

- 30 days – high blood pressure
- 10 days – gastritis
- 30 days – diabetes
- 10 days – constipation
- 180 days – cancer
- 90 days – tuberculosis (consultation with an expert)
- Arthritis – Patients should use this treatment only 3 days in the first week, and each day starting from the second week.

Apart from frequent urination, this treatment has no side effects. After this treatment, you should continue to drink water on an empty stomach. Drinking water in the morning should become your daily routine. It will be a great prevention of further disease.

5 ADVANTAGES OF DRINKING WATER IN THE MORNING

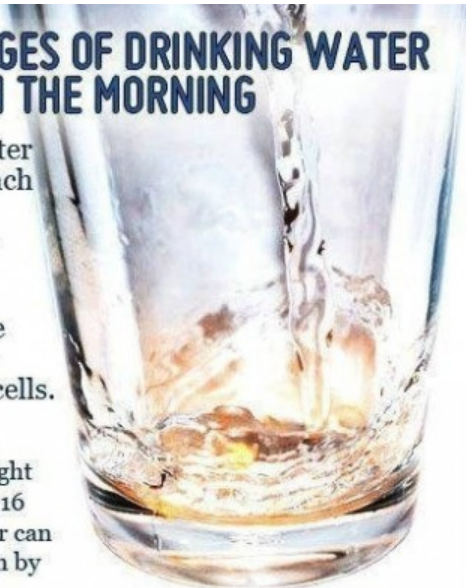
#5 - Drinking water on an empty stomach purifies the colon making it easier to absorb nutrients.

#4 - Increases the production of new blood and muscle cells.

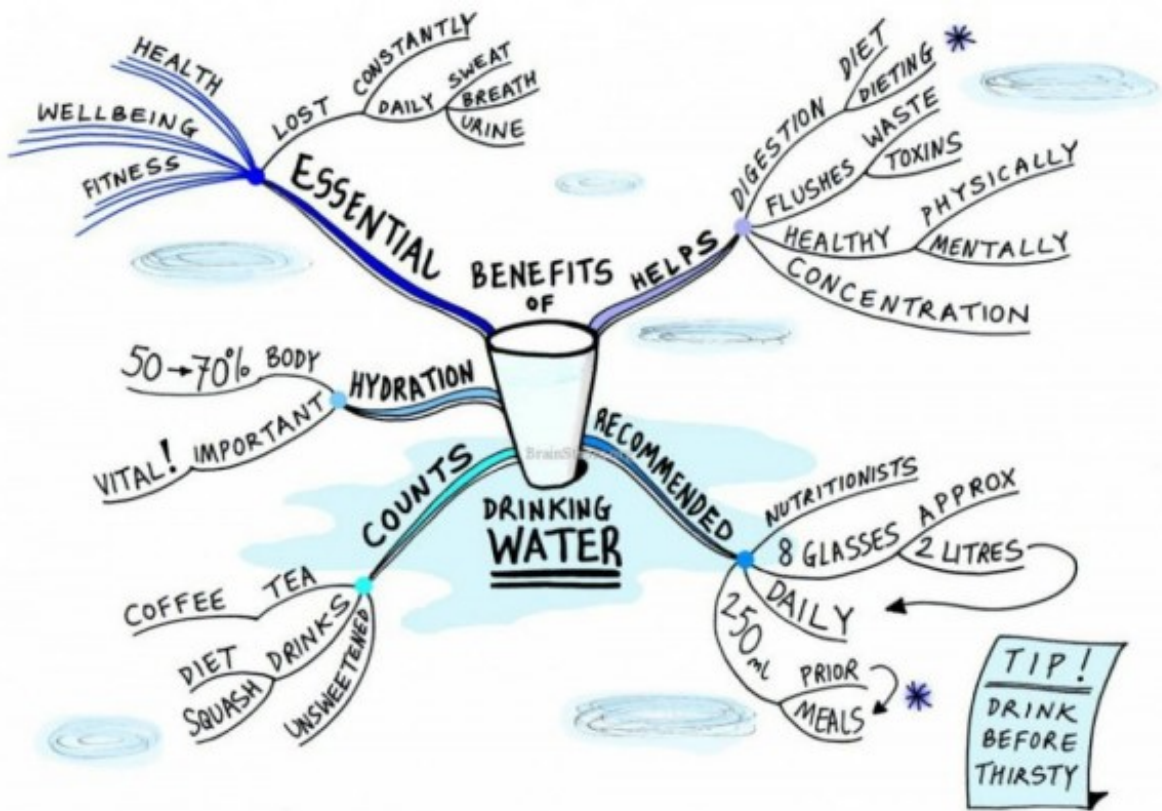
#3 - Helps with weight loss. Drinking at least 16 ounces of chilled water can boost your metabolism by 24% in the morning.

