

"The Diet and Supplements Synergy Code"

Learn How to use **Secrets of Diet and Supplements**

no one is speaking about
to solve your hardest problems ever.

(For Men and Women Over 45)

M.KOTB M.D.

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**Learn how to use Diet and Supplements Synergy
to Lose your belly fat.**

**Fight Pain , Control High blood Sugar
and High Blood Pressure**

**Get rid of depression
and boost your libido
(For Men : Fix Erectile Dysfunction and Premature
Ejaculation - For Women : rekindle desire and
sexual Pleasure .)**

Regain your gut health and control IBS.

**Balance your hormones, fitness,
and sleep.**

**WITH : My Recommended Supplement Stack For
Men and Women**



I am Dr. Kotb, a certified physician, and I have helped 100,000 people (and counting) in my medical practice through the last 20 years to spark their healthy lives again.

I am also the medical director of the elite medical center for internal medicine and nutrition studies.

which promotes optimal nutrition through science-based education, advocacy and research in partnership with Hannover University, Germany

My website for men , Women , Pregnancy and Kids Health <https://drkotb.online>

My YouTube channel is <https://www.youtube.com/@dr.kotb-healthcoach>

i m a regular guest on national and local broadcast media

I have also been interviewed by local and nationally syndicated radio sattions, magazines, and newspapers across multiple Countries,

speaking on everything from hangover remedies to navigating the internet for accurate , credible health information

I m particularly interested in prevention and helping people live a healthy, active lifestyle

I am A well known Amazon author with more than 200 books and audiobooks

My Amazon Author Page: <https://amazon.com/author/dr-kotb>

My Recommended Supplement Stack For Men and Women

<https://drkotb.online/recommendatins>

My Recommended Diet Programs & Medical Equipements

Learn more [Here](#)

"The Diet and Supplements Synergy Code"

Testimonials

★ ★ ★ ★ ★

— Game changer for sure ★ ★ ★ ★ ★

I have never really written a review for something I bought.

I've been taking antidepressants for a while now, and while they made me feel better mentally, they also made it impossible for me to have sex. A tough trade off.

Since I'm 35, doctors think my sexual problems are more mental than physical.

I recently felt so desperate that I corrected the mistakes in my diet as you instructed and I bought the pill you suggested online, even though I knew it couldn't work.

It did, though! Every time I've taken it, it's worked.

As long as I take 1 or 2 the same day I'm trying to have sex it 100% works for me.

I'm shocked.

If you're in the same position as me, you should at least give it a try.

— The best I've ever tried ★ ★ ★ ★ ★

Sorry if that sounds rude, but I have no idea if the reviews on your site are real or not.

You just don't know these days. I did want to send you an email from a REAL person, though, because it got REAL results.

I've used your recommended diet and Supplement for three weeks.

The first week I took two pills every day, the second week I took four, and this week I'm taking five.

I'm almost done with my first bottle.

... The end result? That's right, in just three weeks I've lost 4.5 pounds and almost two dress sizes.

I need to lose more than 4–5 pounds to go down two dress sizes.

Besides that, my breasts are still the same cup size?!

They will probably get smaller as I lose more weight, but they've never been this full while I've been dieting. It's awful that my breasts lose weight first most of the time.

I just seem to have lost most of the fat on my outer legs and lower buttocks. I'm going to order three bottles now.

I believe in you and will always buy from you.

My husband and I are both very grateful.

— **no more NSAID and GI is great first time in a decade** ☆ ☆ ☆ ☆ ☆

no more NSAIDS and GI is great first time in a decade

My back hurt in an accident about three years ago. Because of this, I had to take NSAIDs every day, but they didn't help much. At first, yes, but after a while, not so much.

I chose to try this Supplement you recommended because it had a very strong form of curcumin in it along with many other things.

I wasn't sure at first that a pill with so many ingredients could work. I was wrong, and I'm so glad I gave it a try.

I have turned off all NSAIDs. I don't have much pain. As a really nice bonus, all of my stomach pain and GI problems have gone away.

My GI has been giving me trouble for almost ten years. My doctor is also shocked. He said that the anti-inflammatory ingredients in your recommended diet and supplement have really helped to calm down his GI tract and lower the swelling.

I'm very pleased. I'm really thankful. Not any more drugs. No more hurting. For the first time in years, I feel whole.

It worked better than a year ago. It helped with the stomach problems I had during allergy season, which was a pleasant surprise.

The change surprised my GI doctor, who has been taking care of me for almost ten years.



A Rapid Look into my Course:

**"The Diet and Supplements Synergy
Code"**



Brain , Memory and Focus



The 7 Worst Foods for Your Brain – Number 7 will Surprise You

The lesson discusses the 8 worst foods for your brain. It lists trans fats, sugary drinks, refined carbs, processed and packaged foods, red meats, foods high in mercury, alcohol, and fried foods as being bad for brain health. It provides details on how each of these foods can damage the brain and cause issues like Alzheimer's, dementia, inflammation, and impaired brain function.

1. What are the 8 worst foods mentioned for the brain?
2. How can trans fats specifically damage the brain?
3. What issues has excess sugar been linked to in terms of brain health?
4. What makes refined carbs bad for the brain compared to whole grains?
5. Why are processed and packaged foods not as healthy as whole foods?
6. What neurotoxin is found at high levels in certain types of fish?
7. What brain disease is linked to malnutrition from alcoholism?
8. By what mechanism can frequent fried foods hurt the brain?

The 10 Best Foods to Boost your Brain and Memory

The lesson discusses various foods and supplements that can boost brain and memory function. It talks about foods like fatty fish, blueberries, broccoli that contain compounds supporting brain health. It also discusses supplements like Bacopa Monnieri, Citicoline, L-Theanine, vitamin B6,12, DHA complex, Ginkgo Biloba, Huperzine A, and Folic Acid that have benefits for memory, focus, brain circulation, and cognitive function. The lesson provides details on the brain benefits and mechanisms of each of these foods and supplements.

1. What foods are mentioned as containing compounds that may support brain health and function according to the lesson?
2. What supplements are discussed that have benefits for memory, focus and cognitive function?
3. According to the lesson, what benefits does Ginkgo Biloba provide for the brain?
4. What Omega-3 fatty acid is mentioned that supports brain and neurological functions?
5. What herbal memory miracle is mentioned that is clinically proven to boost memory?

The 15 Best Herbs to Boost your Brain and Memory

The lesson discusses 15 herbs that can help boost brain and memory. It lists herbs such as ginkgo, green tea extract, vinpocetine, rhodiola extract, bacopa extract, and others that can improve mitochondria, increase oxygen and brain circulation, provide more cellular energy, increase dopamine, and reduce stress hormones. These herbs work by supporting memory, blood flow to the brain, oxygen levels in cells, and overall energy levels. While supplements containing individual herbs can be taken, it recommends a product called Body-Brain Energy that contains all of these herbs.

1. What are some of the specific herbs mentioned that can improve mitochondria?
2. According to the lesson, why is it better to take a supplement like Body-Brain Energy than individual herbs?
3. Which herb is said to help increase dopamine levels and support functions like memory and mood?
4. What are some of the benefits described of taking herbs that can increase oxygen and brain circulation?
5. Which herbs are stated can help reduce stress hormones like cortisol?

BrainPill - This Supplement can Really Boost your Brain , Memory and Focus

This lesson discusses a supplement called BrainPill that is claimed to boost brain function, memory, and focus. It details the various ingredients in BrainPill and what benefits they may provide based on research, such as improving concentration, memory, mood, and energy levels. It also provides reviews from customers who claim BrainPill has positively impacted areas like their work performance, studying, anxiety, and memory problems. Both benefits and limitations are outlined.

1. What is the money-back guarantee period for customers to try BrainPill?
2. How many pills per day is the recommended dosage?
3. Which ingredient is thought to potentially cause issues for pregnant women?
4. What impact did some customers claim BrainPill had on their anxiety levels?
5. What is one potential limitation mentioned regarding claims about BrainPill's benefits?

Learn more [Here](#)

Mood And Happiness



Food Mistakes that Cause Depression: Worst Foods for Depression

The lesson discusses the link between foods and depression, identifying various foods that may cause or worsen symptoms of depression. It categorizes foods into refined sugars and processed carbs, saturated and trans fats, and heavily processed foods. Specific problematic foods mentioned include sweets, desserts, fried foods, refined cereals, chocolate, cookies, doughnuts, high-fat dairy, white flour products, and snack foods made with partially hydrogenated oils. Beverages like fruit juice, soda and alcohol (in excess) are also identified as potentially worsening depression.

1. What are some of the worst foods mentioned for worsening depression symptoms?
2. Besides foods, what other types of items (e.g. beverages) are discussed as potentially worsening depression?
3. According to the lesson, how can sugars and simple carbs affect serotonin levels and depression symptoms?
4. What fatty acids are identified as potentially making people more depressed or aggressive?
5. What is one artificial sweetener that is linked to lower serotonin levels in depressed people according to the lesson?

6 Foods To Instantly Improve Your Mood & Happiness

This lesson talks about 6 foods that can instantly improve mood and happiness. The foods discussed are green tea, salmon, magnesium, eggs, probiotic foods and adaptogenic herbs. Green tea contains L-theanine which can reduce depressive feelings. Salmon contains omega-3 fatty acids which are essential for brain health. Magnesium and eggs also provide various nutrients important for brain and mood health. Probiotic foods like yogurt can positively impact stress and pleasure hormones. Adaptogenic herbs can help balance stress and worry hormones.

1. What are the 6 foods discussed in the lesson for improving mood?
2. How can green tea help reduce depressive feelings?
3. What nutrient in salmon is important for brain health?
4. Which stress hormone can probiotic foods help lower?
5. How can adaptogenic herbs help balance hormones?

6 Steps to Treat Depression Naturally - Number #6 is A Breakthrough

The lesson discusses 6 steps to treat depression naturally. The steps include identifying any underlying conditions, eliminating triggers of inflammation, going green by eating dark leafy greens, healing your gut by addressing gut health, reducing stress through activities like yoga and meditation, and taking certain vitamins and supplements that are known to improve mood. The lesson provides details about each step and emphasizes the importance of a holistic approach to treating depression.

1. What are the 6 steps discussed to treat depression naturally?
2. Why is it important to identify any underlying conditions?
3. What are some examples of foods and substances that can trigger inflammation?
4. What are some benefits of dark leafy greens mentioned in the lesson?
5. How can reducing stress help with depression according to the lesson?
6. What specific vitamins and supplements does it mention could improve mood?

ProVanax - This Supplement Can Really Get Your Smile 😊 Back , Improve Mood & Confidence

ProVanax is a supplement claimed to improve mood, reduce anxiety and stress, and promote relaxation and better sleep. It contains several herbal extracts and vitamins/minerals including phenibut, passion flower, valerian, and magnesium. positive testimonials are given about its effects in reducing anxiety, stress, restlessness and insomnia. However, no scientific evidence is provided to support the claims and it is only available through their website.

1. What ingredients does ProVanax contain?
2. What claims are made about ProVanax' effects?
3. How much does ProVanax cost?
4. Is there any scientific evidence provided to support the claims about ProVanax ?
5. How can ProVanax be purchased?

Learn more [Here](#)

Sleep



19 Things You Should Do All Day Long for Better Sleep Tonight

This lesson provides a daily timeline of things someone can do to improve their sleep that night. It includes recommendations for the morning like waking up with sunlight, exercising, and a healthy breakfast. The afternoon suggestions incorporate relaxation, light meals, and possible naps. Evening activities mentioned are dimming lights, avoiding screens and food before bed, relaxation, and a calming bedtime routine.

1. What time does the lesson recommend finishing exercise?
2. What type of tea does it suggest drinking before bed?
3. What time should lights be dimmed in the evening according to the lesson?

