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Antioxidants The Natural Way To

The power to absorb free radicals and other negative elements in the human body, the Nobel-prize winning molecule fullerene, better known as Carbon 60 or C60, has been shown keep cells healthy and ...

This Nobel-Prize Winning Molecule Could Be The Best Thing For Anti-Aging

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Pure maple syrup is delicious. Some athletes even rely on its fast-digesting carbs to power their rides in a more natural way, rather than using gels and chews. But since added sugar isn't good for ...

Maple Syrup Is a Go-To for Pancakes, But Should It Be Your New Favorite Ride Fuel, Too?

Chances are you know vegetables are good for you, and even more importantly that you need to eat a whole lot more of them. With data showing that fewer than 1 in 10 Aussies get their daily recommended ...

The veggies we need to eat a whole lot more of

Fruit and vegetables are good sources of antioxidants, which have a natural anti-inflammatory action ... All fruits and vegetables fight inflammation in some way. Fill up on cruciferous vegetables ...

Is the anti-inflammatory diet the secret to good health?

Apiceuticals™ Greek Beauty start-up revolutionizes the skincare industry by providing the world's leading antioxidant beauty seri ...

Indie Beauty Start-up, Apiceuticals, Launches Leading Antioxidant Line in the United States

We're talking here about antioxidant herbs and antioxidant spices. "One way to see herbs is as compact ... practice at the Champlain Center for Natural Medicine in Shelburne, Vermont.

Antioxidant Herbs and Antioxidant Spices

"Kale is super nutritious, that's why it finds its way on main meals and salads ... Here's Why You Need Antioxidants In Your Diet—And How To Eat More Of Them. "Kale is one of the most natural ...

What Happens to Your Body When You Eat Kale

Ever wonder what you're putting on your skin and down the drain? These top natural body washes are good for your complexion and the planet.

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Get Clean in Every Way With the Best Natural Body Washes

We asked expert ophthalmologists and doctors for their recommendations of which supplements to take to improve eye health.

6 Best Supplements For Your Eyes, According to Experts

Testosterone is produced in both males and females, but this hormone is mainly responsible for regulating many vital processes in men's bodies. Therefore, it plays a significant role in their life.

Low Testosterone & Energy? Try These Natural Testosterone Boosters

In the present study, we report a pectinase producing bacterium *Streptomyces hydrogenans* YAM1 and evaluate antioxidative and anticancer effects of the oligosaccharides obtained from pectin degradation ...

Investigation of antioxidant and anticancer activities of unsaturated oligo-galacturonic acids produced by pectinase of *Streptomyces hydrogenans* YAM1

That is because the ageing we experience in our skin is biological, not chronological, which can be delayed or even reversed with a holistic, natural ... to a glowing skin. Antioxidants ...

Eat your way to a glowing skin

This article explores star fruit's nutrition and health benefits. It also describes who might need to avoid star fruit or limit their intake. Learn more here.

The health benefits of star fruit and how to enjoy it

In the world of natural sweeteners ... Remember that because it's so sweet, a little bit goes a long way!" Monk fruit has been tested on animals that model humans, and there have been no ...

Packed With Antioxidants and Calorie-Free, Monk Fruit Sweetener May Be the Best Natural Sweetener

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Available—Here's What to Know

We all know apples are healthy—and pretty to look at—but are they all created equal for nutrition? Is there one specific best apple to eat?

The #1 Best Apple To Eat, According to a Dietitian

The weight loss industry is saturated with appetite suppressants that promise to help you burn fat, reduce hunger, and control cravings. But with so ...

Natural Appetite Suppressants: 5 Best Hunger Control Pills For Weight Loss 2021

Cosmetic antioxidants also help in protecting skin cells from damage caused due to pollution. They are used to decelerate the aging process and minimize sunspots and fine lines. Natural antioxidants ...

The cosmetic antioxidants market is estimated to grow from USD 119 million in 2020 to USD 158 million by 2025, at a CAGR of 5.9%

There are many antioxidants to choose from, but natural astaxanthin specializes in ... then clouds giving way to some afternoon sun; windy and warm.

Enhance Mobility & Recovery in Dogs & Horses with Nature's Most Powerful Antioxidant, Upcoming Webinar Hosted by Xtalks

RELATED: What Are Cacao Nibs—and 12 Tasty Ways to Use Them The cacao ... water taken to the next level: Natural hydration plus a serious punch of antioxidants. It's an excellent replacement ...

Cacao Water Is the Healthy, Refreshing Beverage Everyone Is Buzzing About

Be it debris and dust or old age that affects our skin badly to cause skin tags, pimples, and moles. Skincell is a specialized Skincell Pro supplement that is made importantly to improve the skin ...

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