#2 - Glowing skin. Water helps to purge toxins from the blood which help keeps your skin glowing and clear.

#1 - Balances your lymph system. These glands help you perform your daily functions, balance your body fluids, and fight infection.



The Chinese and Japanese drink hot tea with their meals, not cold water. Maybe it is time to change our [habits](#). However, the mortality rates in these two countries are lower than in America. Nothing to lose, it's time to start. Cold water after a meal strengthens fat and slows digestion. So solid fat absorbed in the intestine and the entire process leads to cancer. It is better to drink hot soup or hot water after your meal. By the way, do you know [How Drinking Water Has Changed My Life?](#)



Finally, I ask you to not ignore this article and drink water on an empty stomach. Share it with all friends who you care about. You may save someone's life.

How To Stop a Fatal Heart Attack In Just 1 Minute

How To Stop a Fatal Heart Attack In Just 1 Minute

 healthandlovepage.com/stop-fatal-heart-attack-just-1-minute/

Many people are not aware of the fact that they can [stop a fatal heart attack](#) only by using the simple, but very powerful chili pepper – cayenne pepper.

Even more amazing is the fact that cayenne pepper can stop a fatal heart attack in about 1 minute!

How To Stop A Fatal Heart Attack Using Cayenne Pepper

Cayenne pepper was researched by many famous healers like Dr. Richard Schulze, N.D. and Dr. John Christopher, N.D. They were all amazed by the health benefits that this type of pepper brings.

According to Dr. John Christopher, thanks to cayenne pepper, [he has never lost a patient](#) who was experiencing a heart attack and his career is 35 years long. He is using a cup of cayenne tea (one teaspoon of cayenne pepper in a cup of water) for patients that are still breathing. After 1 minute, the patients are safe and sound.

What makes these claims more relevant is the fact that these healers are speaking from their own personal experience and not about some experiments performed in a controlled environment.

There are few ways when cayenne pepper can be used and few of them are extremely efficient methods of suppression of the causes for heart attack. They are practiced by the healers we have mentioned before.

What to do if someone has a heart attack?

First, [cayenne pepper must have at least 90.000 heat units](#) according to the Scoville scale (a function of capsaicin concentration). In case there is cayenne pepper with these properties around, the patient should be given a mixture of one teaspoon of cayenne powder in a glass or cup of water and give it to the patient to drink. Of course, the patient must be conscious and breathing.

In case the person is unconscious, you can use a cayenne extract, but **once again keep in mind that it should have at least 90.000 heat units**. Simply place a couple of drops underneath their tongue. Remember that many healers claim that they have never lost a patient when practicing this procedure.

Other Uses of Cayenne

Cayenne pepper can be used for few other things. For example, many healers use cayenne pepper as a form of catalyst in a mixture with other herbs. Cayenne pepper can be added in almost all herbal combinations except nervine herbal combinations. This type of pepper is a strong stimulant and it accelerates the metabolism, which results in better digestion and absorption of nutrients. Thanks to cayenne pepper, any herbal combination becomes more powerful and useful.



In fact, it is often used this way in formulas for arthritis, various female complaints, infections, [heart or circulatory issues](#), laxatives, diuretics, ulcers, [thyroid issues](#) etc.