15 FOODS THAT MAKE YOU SLEEP

The lesson discusses 15 foods that can help promote better sleep. It lists foods like celery, almonds, apple cider vinegar, mineral water, chamomile tea which contain compounds that can lower blood pressure and calm the nervous system. Other foods mentioned are kale, cheese, banana tea, green peppers, passionflower tea, avocados, boiled eggs, kiwi, cherry juice, and salmon. These foods are rich in tryptophan, magnesium, calcium, vitamin C, antioxidants, protein, healthy fats and omega-3s which can regulate hormones like melatonin and help induce sleep. The recommendation is to include a mixture of these sleep-inducing foods in the daily diet to improve sleep.

1. What is the main topic discussed in the lesson?
2. Approximately how many sleep-inducing foods are listed?
3. Which supplement is recommended for better sleep?
4. What are some of the compounds mentioned that can help lower blood pressure and calm the nervous system?
5. Which foods are said to contain tryptophan that converts to melatonin?

4 Herbs 🌿 And Nutrients that help you Sleep Better And Deeper

This lesson discusses 4 herbs and nutrients that can help you sleep better and deeper. It mentions goji berry, lemon balm, chamomile, and passionflower as herbs that have calming and relaxing properties. Goji berry promotes feelings of calmness, lemon balm has calming effects on the brain, chamomile helps you feel more relaxed, and passionflower has been shown to help reduce stress and support restful sleep.

1. What are the 4 herbs mentioned in the lesson that can help you sleep better?
2. Which herb is said to promote feelings of calmness?
3. Which herb has been shown in studies to help reduce stress and support restful sleep?
4. What nutritional element, in addition to herbs, does the lesson mention can help you sleep better?

Sleep Support Plus (From VitaPost) - This Supplement Can Really help you Fall Asleep Fast

The lesson talks about VitaPost Sleep Support Plus supplement. It discusses its ingredients like chamomile, melatonin, lemon balm etc. and how they help in promoting relaxation and better sleep. It provides information on how to take the supplement, its pros and cons and answers some frequently asked questions about it.

1. What is VitaPost Sleep Support Plus supplement made for?
2. What are some of the key ingredients in VitaPost Sleep Support Plus?
3. How should VitaPost Sleep Support Plus be taken as per the manufacturer's guidelines?
4. What are some of the pros of taking VitaPost Sleep Support Plus mentioned in the lesson?
5. What precaution does the lesson mention about taking VitaPost Sleep Support Plus?

Learn more [Here](#)

Heart Health



The Mediterranean Diet - Boost Your Heart with the Mediterranean Diet

The lesson discusses the Mediterranean diet and its health benefits. It provides an overview of what the Mediterranean diet involves, including emphasizing foods like fruits, vegetables, whole grains, fish, nuts, olive oil and limiting red meat and sweets. It discusses the diet's association with reducing risks of heart disease, Alzheimer's, and cancer. It also notes the Mediterranean diet may aid with weight loss and support brain health. Recommendations are provided around obtaining omega-3 fatty acids from food sources like fatty fish or supplements.

1. What are some of the core parts of the Mediterranean diet according to the lesson?
2. What health benefits does the lesson associate with following a Mediterranean diet?
3. What food sources are recommended for obtaining omega-3 fatty acids?
4. How much omega-3 intake is recommended according to the guidelines provided?
5. What study found that people who ate similar to the Mediterranean diet lost more weight than a low-fat control diet?

Top 5 Herbs and Nutrients for Heart Disease

The lesson talks about Ask Dr. Kotb which is a website that provides advice about health, diet, lifestyle and supplements. It discusses various herbs, nutrients and supplements that are beneficial for heart health such as Coenzyme Q10, Omega-3 fatty acids, Green tea, Pomegranate, Magnesium and Potassium. It provides information about how these nutrients work and scientific studies supporting their heart health benefits. The website also talks about joining their community membership to get guidance on diet, weight loss and mood/libido boosting.

1. What is the name of the website discussed in the lesson?
2. What are some of the herbs/nutrients mentioned that may help with heart health?
3. Besides heart health, what other topics like diet, weight loss etc. does the website provide guidance on?

10 Proven Herbs to Improve Blood Flow Circulation

This lesson discusses 10 herbs that are proven to improve blood flow circulation. It provides details on each herb including the name, what part of the plant is used (such as extract), benefits to blood flow, and dosage recommendation. The 10 herbs discussed are: horse chestnut extract, ginkgo biloba extract, beetroot extract, pine bark extract, cocoa flavanol extract, grape seed extract, butcher's broom, white willow extract, ginger, and nattokinase. Overall the lesson provides information on herbs that can support healthy blood flow and circulation throughout the body.

1. What are the 10 herbs discussed in the lesson for improving blood flow?
2. For each herb, what details are provided about dosage and concentrated extracts?
3. Besides herbs, what other categories of vitamins, minerals or amino acids can also promote healthy blood flow according to the lesson?
4. What enzyme is discussed that is technically not an herb but is important for fighting fibrin buildup and acting as a natural blood thinner?
5. What can decreased blood flow potentially lead to according to the lesson?

10 Proven Herbs to Improve Blood Flow Circulation

The lesson also discusses different herbal supplements that can help improve blood flow and circulation. It provides information on supplements such as ginkgo biloba extract, beetroot extract, pine bark extract, cocoa flavanol extract, white willow extract, ginger, grape seed extract, horse chestnut extract, butcher's broom, nattokinase etc. It explains the benefits of each supplement and recommended dosages. It also discusses a product called Blood Flow Optimizer which contains all these herbal extracts to improve blood circulation.

1. What are the different herbal supplements discussed in the lesson for improving blood flow and circulation?
2. What is the recommended dosage mentioned for ginkgo biloba extract?
3. According to the lesson, what is another name for pine bark extract?
4. Which extract is recommended for grape seed extract for maximum benefits?
5. What does nattokinase help fight according to the lesson?

Blood Flow Optimizer - This Supplement Can Really Improve Blood Flow Circulation

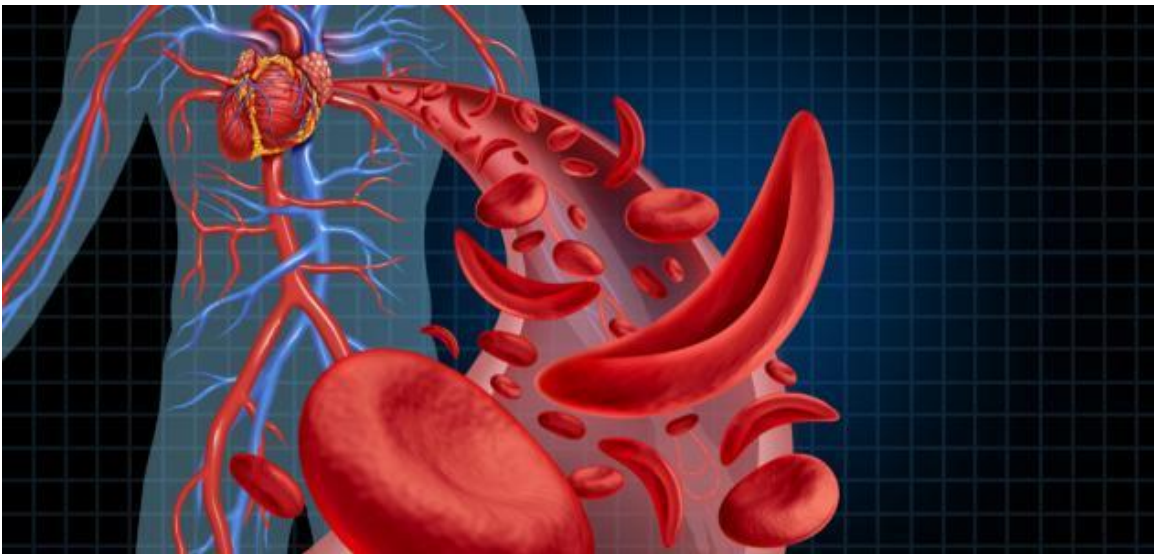
The Blood Pressure Optimizer is a supplement made by HFL Inc., USA to help lower blood pressure levels. It contains natural ingredients like hawthorn berry extract, grape seed extract, olive leaf extract, celery seed extract, pomegranate, and lycopene that work together to balance blood pressure, boost cardiovascular health, act as a natural vasodilator, and maintain sodium and water levels in the body.

Customers who have taken the supplement have reported positive results, with their blood pressure levels declining from stage 2 hypertension to normal ranges in as little as 3 months of use. The recommended dosage is 3 capsules per day, taken with meals. Most reviewers give it a 4 out of 5 star rating.

1. How long does it take for Blood Pressure Optimizer to show effects?
2. Are there any side effects from taking Blood Pressure Optimizer?
3. What is the price of Blood Pressure Optimizer bottles?
4. How should Blood Pressure Optimizer be taken - with water, food etc?

Learn more [Here](#)

High Blood Pressure Control



11 Mistakes to Avoid to Lower your High Blood Pressure – Number 11 Will Surprise You

This lesson discusses 11 common mistakes that can lead to high blood pressure. It provides tips on reducing sodium intake from foods like processed foods, deli meats, canned soups, pickles etc. It recommends avoiding sugary foods and drinks, trans fats, saturated fats, caffeine and limiting alcohol intake which can all contribute to increased blood pressure.

1. What is the name of the medical author who reviewed these 11 mistakes?
2. How many books has this author written according to the lesson?
3. What is one food mentioned that contains over 300mg of sodium per pickle according to the lesson?
4. What are some recommendations made for replacing salty canned soups?
5. According to the lesson, what percentage of salt intake comes from packaged foods?

6 Best Foods For Healthy Blood Pressure Levels

The lesson discusses several foods and herbs that are beneficial for lowering blood pressure such as celery, hawthorn berries, pomegranates, tomatoes, grapes, olives, and their extracts. While the whole foods are helpful, it would be difficult to consume large enough quantities on a daily basis to receive the benefits.

Herbal extracts are highlighted as more potent and convenient alternatives to lower blood pressure without excess calories or cost compared to the whole foods. An all-in-one blood pressure supplement called "Blood Pressure Optimizer" is also mentioned as containing extracts of these herbs in a single convenient pill.

1. What is the name of the all-in-one blood pressure supplement formula mentioned?
2. How many specific foods and herbs that can help lower blood pressure does the lesson discuss?
3. What are some challenges mentioned with consuming large quantities of the whole foods vs extracts?
4. Besides lowering blood pressure, what other health aspects can being at a healthy blood pressure level benefit?
5. What is one advantage of herbal extracts highlighted over consuming the whole foods themselves?

The DASH Diet Protocol for Lowering High Blood Pressure

This lesson provides information about the DASH diet, which stands for Dietary Approaches to Stop Hypertension. The DASH diet was designed by experts to help lower blood pressure and control weight by reducing sodium, added sugars, refined grains, and unhealthy fats while emphasizing vegetables, fruits, whole grains, lean proteins and healthy fats.

Foods emphasized on the DASH diet that can help lower blood pressure include fresh produce, low-fat dairy, beans and legumes. Making lifestyle changes like cooking more at home, increasing fiber intake, limiting processed foods and reducing stress can also help lower blood pressure.

1. What does DASH stand for?
2. What are some foods emphasized on the DASH diet to help lower blood pressure?
3. Besides diet, what other lifestyle changes can help lower blood pressure?

14 Proven Herbs to Improve High Blood Pressure

This lesson discusses several herbs that may help to lower blood pressure according to some studies. It provides studies on basil, parsley, celery seeds, thyme, ginger, cinnamon, cardamom, Chinese cat's claw, and Bacopa monnieri. The lesson notes that while some herbs like ginger, cinnamon and basil have shown promise in lowering blood pressure according to human and animal studies, more research is still needed to fully understand their effects, especially in humans. Some herbs like Chinese cat's claw and Bacopa monnieri have only been studied in animals so far for their effects on blood pressure. The lesson emphasizes the need for more research to determine if and how these herbs can help lower blood pressure in people.