The Nutritional Profile of Cayenne Pepper

Scientists have confirmed the presence of at least 26 nutrients in cayenne. Some of the most important minerals found in cayenne pepper are calcium, zinc, selenium and magnesium. Besides minerals, cayenne is rich in vitamins too – vitamin C and vitamin A. In addition, those who consume cayenne pepper will increase the level of dietary and crude fiber and carbs in their system.

Cayenne pepper is definitely one of the most powerful natural spices that can do miracles in cases of heart attack.

Source: [Natural News](#)

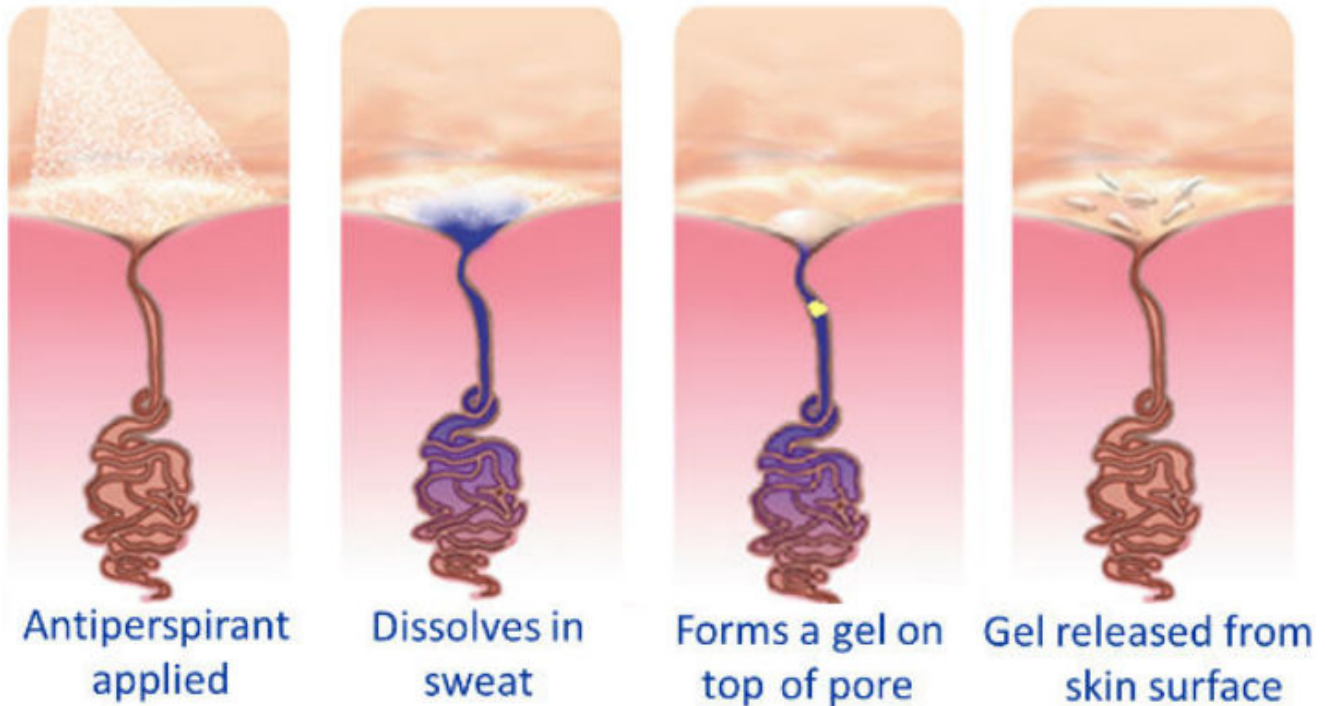
Primary Causes of Breast Cancer Every Woman Needs to Know

Primary Causes of Breast Cancer Every Woman Needs to Know

 healthandlovepage.com/causes-of-breast-cancer/

Knowledge is the most powerful weapon when it comes to [cancer prevention](#). It is important for women to constantly upgrade their knowledge, but also share their knowledge with their female friends.

Using [antiperspirants](#) is something that people do on a daily basis and they are doing this without much thinking. However, they will probably think twice before using some of the products that contain aluminum because antiperspirants with traces of aluminum in them can increase the risk of [breast cancer](#).



The basic purpose of antiperspirants is to [stop the appearance of sweat](#). They do this by closing or blocking the pores and some of them use aluminum to improve the effects. Although this procedure guarantees avoiding bad smell and odor, at the same it stops one significant way for getting rid of the toxins from the body.

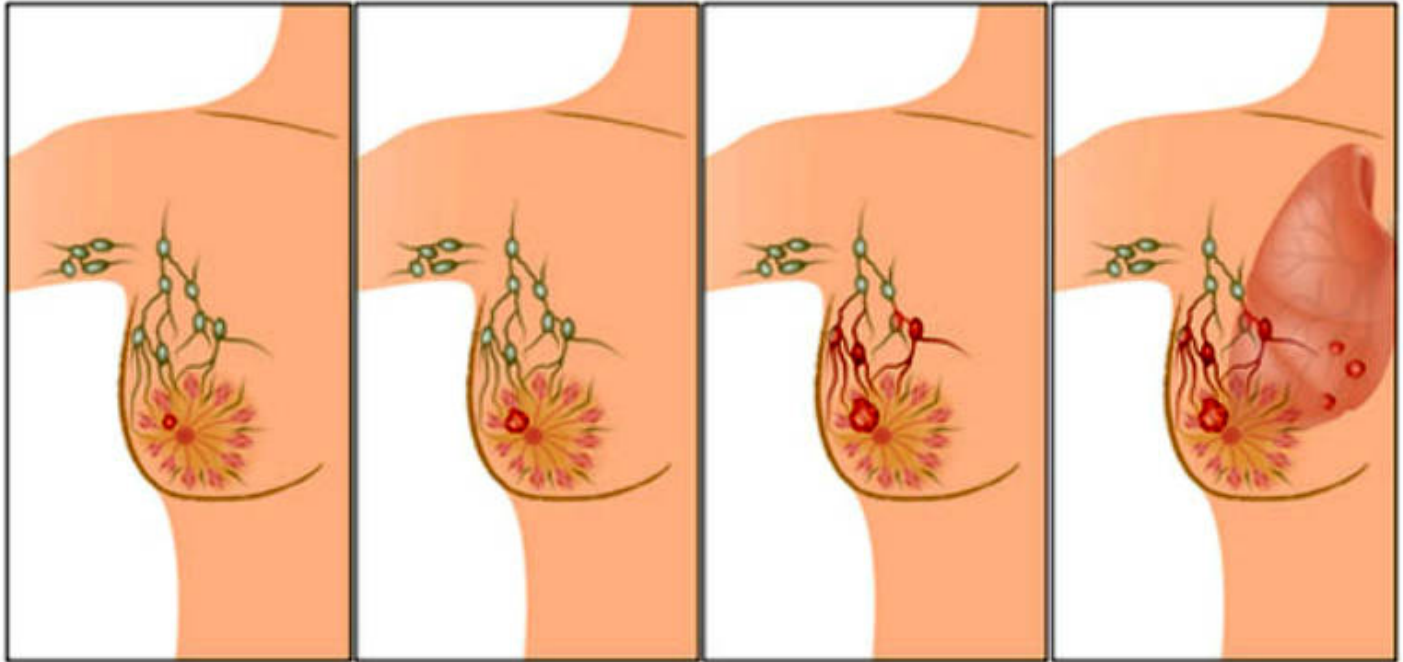
According to the recent studies related to this subject, there is a link between frequent use of antiperspirants and [breast cancer](#). The threat is even higher if the antiperspirant is used right after the shaving is finished.

In the past people believed that antiperspirants are much more dangerous than deodorants. However, [according to some researches](#) there is a correlation between parabens and breast cancer too. These substances are part of most deodorants. The increased presence of parabens can be seen in the breast issue of every woman in a late-stage breast cancer.