1. What is the main topic being discussed in the lesson?
2. Which herbs have shown promise in lowering blood pressure according to both animal and human studies?
3. According to the lesson, what additional research is still needed to fully understand the effects of these herbs on blood pressure?
4. For which herbs mentioned in the lesson have only animal studies been conducted so far regarding their effects on blood pressure?
5. What does the lesson emphasize is needed to determine if and how these herbs can help lower blood pressure?

Blood Pressure Optimizer – This Supplement Can Really Control your High Blood Pressure

The Blood Pressure Optimizer supplement contains natural ingredients like hawthorn berry, olive leaf, pomegranate, and vitamins and minerals that work together to maintain healthy blood pressure levels. It relaxes and expands blood vessels to improve blood flow while also managing sodium and water levels. Users are recommended to take 3 capsules per day with meals to see benefits within 8 weeks. Common benefits include balancing blood pressure, boosting cardiovascular health, acting as a natural vasodilator, and maintaining proper electrolyte levels.

1. What are some key ingredients in Blood Pressure Optimizer?
2. How many capsules per day are recommended to be taken?
3. How long does it typically take to see benefits?
4. What are some potential pros and cons of taking this supplement?

Blood Pressure SUPPORT- This Supplement Can Really Control your Blood Pressure

Blood Pressure Support is a supplement made from organic ingredients like hibiscus flower, garlic, olive leaf and hawthorn extract.

These ingredients are known to help support healthy blood pressure levels, cardiovascular health, healthy cholesterol levels and blood flow. The supplement helps keep blood pressure in a healthy range and improves heart health.

High blood pressure is a common problem that affects many older adults and puts them at risk of health issues like heart attacks and strokes. While diet, lifestyle and genetics can influence blood pressure, supplements like Blood Pressure Support contain nutrients that help the body maintain healthy blood pressure levels.

1. What are the main ingredients in Blood Pressure Support?
2. What are some of the benefits of ingredients like hibiscus flower and garlic?
3. Why is it important to keep blood pressure at a healthy level?
4. What factors can cause blood pressure to rise?
5. How can Blood Pressure Support help control blood pressure levels?

Learn more [Here](#)

High Cholesterol Control



4 Mistakes in your Food that causes your High Bad Cholesterol

Cholesterol is a waxy substance produced by the liver and found in animal products like meat and dairy.

It is necessary for hormone production, vitamin D absorption, and breaking down fats. The body regulates cholesterol levels by producing less when it is consumed and more when it isn't. While dietary cholesterol does not significantly affect blood cholesterol levels for most people, processed meats have been linked to higher heart disease risk when consumed daily.

Foods high in cholesterol to limit intake of include fried foods, fast food, and processed meats due to their associations with heart disease, diabetes, obesity and other health issues.

1. What are the types of cholesterol (good and bad)?
2. Which dietary sources provide cholesterol?
3. Does consuming cholesterol significantly affect blood cholesterol levels?
4. What health issues have been linked to frequent consumption of processed meats?

9 Ways to Lower Your Cholesterol Levels Naturally – Number 9 Will Surprise You

This lesson discusses natural ways to improve cholesterol levels by focusing on monounsaturated fats, using polyunsaturated fats like omega-3s, avoiding trans fats, eating soluble fiber, exercising, losing weight, limiting saturated fats and dietary cholesterol, managing stress, and drinking alcohol in moderation.

It explains how cholesterol is carried in the blood by lipoproteins and the effects of different types like LDL, HDL, and VLDL on heart health. lifestyle choices like diet, exercise and weight can influence cholesterol levels more than dietary cholesterol intake alone.

1. What are the different types of lipoproteins mentioned and what is their effect on health?
2. What are some sources of monounsaturated and polyunsaturated fats recommended?
3. What is the recommendation for exercise duration and intensity to improve cholesterol levels?

13 Cholesterol-Lowering Foods to Add to Your Diet

This lesson discusses 13 foods that can help lower cholesterol and reduce the risk of heart disease. It details foods like legumes, avocados, nuts like almonds and walnuts, fatty fish, whole grains like oats and barley, fruits and berries, dark chocolate and cocoa, garlic, soy foods, vegetables, tea, dark leafy greens, extra virgin olive oil.

These foods contain beneficial fibers, fats, vitamins, minerals and plant compounds that can lower LDL cholesterol and triglycerides, increase HDL cholesterol, reduce inflammation and blood pressure, and improve heart health overall according to studies.

1. What are the 13 foods mentioned in the lesson that can help lower cholesterol?
2. How do avocados help lower cholesterol according to the summary?
3. Which grains like oats and barley contain a fiber that can lower LDL cholesterol?
4. What components in dark chocolate and cocoa can help lower LDL cholesterol?
5. Which food contains beneficial plant compounds that can help raise HDL cholesterol and lower LDL cholesterol according to the summary?

Hypercet Formula - This Supplement Can Really Lower your High Cholesterol

Hypercet Cholesterol Formula is a natural supplement that helps lower cholesterol levels and supports heart health. It contains ingredients like calcium, magnesium, beta 1,3D glucans and chromium that help reduce cholesterol production and break down fats and carbs.

It keeps cholesterol levels stable, supports cardiovascular health, protects against free radicals, maintains healthy body weight and overall body functioning. The supplement should be taken as directed on the package. It works by keeping good cholesterol levels high and bad cholesterol levels low through its natural ingredients.

1. What are the main ingredients in Hypercet Cholesterol Formula and what do they do?
2. How does Hypercet Cholesterol Formula help keep cholesterol levels stable and support heart health?
3. How should Hypercet Cholesterol Formula be taken?
4. What are some of the benefits of taking Hypercet Cholesterol Formula regularly according to the lesson?

Men Daily Pack for - This Supplement Can Really Provide you with your Omega 3 Needs

The lesson talks about a Men's Daily Pack which is a blend of 102 vitamins, minerals, herbs, antioxidants, fruits and vegetables. It provides high doses of essential nutrients to boost energy levels, strengthen the immune system, improve metabolism and support muscle development. It contains 42 fruits and vegetables along with omega-3, 6, 9 fatty acids and essential vitamins. It is non-GMO and made in the USA.

1. What is the Men's Daily Pack?
2. What benefits does it provide?
3. What all does it contain?
4. Where is it made?

Learn more [Here](#)

Lung health



20 Foods to Promote Lung Health and 5 to Avoid

This lesson provides information about foods that can help and harm lung health for people with conditions like COPD. It recommends eating foods like apples, beets, berries, broccoli, eggs, fish, grapes, lean meats, nuts, pineapple, and tomatoes which contain antioxidants and nutrients that support lung function. It suggests limiting or avoiding salty foods, fried foods, white bread, potato chips, chocolate, beer, and processed cold cuts which can increase inflammation, blood pressure, and water retention making it difficult to breathe.

1. What are some high protein foods recommended to support lung health?
2. What types of complex carbohydrates does the lesson suggest including in the diet?
3. What nutrients are found in leafy greens that can help lower lung inflammation?
4. Which carbonated beverage is specifically not recommended for those with poor lung health?
5. What substance found in processed cold cuts has been linked to lung damage?

Top 7 Herbs 🌿 for Lung Health, Clearing Mucus, COPD, and Killing Viruses

The lesson discusses several herbs that can help clear lungs and improve respiratory health, including eucalyptus, horehound, osha root, ginseng, mullein, elderberry, and astragalus. Each herb is described in terms of traditional uses, active compounds, and benefits they provide like fighting inflammation, removing mucus, boosting immune system, and improving lung function. The lesson recommends using these herbs as teas, extracts, or supplements but advises checking with a doctor before taking any herbal remedies.

1. What are the 7 herbs discussed in the lesson that can help clear lungs and improve respiratory health?
2. What part of eucalyptus contains an active compound called cineole that helps loosen mucus?
3. Which herb is known to kill microbes, bacteria, and fungi and is great for healing colds and infections?
4. According to the lesson, what is the third most common cause of death in the US that ginseng can help ease the effects of?

Lung Support (From VitaPost) - This Supplement Can Really Support Healthy Lungs

VitaPost Lung Support is a supplement designed to support lung health. It contains various vitamins, minerals and herbal extracts like vitamin C, vitamin K2, quercetin, citrus bioflavonoids and cordyceps which are beneficial for lung health.

The ingredients aim to improve breathing, support lung tissue, reduce inflammation and risk of lung diseases. Customer reviews have reported positive results with no side effects. The supplement is made in FDA registered facilities and is intended to promote overall lung wellness.

1. What are some key ingredients in VitaPost Lung Support?
2. How should VitaPost Lung Support be taken according to the usage guidelines?
3. What benefits have customer reviews reported from using this supplement?
4. How does the supplement aim to support lung health according to the lesson provided?

Learn more [Here](#)

Gut Health



7 Signs you have an Unhealthy Gut – 7 Things you can do for your gut health

This lesson provides information about the Maximum Digestion Probiotic supplement. It contains 10 strains of beneficial bacteria designed to help with digestive and immune system issues. The formula contains different probiotic strains that aid with lactose digestion, surviving stomach acid, breaking down carbohydrates, and reducing harmful bacteria growth.

Taking this supplement regularly can help with less digestive upset, more regular bowel movements, improved energy and mood, and better skin and hair. It is suitable for people experiencing high stress, poor sleep, high sugar diets, or who have taken antibiotics.

1. What are the 10 probiotic strains contained in Maximum Digestion Probiotic and their amounts?
2. What benefits can taking this probiotic regularly provide?
3. What factors might indicate someone could benefit from taking this probiotic supplement?

Top 10 Mistakes That Make Your IBS (irritable bowel syndrome) Flare Up

This lesson provides tips for managing irritable bowel syndrome (IBS). It advises against eating processed foods, smoking, drinking alcohol, skipping sleep, eating large meals or trigger foods. It recommends seeking help from others, drinking water, managing stress, and exercising regularly for 30 minutes per day.

1. What health condition is this lesson providing tips for managing?
2. What foods does it recommend avoiding?
3. How much sleep per night does it suggest getting?
4. What beverages does it say to drink more of?
5. What activities does it say can help reduce stress?

10 Things to Stop Doing When You Have IBS (irritable bowel syndrome)

The lesson discusses various ways that people with IBS commonly struggle and provides suggestions to avoid those struggles. It suggests stopping checking stool frequently, being too embarrassed about IBS, avoiding fiber, going to unsympathetic doctors, keeping IBS a secret, trying to be perfect, avoiding life, eating only safe foods, restricting diet unnecessarily, eating junk food, and accepting IBS as a permanent condition.

It emphasizes the importance of managing anxiety, communicating with others, making lifestyle changes like improving diet, and recognizing that IBS symptoms may improve over time through various treatment approaches.

1. What are some common struggles or pitfalls that people with IBS often experience according to the lesson?
2. What suggestions does it provide to help people with IBS avoid those struggles or pitfalls?
3. What role does it say anxiety can play in IBS symptoms?
4. What lifestyle changes involving diet does it recommend to help with IBS?
5. What point does it make about the long-term course and treatment of IBS?

12 Foods to Avoid with IBS (irritable bowel syndrome) – No One is speaking about

This lesson discusses various foods that may cause irritable bowel syndrome (IBS) symptoms or make IBS worse for some people. It provides examples of high FODMAP foods like dairy, excess fiber from beans or cruciferous vegetables, fat from fried or processed foods, artificial sweeteners, alcohol, garlic and onions.

Low FODMAP diet recommendations include fish, eggs, oils, some fruits and vegetables, quinoa and rice. Managing a low FODMAP diet requires eliminating certain foods and gradually reintroducing them with a healthcare professional's guidance.

1. What are some examples of foods high in FODMAPS according to the lesson?
2. What low FODMAP foods are recommended as alternatives?
3. Why may artificial sweeteners and sugar alcohols cause IBS symptoms?
4. What is a concern mentioned about following a low FODMAP diet without professional help?

9 Tips for IBS (irritable bowel syndrome) Pain Relief That Anyone Can Do

The lesson discusses various strategies that can help provide relief for symptoms of irritable bowel syndrome (IBS), including using heat, drinking herbal teas, keeping a food diary, learning which foods to avoid or limit, slowly increasing fiber intake, learning how to eat regularly and in smaller meals, practicing relaxation exercises, and trying guided imagery for pain relief.

1. What are some herbal teas that are mentioned as possibly helping with IBS symptoms like pain and digestion?
2. What is one way discussed to help identify foods that might exacerbate IBS symptoms?
3. What are two tips provided about slowly increasing fiber intake for someone with IBS?
4. What strategies are listed for learning how to eat that may help IBS symptoms?
5. What are some basic types of relaxation exercises mentioned?

Foods For IBS

The lesson discusses causes and management of irritable bowel syndrome (IBS). It states that IBS can have multiple contributing factors like diet, allergens, bacteria imbalances, toxins etc. For many people specific foods like dairy, sugars, vegetables, legumes, gluten and lectins can trigger IBS symptoms like bloating, gas, abdominal pain, constipation or diarrhea.

Managing IBS involves identifying and avoiding trigger foods while increasing intake of easier to digest foods like berries, citrus fruits, spinach, sweet potatoes, lentils and foods containing anti-inflammatory fats and probiotics.

1. What percentage of IBS cases may be caused by small intestinal bacterial overgrowth according to recent research mentioned in the lesson?
2. What are some examples of foods mentioned that contain anti-inflammatory fats?
3. Besides dairy, what other food categories are mentioned that commonly trigger IBS symptoms for many people?

Low Fodmap Diet for IBS (irritable bowel syndrome)- A Beginner's Guide

IBS stands for irritable bowel syndrome, which is a chronic disorder that affects the normal functioning of the intestines. Symptoms include abdominal pain along with constipation, diarrhea or both.

The exact causes are unknown but it is thought to involve nerves and muscles in the gut not functioning properly.

Stress, certain foods, and other triggers can worsen symptoms. Treatment options include relaxation techniques, diet changes, medications, probiotics and other lifestyle modifications. Antidepressants, antispasmodics and peppermint oil may help ease symptoms.

Keeping a food journal can help identify personal triggers. While IBS has no cure, symptoms can often be managed through a combination of medical and self-care approaches.

1. What are some of the main symptoms of IBS?
2. What factors are thought to contribute to the development of IBS?
3. What dietary changes may help ease IBS symptoms?
4. What relaxation techniques have been used in IBS treatment?
5. What role can probiotics play in IBS management?

Probiotics For IBS

This lesson discusses probiotics and their effectiveness for treating irritable bowel syndrome (IBS). It provides information on what probiotics are, how they work, and reviews evidence from clinical studies on specific probiotic strains and products that may help with IBS symptoms like bloating, abdominal pain, and constipation.

According to the research discussed, probiotic strains from *Lactobacillus* and *Bifidobacterium* species like *L. plantarum*, *L. rhamnosus*, *B. animalis* subsp. *lactis* show benefit for IBS, especially mixtures containing these. Products recommended include Align, Florastor, and Visbiome. The lesson also discusses how probiotics may interact with the low FODMAP diet for managing IBS.

1. What are some potential benefits of taking probiotics according to the lesson?
2. Which specific probiotic strains have shown effectiveness for IBS in clinical studies mentioned in the lesson?
3. What are some probiotic products recommended for IBS according to the lesson?
4. How might probiotic use interact with following a low FODMAP diet for IBS according to the lesson?

Bowtrol Probiotic - This Supplement can Really Relief your Colon Pain

Bowtrol Probiotic is a probiotic supplement made by a US-based company to improve digestive health issues like constipation, bloating, gas and diarrhea. It contains beneficial bacteria like Bifidobacterium Bifidum, Lactobacillus Rhamnosus, Lactobacillus Acidophilus, Lactobacillus Plantarum, Lactobacillus Casei which support digestion and immune system. Customers have reported positive results with reduced digestive issues and improved overall health and energy levels after using the supplement as per recommended dosage.

1. What are the main bacteria strains included in Bowtrol Probiotic and their benefits?
2. How long does it usually take to see results after starting Bowtrol Probiotic supplement?
3. What are the precautions mentioned while using Bowtrol Probiotic?

Gastrointestinal Microbiome Plus - This Supplement can Really Heal your Gut

Microbiome Plus+ Gastrointestinal is a dietary supplement that combines the probiotic *L. reuteri* NCIMB 30242 with the prebiotic scFOS fiber to support gastrointestinal health and the growth of healthy bacteria. It helps maintain digestive function and support immune and inflammatory response.

The ingredients are natural, non-GMO, and well-tolerated with no side effects reported beyond minor bloating or gas. It can be purchased online or through a healthcare professional discount and should be taken twice daily with meals.

1. What are the benefits of Microbiome Plus+ Gastrointestinal?
2. Who should take Microbiome Plus+ Gastrointestinal?
3. How should Microbiome Plus+ Gastrointestinal be taken?
4. Can healthcare professionals get a discount?
5. Are the ingredients safe and well-tolerated?

How To Help IBS (irritable bowel syndrome) & Bloating with (mediterranean diet)

This study found that a Mediterranean or plant-based diet can change the bacteria in your gut for the better.

A Mediterranean diet high in plant foods like fruits, vegetables, whole grains, legumes, nuts and fish was linked to more beneficial bacteria and lower inflammation.

In contrast, a diet high in meat, sugars and processed foods was linked to less healthy gut bacteria and more inflammation.

This suggests that eating more plants may help protect against bowel diseases. The Mediterranean diet may help reduce gut swelling and inflammation.

1. What was the name of the university where the researchers conducted this study?
2. What diseases did the researchers examine in relation to diet and the microbiome?
3. What is the gut flora and what role does it play in human health according to the lesson?

How to Heal Leaky Gut Syndrome?

Leaky gut syndrome refers to a condition where the tight junctions in the intestines do not function properly, allowing molecules to pass from the intestines into the bloodstream. This can cause various digestive symptoms like gas, bloating, food sensitivities etc.

The exact causes of leaky gut syndrome are unknown but factors like food sensitivities, inflammatory bowel disease, autoimmune diseases, thyroid issues, malabsorption etc. may increase the risk. While some doctors may not recognize leaky gut syndrome, seeing a gastroenterologist or other specialist could help get a proper diagnosis.

Probiotics may help treat some symptoms, but leaky gut syndrome is still not fully understood.

1. What are some symptoms commonly associated with leaky gut syndrome?
2. What are some potential risk factors or causes that make someone more likely to develop leaky gut syndrome?
3. What specialists might be helpful to see if someone thinks they have leaky gut syndrome?
4. Does the lesson provide any potential treatments mentioned for leaky gut syndrome?
5. What are tight junctions and how do they relate to leaky gut syndrome?

9 Signs and Symptoms of Celiac Disease – Celiac Disease Diet: Food Lists AND Sample Menu

Celiac disease is a digestive disorder where the ingestion of gluten causes an immune reaction that damages the small intestine. Common symptoms include diarrhea, bloating, fatigue, weight loss, iron-deficiency anemia, constipation, depression, and skin rashes.

Symptoms can affect children and adults differently. The damage to the villi in the small intestine prevents proper nutrient absorption.

Treatment involves adhering to a strict gluten-free diet for life. Untreated celiac disease can lead to further health issues.

1. What is gluten and which grains contain it?
2. What are villi and how does celiac disease affect them?
3. How common is celiac disease?
4. What are some common symptoms of celiac disease in children?
5. Besides following a gluten-free diet, how else can a person treat celiac disease?

COLON Cleansing - 12 Amazing Fruits To Unclog Your Colon FAST

This lesson discusses 12 different fruits that are beneficial for gut health: apples, papaya, kiwi, berries (blueberries, raspberries, blackberries), pineapple, mango, avocado, plums, figs, oranges, bananas, and pomegranate.

These fruits contain fiber, water, vitamins, minerals, and enzymes that help digestion, relieve constipation, promote healthy gut bacteria, and reduce inflammation. Eating these fruits, especially ones high in fiber, can help unclog and cleanse the gut.

However, some fruits like prunes, pineapple, and mango may cause diarrhea or stomach pain if eaten in large quantities. People with diabetes or fruit allergies need to be careful about which and how much fruits they eat.

1. What enzyme in pineapple helps digestion?
2. What properties do figs have that help clean the gut?
3. Why is avocado good for gut health?
4. What mineral helps muscle function, including intestines, that avocados contain?
5. What natural sweetener do prunes contain that acts as a laxative?

SynoGut - This Supplement Can Really help cleanse your Colon

SynoGut is a supplement created by Samuel Bart to help with gut health issues like constipation, bloating and gas. It contains fiber from sources like psyllium husk, black walnut hull, oat bran and flaxseed to help digestion and waste removal.

It also contains natural laxatives like aloe vera and prune to make the digestive system work better.

Probiotics like Lactobacillus acidophilus are included to support good bacteria in the gut. There has been no clinical trials done on SynoGut yet.

1. Who created SynoGut and why?
2. What are the main types of ingredients in SynoGut?
3. What evidence is there that SynoGut works for gut health issues?

Learn more [Here](#)

Liver Detox And Cleanse



Foods to avoid if you have fatty liver disease

This lesson provides information on lifestyle changes that can help treat fatty liver disease. It recommends getting regular exercise like aerobics for 30 minutes most days per week to help with weight loss and liver disease management.

It also suggests watching saturated fat and sugar intake to lower cholesterol and triglyceride levels.

For people with diabetes, diet and exercise can help manage both diabetes and fatty liver disease. Medications may also be needed to control blood sugar.

Certain foods like green leafy vegetables, fatty fish, oats, walnuts, turmeric and foods high in vitamin E can help repair a fatty liver. Red meats, alcohol, added sugars, fried foods and added salt should be avoided or limited as they can worsen fatty liver disease.

1. What exercise is recommended to help treat fatty liver disease?
2. What foods are suggested to help repair a fatty liver?
3. What foods should be avoided or limited for fatty liver disease?
4. Besides diet and exercise, what else can help improve liver health according to the lesson?

Meal Plan for Fatty Liver Disease

The lesson provides a sample daily menu for someone who has been diagnosed with fatty liver disease. The menu includes recommendations for breakfast, lunch, dinner and snacks focusing on lean proteins, whole grains, fruits and vegetables.

1. What foods are recommended for breakfast?
2. What type of dressing is suggested for the spinach salad for lunch?
3. What are some vegetable options provided for the snack?
4. What are the protein and grain suggestions for dinner?

10 Best Herbs for Liver Health

This lesson discusses 10 herbs that may help protect liver health and treat various liver diseases:

1. Milk thistle (silymarin) - Studies have shown it may help protect the liver and stop liver disease from worsening. However, studies have been mixed.
2. Ginseng - Studies show it may help protect the liver from damage and help liver cells regenerate. It may improve liver function and reduce fatigue.
3. Green tea - Studies found it lowered liver enzymes and inflammation in people with fatty liver disease. It may also help prevent various liver diseases.
4. Licorice - Glycyrrhizin in licorice may reduce inflammation and protect the liver. Some studies show licorice extract may help treat fatty liver disease.
5. Turmeric - Curcumin in turmeric may reduce inflammation and liver fat. It helped lower liver enzymes in studies of people with fatty liver disease.
6. Garlic - Studies found it improved liver enzymes and fat levels in people with fatty liver disease. Eating raw garlic may lower risk of liver cancer and disease.
7. Ginger - Studies showed ginger extract improved liver enzymes and inflammation in people with fatty liver disease.
8. Danshen - Used in traditional Chinese medicine and studies show it may benefit liver health in people and animals.
9. Other less researched herbs are also discussed. The lesson stresses the need for more research and to talk to a doctor before taking any herbal supplements due to potential drug interactions and liver damage risks.