In the meantime, we will recommend [this article](#) which describes the extraordinary story and results achieved by Tamara St. John in the treatment of her breast cancer, using the [Budwig Protocol](#), [Vitamin B17](#) and other natural medicines.

Can Bras Increase the Risk of Breast Cancer?

Many researchers and doctors confirm that regular **wearing of tight bras** can affect lymph drainage in a negative way (blocking the drainage) which certainly increases the chances of developing breast cancer since the system won't be able to detoxify itself in the best way. If the lymph drainage is not working properly, certain metals including aluminum will build up in the system.



Many scientific studies have also confirmed that there is a relation between wearing tight bras and breast cancer. The most convincing one was the study conducted by Soma Grismaijer and Sydney Singer, medical anthropologists who wrote the book [Dressed to Kill: The Link Between Breast Cancer and Bras](#). The extensive study that involved more than 4,000 women has confirmed that women who are not wearing bra on a regular basis have lower risk of developing breast cancer.

These are some of the results they got through this study:

- Women who are wearing bras occasionally or never have a 1:168 chance of developing breast cancer.
- Women who are wearing bras less than 12 hour each day have a 1:52 risk.
- Women who are wearing brass more than 12 hours, but less than 24 hours per day have 1:7 chance.
- Women who are wearing bras 24 hours a day have a 3:4 chance of getting breast cancer.

If we look at these numbers closely, we will realize that women who never wear bras compared to those who wear bras all the time have 125 times less chance to get breast cancer. As a comparison, the connection [between smoking and cancer](#) is three times lesser, compared to this connection.

Of course, there is more than one risk factor for developing breast cancer and these factors were not taken into account in this study. However, few other studies that have included other factors have provided similar results. Few years ago, a team of Japanese researchers and scientists have come up with an interesting research that has confirmed the link between **regular wearing of bras** and lowering the levels of melatonin (in some cases up to 60%). Melatonin is a hormone that affects the sleep cycles. It is also plays a significant role in our body's anti-cancer activities.

Sources: [Organic Health](#), [Breast Cancer Research](#).

The Best Remedy To Stop A Migraine Headaches Using Salt

The Best Remedy To Stop A Migraine Headaches Using Salt

 healthandlovepage.com/salt-migraine-headaches/

People who suffer from migraine headaches feel terrible pain. This condition [affects the overall mood](#) and may take a day or more.

There are different types of [migraines](#), but for most of them, the normal painkillers has no effect.



Only few of you know that salt acts quickly and effectively in removing of migraines pain.

How to Stop The Migraine Headaches Using Salt

Migraine is a condition that is not easily and perhaps it is impossible to remove completely.

Despite the use of various conventional medicines, it is difficult to find the right method to [deal with migraine headaches](#).

The use of salt to fight against [headaches](#) is safe.

In this case, it is best to use a high quality salt, such as Himalayan Crystal Salt.

This salt contains 84 minerals and electrolytes components. Its quality composition strengthens the [immune system](#), increases energy levels, restores [alkaline and electrolyte balance of the body](#).

It also raises serotonin blood levels, which reduces the migraine headaches.

This therapy is very simple and easy to use. All you have to do is take a mix of lemon, water and a teaspoon of concentrated Himalayan Crystal Salt.

Just [squeeze half a lemon in a cup of water, or warm water](#), but not boiled and add salt. Drink whenever your migraine headaches are triggered. This acts as a magic potion! Try it!

You can buy Himalayan Crystal Salt [here](#).

Via [Living Traditionally](#)

The Best Ways To Flush Nicotine Out Of Your System

The Best Ways To Flush Nicotine Out Of Your System

 healthandlovepage.com/flush-nicotine-out-of-your-system/

Nicotine is a colorless to pale yellow oily liquid (chemical formula – C₁₀H₁₄N₂). This is a highly toxic substance, which was once used as part of many insecticide products. Many experts categorize nicotine as a drug. Nicotine can naturally be found in tobacco and this liquid is the main reason that leads to the development of smoking (nicotine) addiction.

During smoking, nicotine is quickly absorbed into the bloodstream and in a matter of seconds, this dangerous substance reaches the brain. Numerous studies have confirmed that smoking causes [permanent chemical changes](#) in the brain of smokers, similar to those found in people that abuse drugs.

So, why exactly people ignore these negative effects and continue with their unhealthy habit?

The main reason is that nicotine acts in many ways while it is inside the body – reduces irritability and stress, suppresses appetite and improves concentration.



These are all things that burden modern people, so it is no wonder why many of them look at cigarettes as a tool used to relieve stress.

On the other hand, many people who have realized the negative impact of nicotine have stopped smoking. However, it is good to point out that nicotine stays in their system even if they quit smoking.

In theory, **it takes around 8 hours to eliminate one cigarette from your system.**

However, people who have smoked for years should know that nicotine has the ability to enter the fat cells. This means that, it will take a lot more time to [completely flush out nicotine](#) from your body.

How To Flush Nicotine From Your System?

Luckily, there are several ways to flush nicotine out of your system. As we have mentioned before, over time this

substance will enter in all parts of the system – blood, urine, fat cells etc. ***By flushing out this substance from your system, you will speed up the process of recovery and re energizes your body fast.***

First, you can change your diet by including more vitamins in it. Many foods that flush out nicotine can be found in almost any store. **Fruit and vegetables** are especially successful in this task and they are probably the most natural way to flush out nicotine.



- Swipe left/right to see more

For example, **broccoli** is very rich in vitamin C and presence of nicotine reduces the level of vitamin C. With the help of vitamin C you can successfully remove this toxic substance. Furthermore, **oranges, carrot juice, kiwi, various berries** are all known for their anti-nicotine properties. By including some of these foods in your diet, you can expect to flush nicotine from blood, but you will certainly flush it out of urine too.

Does Drinking Water Flush Out Nicotine?

In case you didn't know, an average person needs to consume around 8 cups (2 liters) of water every day. Water is the main part of the human body and no metabolic or biochemical process in the body cannot take place without water. The water **regulates body temperature, hydrates our lungs, transfers nerve impulses** and much more. If you are looking for a way to flush nicotine out of your system, we suggest drinking water in large amounts. The water cleans our system.

Another interesting fact is that water acts both inside and outside of our body. **By taking baths and showering frequently**, you will "encourage" the nicotine to get out of the body through the pores. In order to achieve even better effects, try to use sea salt or exfoliating soap.



How To Flush Nicotine Out of Your System Quickly?

It will take days or even weeks before you notice the difference in your system by using some of the methods we have mentioned before. Those who want to forget the days when they enjoyed smoking and those who want to eliminate nicotine quickly should follow some of these methods.

First, try to find a way to accelerate your metabolism. For example, getting involved in physical activity on a regular basis (exercising, [running](#) etc) will speed up your metabolism and you will not only witness the elimination of fat layers. On top of that, exercising will also help you get back on track and start living even healthier than before.



- Swipe left/right to see more

Another great way to flush nicotine out of your system fast is to use some herbs. By using **valerian root, lobelia, ginger, catnip** and some similar herbs, you will say goodbye to this unpleasant substance in less time than the usual 30 days.

It is very important to understand that the sooner you get rid of nicotine from your system the sooner you will start to feel better. Once you finally start with the process of breaking the smoking habit, you should focus on elimination of nicotine from your system.

**Throw An Aspirin Into
The Washing Machine!
The Reason Will Leave
You Speechless!**

Throw An Aspirin Into The Washing Machine! The Reason Will Leave You Speechless!

 healthandlovepage.com/throw-aspirin-in-washing-machine/

Once you find out why throwing an aspirin into your washing machine is recommended, you will be amazed. Who would've thought that [aspirin](#) can have such a purpose?

This advice will [save your white laundry](#), and you will see that this pill can even compete with the industrial stain removing and bleaching agents.



So, what can you do to remove the stains and avoid that repelling grayish color of white clothes, and restore their freshness?