1. What is the main active ingredient in turmeric thought to help the liver?
2. According to the lesson, what percentage of people with liver problems in the US and Europe take herbal supplements?
3. Which herb has been shown in some studies to not provide benefits over a placebo?

Liver Support Plus -This Supplement can Really Detox and cleanse your liver

The lesson discusses VitaPost Liver Support Plus, a dietary supplement that aims to support liver health. It describes the important functions of the liver, then introduces the supplement and discusses its proprietary blend of natural ingredients like milk thistle, beetroot, artichoke extract, and dandelion.

It notes the pros of taking the supplement, such as supporting the liver's detoxification, metabolism and other processes. It also describes where the supplement is manufactured and the certification of its facilities.

1. What are some of the key functions of the liver according to the lesson?
2. What ingredients are included in VitaPost Liver Support Plus according to the lesson?
3. Where is VitaPost Liver Support Plus manufactured?
4. What are some potential benefits of taking VitaPost Liver Support Plus regularly mentioned in the lesson?

Learn more [Here](#)

Insulin Resistance



How to REVERSE Insulin Resistance With Diet

This lesson provides dietary recommendations and food suggestions for managing insulin resistance. It discusses the importance of eating a balanced diet high in fiber, vitamins, minerals, protein and healthy fats. Foods recommended include whole grains, fruits and vegetables, healthy plant oils, fatty fish, nuts and seeds. It also identifies foods to limit or avoid like added sugars, refined carbohydrates and processed foods.

1. What is the main topic being discussed in the lesson?
2. What dietary modifications are suggested for managing insulin resistance?
3. What are some foods high in fiber recommended?
4. What types of healthy fats does it suggest including?
5. What foods should be limited or avoided?

Learn more [Here](#)

Burn Belly Fat (Without Keto)



16 Common Mistakes When Trying to Lose Weight – Number 16 will Surprise you.

This lesson discusses common weight loss mistakes and how to avoid them. Some mistakes include focusing only on the scale, not tracking food intake, drinking sugary drinks, underestimating calories eaten and overestimating calories burned through exercise. It recommends setting realistic weight loss goals, writing down everything eaten, stopping sugary drinks, getting enough protein, fiber and healthy fats. Both under-eating and over-exercising can slow metabolism. Lifting weights along with cardio is beneficial for losing weight and maintaining muscle mass. Low-fat and "diet" foods may contain added sugars and not fill you up.

1. What are some potential reasons why the number on the scale may not be changing even though someone is losing fat?
2. What types of fiber has been shown to help with weight loss?
3. Why can eating too often even if not hungry lead to weight gain according to the lesson?
4. What are some benefits of lifting weights mentioned in the lesson?
5. What issues can low-fat and "diet" foods cause according to the lesson?

18 Effective Tips to Lose Belly Fat (Backed by Science)

This lesson discusses common weight loss mistakes and how to avoid them. Some mistakes include focusing only on the scale, not tracking food intake, drinking sugary drinks, underestimating calories eaten and overestimating calories burned through exercise.

It recommends setting realistic weight loss goals, writing down everything eaten, stopping sugary drinks, getting enough protein, fiber and healthy fats. Both under-eating and over-exercising can slow metabolism. Lifting weights along with cardio is beneficial for losing weight and maintaining muscle mass. Low-fat and "diet" foods may contain added sugars and not fill you up.

1. What are some potential reasons why the number on the scale may not be changing even though someone is losing fat?
2. What types of fiber has been shown to help with weight loss?
3. Why can eating too often even if not hungry lead to weight gain according to the lesson?
4. What are some benefits of lifting weights mentioned in the lesson?
5. What issues can low-fat and "diet" foods cause according to the lesson?

15 Herbs 🌿 That Will Help You Lose STUBBORN Belly Fat

This lesson discusses various herbs and spices that may help with weight loss. Some of the herbs and spices mentioned are turmeric, cinnamon, fenugreek, cayenne pepper, cumin, ginger, oregano, ginseng, garlic, black pepper, cardamom, caralluma fimbriata, gymnema sylvestre, green coffee bean powder, and dandelions.

Some of these increase metabolism, control appetite, help the body burn fat faster, keep blood sugar levels steady, and can be added to foods. White kidney bean extract is also discussed which can reduce digestion and absorption of starches by up to 66%. Ketogenesis and ketogenic diets are briefly covered.

1. What is the main ingredient in Phase 2® that has been shown to support weight loss?
2. Approximately what percentage can white kidney bean extract reduce digestion and absorption of starches?
3. What is the key to a keto diet for weight loss?

Leanoptimizer - This Supplement can Really Burn your Belly Fat

Lean Optimizer is a weight loss supplement created by Dr. Sam Robbins that is designed to help optimize fat burning hormones, control appetite, boost metabolism, optimize thyroid function, and improve insulin sensitivity to facilitate weight loss.

It contains several ingredients like guggulsterones, iodine, African Mango, green tea extract, citrus aurantium, capsicum, and more to support these goals. Customers are instructed to take 1-2 pills before breakfast and again 4-6 hours later, working up to a maximum of 6 pills per day. Reviews online seem generally positive but no specific reviews are directly cited in this lesson.

1. What is the product name created by Dr. Sam Robbins according to the lesson?
2. How many main benefits of taking Lean Optimizer does the lesson mention?
3. What are some of the ingredients included in Lean Optimizer to help optimize fat burning hormones according to the lesson?
4. Can pregnant women use Lean Optimizer according to the lesson?
5. Does the lesson directly cite or summarize any customer reviews of Lean Optimizer?

How Probiotics Can Help You Lose Weight and Belly Fat

Some probiotic strains may help support weight loss and provide other health benefits. Probiotics are live microorganisms found in supplements and foods that are beneficial when consumed.

They can improve digestive health, immunity and heart health. Studies have shown some probiotic strains like certain *Lactobacillus* and *Bifidobacterium* species can help reduce weight and belly fat.

Probiotics may affect weight by changing gut bacteria composition, producing substances that influence hunger, absorbing less fat from food, and reducing inflammation. However, not all probiotic strains have this effect and some may even increase weight gain.

1. What are the two main groups of gut bacteria that may be linked to body weight?
2. Which probiotic strain has been studied the most in relation to weight loss?
3. According to the text, how does the probiotic *Lactobacillus gasseri* help with weight loss?
4. Besides weight loss, what are some other health benefits mentioned that probiotics can provide?

LEANBIOME - PROBIOTIC Supplement that can really Promote WEIGHT LOSS For Women

LeanBiome is a weight loss supplement for women aimed to help reduce body fat and control hunger and cravings. It contains clinically proven ingredients like Lactobacillus Gasseri and Lactobacillus Rhamnosus that boost metabolism and control appetite.

LeanBiome is free from major allergens and is manufactured in an FDA certified facility. Customers have reported positive reviews and successful weight loss results with regular intake of LeanBiome as directed.

1. What are the main ingredients in LeanBiome?
2. How is LeanBiome supposed to work for weight loss?
3. What benefits does the manufacturer claim LeanBiome provides?
4. Is there a return policy for LeanBiome? If so, what are the terms?

Learn more [Here](#)

Burn Belly Fat (With Keto)



Worst Keto Diet Advice you have heard about !

The lesson discusses common mistakes people make when following the keto diet. These mistakes include not drinking enough water, consuming too many dairy products, eating too much protein and not enough fat, and not consuming enough green vegetables. The keto diet involves reducing carb intake and getting energy from fat and protein instead. Following the diet correctly can help with weight loss and other health benefits but requires avoiding processed foods and sugars.

1. What are some healthy high-fat foods recommended for the keto diet?
2. Why is it important to stay hydrated when following any diet?
3. What are some tips for consuming dairy on the keto diet?
4. Why can eating too much protein be a mistake on the keto diet?

20 Ketogenic Foods to Use Fat For Fuel !

The lesson discusses various foods that are suitable for a ketogenic diet. It recommends consuming lemons and oranges as they are low glycemic fruits that help control blood sugar levels. Herbs like ginger, garlic and nutmeg are also recommended as they help digestion and contain various vitamins and antioxidants.

Unsweetened coffee and tea without added sugar or dairy are suitable drinks. Low carb vegetables like spinach, cucumbers and broccoli are recommended sources of nutrients. Nuts and seeds are suggested if consumed in moderation as they provide energy, reduce inflammation and help control appetite. Avocados are highlighted as they contain healthy fats and nutrients.

1. What are some recommended fruits to consume on a ketogenic diet according to the lesson?
2. Why are herbs like ginger recommended?
3. What ingredients are suggested to add to coffee to make it suitable for a ketogenic diet?
4. What is one benefit of consuming low carb vegetables mentioned in the lesson?
5. What nut is said to contain very strong ingredients that reduce inflammation?

My Recommended Custom Keto Software - Artificial Intelligence Planing your Meals

The Custom Keto Diet program provides a personalized ketogenic meal plan designed to help users lose weight and improve their health. It works by having users complete a questionnaire about their goals, preferences and lifestyle.

A customized diet plan and set of recipes is then generated. The program aims to make meal planning and choices easy through features like shopping lists. It also provides nutritional guidance on the ketogenic diet.

Does the program provide support/guidance after generating the initial plan?

Yes, the Custom Keto Diet program offers support and guidance after creating the initial plan. It includes thorough nutritional advice, such as information about macronutrients in different foods and how to balance your diet for the best health results. Additionally, the program provides guidance on choosing healthy foods when traveling or eating out, ensuring that users can stay on track with their diet plan even when away from home.

Foods with BHB That Will Help You Lose STUBBORN Belly Fat

Beta hydroxybutyrate (BHB) is one of the three ketone bodies produced by the liver from fatty acids during periods of low carbohydrate availability such as ketogenic dieting, intermittent fasting, or prolonged exercise.

As a ketone body, BHB can be used as an alternative fuel for tissues like the brain. Producing BHB offers several potential health benefits like supporting weight loss, improving blood sugar control, lowering cancer risk, protecting the brain, reducing inflammation, and possibly extending lifespan.

The ketogenic diet, intermittent fasting, and exogenous ketone supplements can all help raise BHB levels.

1. What are the three main types of ketone bodies produced by the body?
2. What metabolic state must one be in for the body to produce significant ketone bodies?
3. Besides producing its own ketones endogenously through diet and fasting, how else can one raise BHB levels?
4. What are some potential health benefits of raising BHB levels?
5. What percentage of total ketones in the blood is comprised of BHB?

Ketosis Advanced- This Supplement can Really Burn your Belly Fat

Ketosis Advanced is a dietary supplement made with red raspberry ketones, which is a natural phenolic compound that gives red raspberries their smell. It uses ketones to support metabolism and weight management.

Only natural ingredients are used without any artificial additives. An independent certified lab tests all products to ensure safety and purity.

1. What is Ketosis Advanced and what does it do?
2. What are the benefits of Ketosis Advanced?
3. Who can use Ketosis Advanced?
4. How can Ketosis Advanced be used?
5. How is Ketosis Advanced different from other raspberry ketone supplements?

Keto Trim – This Supplement Can Really Burn your Belly Fat

Keto Trim is a weight loss supplement made with natural ingredients like green coffee, chia seeds, raspberry ketones, and BHB ketones. Testimonials show it provides energy and has helped users lose weight.

It works by keeping the body in ketosis, increasing metabolism, suppressing appetite, and more. Some key benefits include losing weight, better sleep, and increased energy and focus. It's recommended to take two capsules daily with a full glass of water, preferably before meals. While there is no free trial, purchasing options are available on the official website.

1. How should you take Keto Trim?
2. Does Keto Trim offer a free trial?
3. What are some of the ingredients in Keto Trim?