You may be surprised, but you can do all this with an ordinary aspirin pill.

What do you need to do?

Fill a container with 2 gallons of hot water, and dissolve 5,300 mg of aspirin pills.

The best way is to crush them in smaller pieces for quicker dissolving. Put your white clothes in the solution, and let them soak overnight.

The next day, put the clothes in your washing machine together with several aspirin pills, to get their original white color. If you follow these small steps, the results will amaze you.

What's more, you will see that this trick is more effective than both, commercial stain removals and bleaches, as it removes all the stains and dirt without damaging the fabric.

Once you try it, you will definitely use it all the time.

Via [Fine Living Advice](#)

Top 15 Easy Tips To Get Rid of Belly Fat

Top 15 Easy Tips To Get Rid of Belly Fat

 healthandlovepage.com/get-rid-of-belly-fat/

When the summer is coming you certainly don't want to walk around with excessive belly fat. While it is true that [eliminating belly fat](#) is difficult, it is not an impossible mission.

The following is a list of things that you can do in order to [get rid of belly fat](#) fast.

Tips To Get Rid of Belly Fat

1. Remove white rice from your menu. There are many other tasty and healthy alternatives to white rice that come in the form of wheat products. For example, you can use brown rice, whole grains, brown bread, quinoa and oats as much safer products. Also you can read more on how to [reduce calories and glycogen in rice](#).
2. Drink [lemon juice in the morning](#). Many people claim that this is an excellent way to get rid of belly fat. Take a glass of warm water and add a small amount of lemon juice in it. You can also add a small amount of salt too. Keep drinking this beverage every morning in order to speed up the metabolism and [remove extra pounds](#).
3. Don't eat sugary products. Sweetened drinks, sweets and foods rich in oil are products that contribute to the formation of belly fat. By eating these foods you will not only increase the fat deposits around the belly, but also in other parts of the body like the thighs for example.
4. Include [raw garlic](#) in your diet. Chew about three regular-sized cloves of garlic in the morning and have a glass of lemon water when you are finished. This remedy will boost your weight loss efforts and improve the blood flow in every part of your body.
5. Don't forget to [drink plenty of water](#). In case you are determined to get rid of belly fat then you should definitely make sure that your body receives the right amount of water. So, try to drink a glass of water every hour or every couple of hours if you want to accelerate your metabolism and to [remove the free radicals and toxins from the system](#).
6. Use spices in your meals. There are many spices that can help you with this process – ginger, black pepper, [cinnamon](#) etc. All these spices are packed with different health benefits. What they have in common is their ability to [lower the blood sugar level](#) and promote insulin resistance.
7. Increase fruit and vegetables intake. Consume a bowl of fruits on a daily basis. You should also eat veggie salads. These foods will provide the necessary minerals, vitamins and [antioxidants](#).
8. Reduce the amount of non-vegetarian food. If you want to remove belly fat, it is highly recommended to remove non-vegetarian food from the menu.
9. Use vinegar. According to one [Japanese scientific study](#) having one or two tablespoons of vinegar on a daily basis for about two months will significantly reduce your belly fat and body fat in general.
10. Drink tea (especially green tea). Every tea is rich in antioxidants and this is especially true for [green tea](#). Have at least three cups of green tea per day. The antioxidants will fight off the free radicals which contribute to belly fat accumulation.
11. Increase the intake of soluble fiber. [One trial conducted 4 years ago](#) has confirmed that people who consumed foods with more soluble fiber were able to remove their belly fat faster. Adding two small apples or one 1/2 cup of

pinto beans will do the job.

12. Eat oatmeal in the morning. A combination of oatmeal and small amount of fruit in the morning will provide fiber that is used by the body to [lower the level of cholesterol](#) and improves the work of the healthy bacteria in the stomach.



13. Eat eggs. Eggs are packed with many useful things like proteins, minerals etc. They also contain choline – a nutrient that blocks your body’s mechanism to store fat in the belly.