Exercise on Keto: Here's What to Know

This lesson discusses the potential effects of following a ketogenic diet on exercise performance. Some benefits discussed include improved endurance, increased fat burning, and faster muscle recovery.

However, the diet could also impair energy levels, especially initially, and make building muscle mass more challenging due to lower calorie and protein intake. The best exercises on keto are low intensity, steady state activities like jogging, biking and rowing rather than high intensity activities. More research is still needed to determine the full impacts.

1. What are some potential benefits of the keto diet discussed in the lesson?
2. What types of exercises might be best suited for someone on a ketogenic diet?
3. What are some drawbacks or limitations discussed about doing keto for exercise performance?

Learn more [Here](#)

Burn Belly Fat (With Intermittent Fasting)



Intermittent Fasting 101 — The Ultimate Beginner's Guide

Intermittent fasting is an eating pattern that alternates between periods of fasting and eating. Common methods include the 16/8 method where only an 8 hour window is used for eating each day, or fasting completely for 24 hours once or twice a week. When fasting, only water, coffee, tea and zero-calorie drinks can be consumed.

Fasting triggers various beneficial changes in hormones like reduced insulin and increased human growth hormone. It can help with weight loss, lower inflammation and reduce risk factors for diseases.

However, women need to be careful with intermittent fasting and should consult a doctor due to risks of disrupting their menstrual cycle or fertility. Those underweight, with a history of eating disorders, diabetes or taking certain medications should also avoid intermittent fasting or talk to a healthcare provider first.

1. What are some common intermittent fasting methods mentioned?
2. What hormone changes occur during fasting?
3. Who should be careful about intermittent fasting or avoid it?

Learn more [Here](#)

Burn Belly Fat (With Exercise Programs)



My recommended Exercise program (For Women - Over 40 years)

This lesson provides information about the Hitch Fit fitness program. It describes the steps a new client would take to sign up including choosing a program, filling out a questionnaire, and receiving a customized nutrition and workout program. It explains that the program is run by Micah and Diana who develop individualized plans and provide ongoing support. Pictures are taken before and during the program for progress tracking and inspiration.

1. What is the website URL for registering for a Hitch Fit program?
2. How long does it typically take to receive a customized program after submitting the questionnaire?
3. What types of client goals and fitness levels do Hitch Fit programs accommodate?
4. How do clients receive their customized nutrition and workout programs after signing up?

Hitch Fit # My recommended Exercise Program (For Men - Over 40 years)

The lesson describes a professional workout and diet plan called Hitch Fit that aims to help users achieve their fitness goals of building muscle and losing fat. It includes custom workout and diet plans for bulking and cutting phases, as well as supplemental guides on cardio, supplements, maintenance and mental preparation. The plan provides unlimited email support from fitness experts.

1. What are the two phases (bulking and cutting) included in the plan?
2. How long is the total duration of the plan?
3. What type of customization and support is included?
4. What supplemental guides are provided in addition to the workout and diet plans?

Learn more [Here](#)

Type 2 Diabetes – Prevention



40 Easy Ways to Help Prevent Type 2 Diabetes

This lesson discusses several ways to help prevent type 2 diabetes based on scientific studies. It recommends joining a support group, doing intermittent fasting, eating more fiber, being aware of labels and portion sizes, reducing stress, getting regular exercise including strength training, eating more fruits and vegetables, replacing white rice with brown rice, and watching dairy consumption.

1. What percentage of people who followed a Weight Watchers program avoided type 2 diabetes according to a 2017 study?
2. What gut bacteria makes a substance that may help protect against type 2 diabetes according to a 2017 study?
3. What are the Dietary Guidelines for fiber intake per day for women and men over 50?

Learn more [Here](#)

Type 2 Diabetes - Diet & Supplements



Why You Should Avoid These 9 “Vegetables” If You Have Diabetes (BACKED BY SCIENCE)

This lesson discusses 10 vegetables that people with diabetes should avoid eating. It provides details for each vegetable, explaining why it is not recommended for diabetics.

Some of the vegetables mentioned include butternut squash, potatoes, corn, celery, packaged vegetable juice, canned vegetables, fried vegetables, pickled vegetables, and vegetable oils.

The lesson emphasizes that diabetics need to pay close attention to what they eat in order to control their blood sugar levels and avoid health complications.

1. According to the lesson, why should diabetics avoid butternut squash?
2. Which vegetable mentioned is high in both starch and calories, causing blood sugar levels to drop significantly after eating?
3. What kinds of vegetable oils does the lesson say diabetics should avoid?
4. Besides being full of preservatives and chemicals, why else are canned vegetables not recommended?
5. What are some cooking methods mentioned that diabetics should avoid when preparing vegetables?

Nine “Fruits” You Should Be Eating and Eight You Shouldn’t as a Diabetic

This lesson discusses which fruits are good and not good for people with diabetes to eat. It provides details on 9 fruits that diabetics should eat like blueberries, strawberries, apples, avocados, cherries, oranges, pears, kiwis and guava.

These fruits help control blood sugar levels due to their fiber content and low glycemic index.

The lesson also lists 8 fruits like bananas, grapes, pineapples, watermelon and mangoes that diabetics should limit or avoid due to their high sugar content which can cause blood sugar to rise quickly. It emphasizes on moderation and balance for diabetics when consuming fruits.

1. What are the 9 fruits recommended for diabetics to eat?
2. Why are blueberries considered good for diabetics?
3. What are some reasons avocados are considered good for diabetics?
4. What are some of the 8 fruits the lesson says diabetics should limit or avoid?

The Best 7-Day Diabetes Meal Plan : Day 1 – Day 2 – Day 3 – Day 4 – Day 5 – Day 6 – Day 7

This lesson provides a 7-day 1,200 calorie weight-loss meal plan for people with diabetes. Each day includes breakfast, lunch, dinner and two snacks, along with their calorie and carbohydrate counts. The meals aim to balance blood sugar with healthy fats, whole grains, fruits and vegetables. Refined carbs and extra sugars are limited.

1. What is the daily calorie goal of this meal plan?
2. How many grams of carbohydrates are recommended for each meal?
3. Which foods are emphasized in this meal plan?
4. What nutrients/foods is the meal plan limiting?
5. How many meals are included each day?

6 Best Herbs to Control High Blood Sugar Levels

Cinnamon comes from the bark of cinnamon trees. It contains antioxidants that provide many health benefits. Studies have shown that cinnamon can help control blood sugar levels in several ways such as lowering fasting blood sugar, blood sugar after meals, and hemoglobin A1c. It may also help reduce the risk of common diabetes complications like heart disease.

Cinnamon works by mimicking insulin and increasing insulin sensitivity. It speeds up absorption of glucose from the bloodstream. Berberine and alpha lipoic acid are also substances that have shown promise in helping control blood sugar levels and related health issues.

1. What are some of the main health benefits of cinnamon?
2. How does cinnamon help control blood sugar levels?
3. What other substances mentioned in the lesson may help control blood sugar?

BLOOD SUGAR OPTIMIZER - This Supplement can Really Optimize your High Blood Sugar

Blood Sugar Optimizer is a supplement that contains vitamins, minerals and plant extracts like berberine, cinnamon, alpha lipoic acid, bitter melon and gymnema sylvestre extract that help control blood sugar levels and treat diabetes. It works by improving insulin sensitivity, promoting glucose metabolism and preventing sugar cravings.

Some key benefits are keeping blood sugar levels under control, improving insulin sensitivity and treating pre-diabetes and diabetes.

1. What are the main ingredients contained in Blood Sugar Optimizer?
2. How does berberine help control blood sugar levels?
3. What does cinnamon do as per the lesson?
4. What is alpha lipoic acid and how does it help people with type 2 diabetes?
5. What effect does bitter melon have according to the lesson?

Best 13 🌿 Nutrients to Control High Blood Sugar Levels

The lesson discusses several herbs and compounds that may help manage blood sugar levels and diabetes. Some of the ones mentioned are resveratrol found in grapes and wine, magnesium, vitamin B1, bitter melon, green tea, rosemary, ginseng, gurmar, sage, aloe vera, ginger and fenugreek.

The lesson provides details on their effects, such as resveratrol potentially helping control blood sugar and lower oxidative stress, magnesium aiding blood sugar control, and bitter melon, ginseng and fenugreek possibly lowering blood sugar levels.

1. What compound in grapes and wine is said to help keep blood sugar levels from rising too high?
2. Which vitamin is mentioned as being potentially deficient in many people with diabetes?
3. What Asian plant is said to contain gymnemic acids that stop taste buds from responding to sweet foods?
4. Which herb is claimed to increase insulin production when consumed?

GLUCOTRUST - This Supplement can Really Optimize your High Blood Sugar

GlucoTrust is a nutritional supplement designed to help control blood sugar levels in a natural way. It contains several ingredients like Gymnema Sylvestre, Biotin, Chromium, Manganese, Licorice Root, Cinnamon, Zinc, and Juniper Berries. These ingredients work together to improve insulin production, reduce insulin resistance, control glucose absorption, lower blood sugar, reduce hunger and cravings, boost immunity, improve blood flow and heart health.

The supplement aims to provide long term control of blood sugar instead of short term fixes. It does not contain any chemicals, stimulants or artificial ingredients.

1. What are the main ingredients in GlucoTrust and what are their proposed benefits according to the lesson?
2. How does GlucoTrust claim to help control blood sugar levels?
3. What are the promised health benefits of using GlucoTrust regularly as mentioned in the lesson?
4. What differentiates GlucoTrust's approach from other blood sugar management drugs according to the lesson?
5. What validation or certification does GlucoTrust have regarding quality and safety as mentioned in the lesson?

Yes, You Can Still Have a Healthy Sex Life with Diabetes—Here’s What You Need to Know.

This lesson discusses some potential sexual health issues related to diabetes for both men and women. It talks about how diabetes can cause issues with lubrication and increased risk of infections for women. It also mentions how it can cause erectile dysfunction for men due to nerve damage and poor circulation.

The lesson provides some solutions like using lubricants, hormone therapy, treating infections, managing stress, checking blood sugar levels before and after sex, and adjusting insulin intake.

1. What are some potential sexual health issues discussed for women with diabetes?
2. What is one potential cause of erectile dysfunction mentioned for men with diabetes?
3. What are some suggestions provided to manage risk of low blood sugar during sex?

10 Foods That Can Miraculously Heal Nerve Damage

This lesson discusses foods that can help repair and protect nerve cells. It recommends eating leafy greens, citrus fruits, fatty fish, nuts and seeds, low-fat dairy, beans, lentils, chickpeas, ginger, and sweet potatoes.

These foods contain vitamins, minerals, antioxidants and anti-inflammatory compounds that nerves need to function properly and heal from damage. It advises against sugary foods, processed foods and fried foods as they can increase inflammation and blood sugar fluctuations which are harmful for nerves. Managing diet is important for overall nervous system health.

1. What are some key nutrients mentioned that nerves require to work and heal?
2. What are some common signs of nerve damage?
3. How can foods help protect nerves from damage?
4. What anti-inflammatory spice is recommended for reducing nerve pain?
5. Which food is high in vitamin B6 and fiber to help stabilize blood sugar?

Learn more [Here](#)

Type 2 Diabetes – Exercises

10 Best Exercises for Diabetes

This lesson provides information on various exercises that are suitable and unsuitable for people with diabetes.

It recommends low-impact exercises like walking, cycling, swimming, aerobic dance and yoga as they help control blood sugar levels. High-intensity strength training and weight lifting are also good if done in moderation.

Exercises to avoid include those that put too much stress on joints for people with arthritis or other joint issues. Seeking medical advice before starting a new routine is advised.

1. What type of exercise program can help cure diabetes according to the studies mentioned?
2. What are some low-impact exercises recommended for people with joint issues?
3. Why should one talk to their doctor before starting a new exercise routine?