14. Replace green fruit with red fruit. Eat red grapes instead of green grapes or [watermelon](#) instead of melon. Red fruits are rich in flavonoids and these nutrients slow down the work of fat-storage genes.

15. Use peanut butter. Peanuts are packed with monounsaturated fats that don’t affect belly fat, but they certainly boost the metabolism. In addition, they contain Genistein, a compound that reduces the ability of the body to store fat.

**Traditional Amish
Remedy That Cures
Many Diseases
Including Cancer**

Traditional Amish Remedy That Cures Many Diseases Including Cancer

 healthandlovepage.com/traditional-amish-remedy/



This is a combination that has been used for centuries and there were many cases in which it was helpful for people suffering from [asthma](#), impotence, [cancer](#), [arthritis](#), ulcers, [colds](#), [high blood pressure](#) and other infectious. In addition, some people witnessed stabilization of [cholesterol](#), [lowering blood sugar level](#) and [strengthening of their immune system](#) in general.

Traditional Amish Remedy Recipe

It is also has strong antiviral, antibacterial and anticancer properties. I believe that this traditional Amish remedy is one of the most powerful combinations of natural foods to fight illness, diseases and boost the immune system.

Patients who consumed this drink in the morning, on an empty stomach, within two weeks had dramatically reduced high blood pressure and cholesterol.

Probably all of you know the benefits of [garlic](#), [ginger](#), [apple cider vinegar](#) and [lemon](#).

Here is the one dose recipe.

Ingredients:

- 1 tsp of raw organic apple cider vinegar.
- 1 tsp fresh lemon juice.
- 1 clove fresh garlic (grated).
- 1 knob fresh ginger (grated).
- 1 tsp raw organic honey.

Note: Because honey is used as a natural sweetener, Vegan enthusiasts and Diabetics can use some honey/sugar substitute.

Preparation:

Add all ingredients in a blender and mix them well (or you can watch the How To video at the bottom). Keep the mixture in the refrigerator, but not more than 5 days.

Directions:

Drink this Traditional Amish Remedy in the morning on an empty stomach. You can drink it up to 3 times a day.



Click image to watch the video!

WARNING
If You Find These
In Your Home
Get To a Doctor
IMMEDIATELY!

WARNING If You Find These In Your Home Get To a Doctor IMMEDIATELY!

 healthandlovepage.com/warning-bug-home-get-doctor-immediately/

The Centers for Disease, Control and Prevention has just issued a warning about the latest health scare- the Triatomine bug usually called as the “kissing” bug, which can even kill a human.

Although the bug might seem completely safe and friendly, it isn't because it transmits the dangerous Trypanosoma cruzi parasite. Once it enters the body, this parasite causes the extremely deadly Chagas disease, which has affected over eight million people on a global level.



Health & Love Page

Chagas disease can cause severe heart problems and can even have fatal end. The symptoms begin 2 months after the body had contact with the kissing bug. They include [headaches](#), [fever](#), muscle pain, enlarged lymph glands, and hard breathing. As you can see, the symptoms of Chagas disease are similar to those of [flu](#), so it's hard to recognize the real cause. The symptoms continue with swelling on the eyelids, or skin lesions.

About 30 percent of patients with this disease developed cardiac problems, while 10 percent reported to have [problems with digestion](#). Although there are no vaccines for Chagas disease, if early diagnosed, the treatment is 100 percent effective. Use insecticide spray around your house to protect your family, and maintain regular personnel hygiene.

The disease has higher chances to be spread if the host rubs the bite, since the bug usually defecates into the bite infecting it with the dangerous parasite. Only the northern region of the U.S. isn't at risk of this deadly bug, including New York State and new England.

Be careful of the following places:

- Stony structures
- Chicken coop
- The rocks around the house
- Dog cage

Recommendation

- Seal each crack on the door, windows and wall of the house
- Get rid of piles of stone and wood
- Avoid puddles
- Place your yard lights away from your home
- Make sure your house stays clean
- If you notice presence of kissing bugs, call the Department of Health immediately

Via [Natural Medicine Team](#)

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