Learn more [Here](#)

Men Sexual Health - The Psychology

21 Mistakes Men Make When Having Sex – Number 21 will Surprise you

This lesson provides advice on how men can avoid common mistakes during sex by paying attention to their partner's needs and pleasures. It emphasizes taking things slow, focusing on foreplay, communicating with your partner, being open-minded and willing to try new things, understanding female anatomy and what brings women to orgasm, avoiding being too rough during foreplay, expressing yourself verbally, and making sure your partner is truly enjoying themselves rather than faking pleasure.

The advice aims to help men become better lovers by recognizing mistakes often made and providing suggestions for improvement.

1. What are some common mistakes men make during sex according to the lesson?
2. What is emphasized as important for ensuring a partner's pleasure and enjoyment?
3. How can expressing yourself verbally be beneficial according to the advice?
4. What should men avoid being during foreplay to have a positive experience?
5. Why is it important to be able to recognize real versus fake orgasms in a partner?

7 things Women Hate While Having Sex

The lesson discusses things that men should avoid doing during sex according to a study on sexual happiness. Some of the things mentioned are not engaging in enough foreplay, making the woman feel self-conscious about her body, being narcissistic, repeatedly asking if she orgasmed, drilling or treating her body like unexplored land without consent, imitating porn.

1. What percentage of women said they hate feeling self-conscious during sex according to the study?
2. What is one thing the study found that turns men off the most during sex?
3. What are some things mentioned in the lesson that women don't like about having sex?

What Men Want – 15 Ways to Help Him Last Longer in Bed

This lesson provides five tips to help men last longer during sex: 1) Take it slow by gradually increasing the pace of thrusts. 2) Engage in foreplay and make him climax before intercourse to last longer. 3) Both partners can do pelvic floor exercises which have been shown to treat premature ejaculation. 4) Using a condom can weaken sensations and prolong sex. 5) Changing positions, like missionary or woman on top, instead of doggy-style can delay orgasm.

1. What are the top 5 tips provided in the lesson to help men last longer during sex?
2. According to the lesson, what is the most common sexual disorder for men under 40?
3. What kind of exercise have been shown to improve premature ejaculation rates after 12 weeks?
4. Besides doggy style, what two positions can help delay orgasm for men according to the lesson?
5. Where was recent research on pelvic floor exercises improving premature ejaculation rates presented?

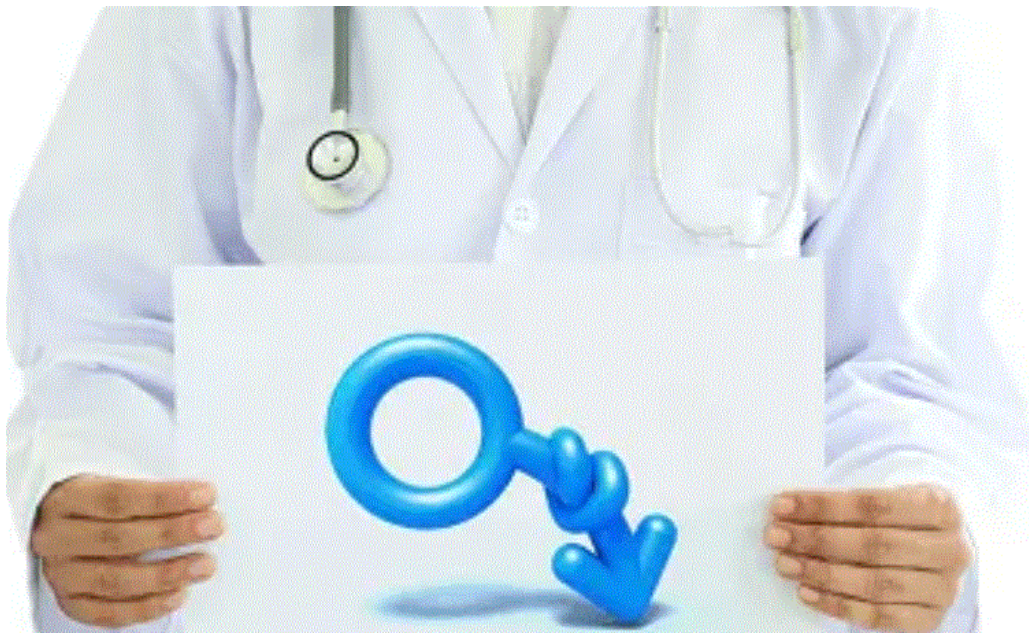
My Sex Drive is Far Higher than Hers. I don't want to Hurt her Feelings, but what should I do?

The lesson discusses strategies for increasing a partner's willingness to have sex when their sex drive is low. It suggests communicating intentions hours in advance to give time for logical thinking rather than emotional responses.

It also recommends focusing on the partner's pleasure and enjoyment through sex toys to improve orgasms, which may positively change how they view sex and react to advances over time. While acknowledging different drives between partners is common, the role of the partner's happiness in the relationship is emphasized.

1. What strategies does it suggest for increasing a partner's willingness to have sex when their sex drive is low?
2. What rationale does it provide for giving advance notice of intentions and focusing on the partner's pleasure?
3. What percentages of women does it claim cannot orgasm from penetration alone?
4. What goal does it identify for changing how the partner reacts to requests for sex?

Men Sexual Health - Heal Erectile Dysfunction



10 SURPRISING Foods that KILL Testosterone Science Based

The lesson discusses various foods and substances that some studies have linked to potentially lowering testosterone levels, such as soy, flaxseed, drinking alcohol, spearmint, peppermint, licorice root, vegetable oils, trans fats, nuts, sugar, and baked goods.

However, many of the studies are small, use animals instead of humans, or have found different or contradictory results.

More research is still needed to better understand how these foods may affect testosterone levels. It is best to talk to a doctor before making any dietary changes related to concerns about testosterone levels.

1. What are phytoestrogens and which food mentioned contains a high amount of them?
2. What type of studies were mentioned as having found that drinking alcohol could lower testosterone levels in men?
3. What herb is often drunk as tea and mentioned as possibly lowering testosterone levels?
4. Which foods were linked in some studies to potentially lowering testosterone levels due to their polyunsaturated fatty acid content?
5. True or false: The lesson states that trans fatty acids are mostly only found in processed foods.

Learn more [Here](#)

10 Best FOODS to increase TESTOSTERONE level naturally

This lesson discusses various foods and herbs that may help increase testosterone levels in men. It provides information on hawthorn berries, catuaba bark extract, saw palmetto, ginkgo biloba, bioperine, damiana, epimedium leaf extract, asian red ginseng, muira pauma bark extract.

It also discusses foods like fatty fish and fish oil, milk and dairy products, onions, eggs, foods with flavonoids like kale, broccoli, and spinach. Legumes, dark leafy greens, and honey are also mentioned.

1. What are some herbs mentioned that are claimed to help increase testosterone levels?
2. What foods like fatty fish, dairy products or eggs may help increase testosterone levels according to the lesson?
3. Besides increasing testosterone, what are some other benefits mentioned of foods like fish oil or ginseng?
4. What nutrients in foods like beans, greens are linked to higher testosterone levels mentioned in the lesson?

Herbs to Fix Erectile Dysfunction

This lesson provides information about several herbs that are claimed to have sexually enhancing properties. It discusses Catuaba Bark extract from Brazil and Peru which is said to increase sexual desire.

It also mentions Saw Palmetto from North America, Ginkgo Biloba from ancient China, Bioperine which helps absorb other herbs more efficiently, Damiana which increases blood flow, Epimedium leaf extract also known as Horny Goat Weed, Asian Red Ginseng which was used as an aphrodisiac in ancient China, Muira Pauma Bark extract also known as "erection root" used in Brazil, and Hawthorn berries which support cardiovascular health and blood flow.

1. Which herb is indigenous to Brazil and Peru and claimed to increase sexual desire?
2. What is Bioperine and how does it work?
3. What is Epimedium leaf extract also known as?
4. According to ancient Chinese records, what effects did taking Ginseng reportedly have?
5. What percentage of men in a study reported that Muira Pauma Bark extract had a "dynamic effect" on problems with erections within 2 weeks?

VigRX Plus - Clinically Proven Male Enhancement Supplement For BIGGER, HARDER ERECTIONS

The lesson discusses the results of a clinical trial conducted by Vedic Lifesciences Pvt. Ltd. on the herbal male enhancement supplement VigRX Plus.

The trial involved 75 men aged 25-50 who were given either VigRX Plus or a placebo for 84 days. Results from the trial found significant increases in areas like ability to penetrate partner (58.97%), sexual satisfaction (71.43%), overall sex drive (47%), ability to maintain an erection (62.82%), and orgasm frequency and quality (22.49%).

The supplement contains herbal ingredients like Damiana, Epimedium Leaf Extract, Asian Red Ginseng, Muira Pauma Bark Extract, Hawthorn Berry, Catuaba Bark Extract, Saw Palmetto, and Ginkgo Biloba that are claimed to work by increasing blood flow and testosterone levels. The lesson also shares some customer testimonials claiming positive effects from VigRX Plus.

1. What was the duration of the clinical trial conducted on VigRX Plus?
2. Which company conducted the clinical trial?
3. What percentage increase in ability to maintain an erection was reported?

AlphaViril – This Supplement can Really Fix your Erectile Dysfunction

AlphaViril is a natural testosterone booster supplement that aims to optimize the seven key hormonal pathways in the body using natural ingredients like Fenugreek, Tongkat Ali, Maca, Tribulus Terrestris etc.

It works by increasing total and free testosterone levels, stimulating luteinizing hormone release, inhibiting estrogen production and improving blood flow. The reviews suggest that AlphaViril helps boost energy levels, libido, muscle growth and sexual performance within a few weeks of use. It is recommended to take 2-4 pills per day spaced throughout the day and cycle usage after 1-2 months to avoid tolerance.

1. What are the key ingredients in AlphaViril according to the lesson provided?
2. How does AlphaViril aim to work as per the lesson?
3. According to the reviews, how long does it take for AlphaViril to show results?
4. What dosage schedule is recommended for AlphaViril?
5. Does the lesson provide any information on the manufacturing/source of AlphaViril?

♂ Cialis ♂Viagra and ♂ Levitra : What You Need to Know

Cialis and Viagra are both commonly used medications to treat erectile dysfunction. While they work similarly, there are some differences in aspects like dosage amounts, how long their effects last, potential side effects, and drug interactions.

Both require a prescription and should not be taken with certain other medications like nitrates.

While either can help with achieving and maintaining an erection, neither will make an erection harder than it otherwise would be. Choosing between them depends on factors like an individual's needs, medical history, and experiences with each drug.

1. What are the common side effects of Viagra?
2. How long do the effects of Cialis last depending on the dosage taken?
3. Do Cialis and Viagra require a prescription?
4. What types of medications should not be taken with Cialis or Viagra due to potential interactions?
5. Will Cialis or Viagra result in a harder erection than what someone could achieve without them, if they do not have erectile dysfunction?

Learn more [Here](#)

Men Sexual Health - Heal Premature Ejaculation

TOP 10 FOODS To END Premature Ejaculation

This lesson discusses foods that can help treat premature ejaculation. It lists 10 foods - carrots, watermelon, garlic, bananas, avocado, asparagus, oysters, walnuts, dark chocolate, and fish.

These foods are claimed to help by improving blood flow, boosting libido and sex hormones, increasing stamina and endurance, and reducing anxiety. The recommended intake methods and quantities vary for each food.

Overall a healthy lifestyle and diet can positively impact premature ejaculation.

1. What are the 10 foods listed as treating premature ejaculation?
2. What biological and psychological factors can cause premature ejaculation?
3. What intake methods are recommended for different foods like garlic and asparagus?
4. Besides foods, what other lifestyle changes are suggested to treat premature ejaculation?
5. What benefits does the lesson claim each food provides in treating premature ejaculation?

What to Drink to Last Longer in Bed

This lesson discusses different drinks that may help men last longer in bed, though it notes there is limited evidence these drinks directly improve sexual performance.

It discusses studies on water, coconut water, pomegranate juice, green tea, ginseng tea, yohimbe tea, beetroot juice, maca root powder, ashwagandha tea and watermelon juice.

While some of these contain compounds like antioxidants and nitrates that may boost blood flow and erectile function, evidence for their effects is mixed or limited. Alcohol is noted to generally impair erectile function.

1. What is considered the average duration of sex according to this lesson?
2. What drink contains the amino acid L-citrulline that may help increase nitric oxide levels?
3. What herbal supplement is discussed that has been used in Ayurvedic medicine to improve health, muscle strength and stamina?

Herbs to Fix Premature Ejaculation

This lesson discusses several herbal remedies that are claimed to help treat premature ejaculation. It provides information on Tribulus Terrestris, which is said to help with erection issues.

Withania Somnifera is noted to increase blood flow to the penis. Asparagus Adscendens is highlighted for its ability to reduce stress and inflammation.

1. What herbal remedy is said to relax the corpora cavernosum and significantly increase intracavernous pressure?
2. What study found that Withania Somnifera increased nitric oxide, helping to relax the corpora cavernosum?
3. What effect is Asparagus Adscendens noted to have that may provide natural relief for stress and inflammatory conditions?

ProSolution Plus – This Supplement can Really Fix your Premature Ejaculation

ProSolution Plus is a male enhancement supplement designed to help with issues like premature ejaculation. It contains natural herbal ingredients that are meant to increase nitric oxide levels and blood flow to the penis to help with erectile function and ejaculation control.

A clinical study found it helped significantly reduce symptoms of premature ejaculation in users. Potential mild side effects are possible but rare. Results can start being seen within a few weeks but most see full benefits after 3-6 months of continued use.

1. What was the published journal where the clinical study on ProSolution Plus was reported?
2. What percentage improvement in premature ejaculation symptoms did men experience in the clinical study?
3. What are some of the potential mild side effects that can rarely occur according to the lesson?
4. How long do most men need to use ProSolution Plus regularly to see the full benefits according to the lesson?

Can Kegels Exercises Stop Premature Ejaculation And Help Men Last Longer?

This lesson discusses how to do Kegel exercises properly as well as some benefits of Kegel exercises for men.

It recommends doing 3 sets of Kegels per day with one set being slow Kegels and one set being fast Kegels. It states the benefits are reducing issues like leaking urine, improving control, and has sexual benefits like helping with erectile dysfunction and premature ejaculation.

It provides details on how to locate and work the pelvic floor muscles through slow and fast Kegel exercises.

1. According to the lesson, how many times per day should you do Kegel exercises?
2. What are some benefits it mentions of Kegel exercises for men?
3. What muscles does it say Kegel exercises work on?
4. It provides specifics on how to do what two types of Kegel exercises?

Learn more [Here](#)

Men Sexual Health - Fix Low Semen Volume

8 Herbs to Increase Sperm Volume Naturally

The lesson discusses various vitamins and natural ingredients that can boost sperm quality and volume. It mentions that zinc, vitamin C, vitamin D are important for fertility according to studies.

Natural ingredients like tribulus terrestris, maca root, ashwagandha, Swedish pollen flower, butea superba, pine bark extract, catuaba bark, muira puama have been used traditionally and may help boost libido, sperm count and quality.

1. What are the three most important vitamins for male fertility according to studies?
2. What natural ingredients have traditionally been used to boost libido and sperm quality?
3. Which natural ingredient is known as the "Peruvian ginseng"?

Semenax - This Supplement Can Really Increase Semen volume & Orgasm Intensity

Semenax uses natural ingredients to help increase semen volume and improve male sexual performance.

It works by supporting the glands and organs involved in semen production including the seminal vesicles, prostate gland, and bulbourethral glands. Key ingredients include L-arginine, L-lysine, epimedium sagittatum, maca, zinc, and tribulus terrestris.

Reviews indicate it is generally well tolerated though clinical studies are limited.

1. What are the main ways that Semenax is reported to work according to the lesson?
2. What are some of the key ingredients mentioned in Semenax and what are their potential benefits according to the lesson?
3. What type of clinical studies has Semenax undergone according to the lesson?

Fertility Factor 5 - This Supplement Can Really Increase Semen volume & Orgasm Intensity

This lesson discusses VigRX Fertility Factor 5, a supplement produced by Leading Edge Health Ltd. to help support male fertility.

It contains 5 natural ingredients that have been clinically shown to improve sperm count, shape, mobility and volume. These ingredients are Tongkat Ali LJ100, Panax ginseng, Zinc, Selenium and BioPerine.

Clinical studies have found these ingredients to be safe and effective in improving fertility with no recorded side effects from long term use.

1. What are the 5 main ingredients in VigRX Fertility Factor 5?
2. According to the lesson, what benefits have been shown for Tongkat Ali LJ100 and Panax ginseng?
3. What percentage of males with infertility problems showed low levels of selenium and zinc according to the lesson?

Learn more [Here](#)

Prostate Health



Avoid these 5 Drinks If You Have An Enlarged Prostate!

The lesson discusses various foods and dietary factors that are linked to negative impacts on prostate health. It mentions that heavy alcohol consumption, caffeine, dairy products, non-organic vegetables, sugar, artificial sweeteners, and certain meats can increase the risks of prostate problems like prostate cancer or benign prostatic hyperplasia.

Dairy products in particular are linked to higher risks due to biochemicals that increase estrogen and testosterone conversion to dihydrotestosterone, which damages the prostate.

Non-organic vegetables are also linked to higher risks due to pesticide and chemical exposure. A plant-based diet with organic fruits and vegetables is recommended for prostate health.

1. What dairy products are specifically mentioned as having negative impacts on prostate health?
2. Which artificial sweeteners does the lesson discuss in relation to prostate health?
3. What are some alternatives to dairy products from cows that are suggested to be healthier?
4. Which meats does the lesson mention as having possible negative impacts on prostate health?

12 Best Foods to Shrink an Enlarged Prostate

This lesson discusses foods that are good and bad for a healthy prostate. Foods like tomatoes, broccoli, salmon, bell peppers, avocados, green tea, pomegranate, nuts, and certain seeds and beans can help shrink the prostate and reduce problems.

Lycopene, omega-3s, vitamin C, and fiber in these foods help reduce inflammation and slow cancer growth.

Foods to avoid include red meat, eggs, poultry, dairy, alcohol, caffeine, sugary foods and drinks, and spicy foods as they can worsen symptoms or promote inflammation and cancer. Surgery may be needed for very enlarged prostates.

1. What are some foods that contain lycopene that are good for a healthy prostate?
2. What types of nuts can help with prostate issues?
3. What foods should be avoided according to the lesson and why?

Prostatitis Diet - Foods To Eat and Avoid AND 3 Day meal plan

This lesson discusses the link between diet and prostatitis. Certain foods like spicy foods, caffeine, and alcohol are found to worsen symptoms of prostatitis.

A diet high in fiber, water, whole grains, fruits and vegetables is recommended. Studies have found that adherence to a strict diet without these irritants improved symptoms for many patients. Prostatitis is a common condition affecting the prostate gland that causes inflammation.

While antibiotics are used for bacterial infections, dietary changes may also help treatment.

1. What percentage of men is estimated to experience symptoms of prostatitis during their lifetime?
2. What are some common symptoms of prostatitis?
3. What foods were found in studies to worsen prostatitis symptoms?
4. What type of diet is recommended for prostatitis according to the lesson?
5. What is the general term used for inflammation of the prostate?

5 Herbs to Shrink an Enlarged Prostate

This lesson discusses several herbs that may help to shrink an enlarged prostate, including saw palmetto, green tea, cat's claw, pygeum africanum, and stinging nettle. It also mentions vitamin E and its antioxidant properties.

The lesson provides some details on the traditional uses and current scientific research regarding each herb.

1. What are some of the herbs mentioned in the lesson as potentially helping to shrink an enlarged prostate?
2. According to the lesson, what is the traditional use of saw palmetto?
3. What are some of the potential health benefits of stinging nettle mentioned in the lesson?

Fluxactive - This Supplement can Really Shrink your Enlarged Prostate

Fluxactive Complete is a supplement designed to treat prostate issues.

It contains natural ingredients like ginseng, vitamin E, ginkgo biloba and oat straw that are shown to support prostate health by reducing inflammation and oxidative stress. Ingredients like hawthorn and tribulus also help maintain a healthy prostate.

The supplement aims to work as a one-stop solution for prostate and testicular issues by addressing the root causes. User reviews indicate it has provided relief from prostate problems.

1. What are the main ingredients in Fluxactive Complete according to the lesson?
2. How does the supplement aim to work and address prostate issues?
3. Where can Fluxactive Complete supplements be purchased according to the lesson?
4. What are some of the advantages of taking Fluxactive Complete mentioned in the lesson?
5. What are the dosage guidelines for Fluxactive Complete provided in the lesson?
5. What are the dosage guidelines for Fluxactive Complete provided in the lesson?

PROSTADINE - This Supplement can Really Shrink your Enlarged Prostate

Prostadine is a prostate health supplement aimed at addressing issues like frequent urination, loss of bladder control, and discomfort through natural ingredients. It contains pomegranate extract, saw palmetto, nori yaki extract powder, iodine, shilajit, neem, and kelp powder, which help enhance prostate function, support kidney health, improve urinary function and sleep quality.

The supplement works by helping flush out toxic minerals from hard water that accumulate in the body and disrupt prostate health over time.

Users have reported reduced symptoms and improved energy levels. It can be purchased exclusively from the official website with pricing options starting from \$69 for a single bottle.

1. What is the main issue Prostadine aims to address regarding prostate health?
2. How many unique natural ingredients does Prostadine contain?
3. What are some of the benefits users have commonly reported experiencing from Prostadine?

Learn more [Here](#)

Muscle Building

How to Build Muscle Mass - THE BASIC IDEA

This lesson discusses the importance of a balanced diet, macronutrients, meal planning, and muscle building workout routines for gaining muscle mass. It explains that carbs, proteins, and fats are essential macronutrients and outlines the roles of each in muscle growth.

Meal planning, balancing macros, and incorporating a variety of whole foods is key for fueling workouts and muscle growth.

Workouts like squats, deadlifts, and bench presses effectively target muscle groups. Recovery between workouts is also important to allow muscles to repair and grow.

Supplements can enhance your diet but not replace it. Dedication, consistency, mindset, nutrition, and supplementation are important for lifestyle and maximizing muscle gains.

1. What are the three main macronutrients discussed and their roles in muscle building?
2. Why is meal planning important for building muscle?
3. What are some example muscle-building workout routines mentioned?
4. Why is recovery and rest important for muscle growth?
5. What lifestyle factors are discussed as important for maximizing muscle gains?

How to Build Muscle Fast with Diet and Supplements

To gain muscle effectively through resistance training, you need to lift with heavy enough weights or resistance to near failure within each set while focusing on compound and isolation exercises that target different muscles.

Proper nutrition is also important, with a daily calorie surplus of 300-500 calories from protein and carbs to drive muscle growth and recovery without excessive fat gain.

Getting enough protein daily at 0.72 grams per pound of body weight can help maximize muscle protein synthesis.

Following a bulking and cutting cycle that alternates periods of calorie surplus and deficit can help optimize muscle gain and fat loss over time.

1. What is the recommended daily protein intake in grams per pound of body weight to help build muscle?
2. What is the suggested daily calorie surplus range to gain muscle without too much fat?
3. What are the two main components needed along with resistance training to effectively gain muscle?

Anadroxin - This Supplement Can Really Build Your Muscles

Max Gains Anadroxin is a natural dietary supplement made for bodybuilders, athletes and those interested in fitness and muscle growth. It contains ingredients like Tribulus Terrestris, Horny Goat Weed, Amino Acids, Zinc and Dietary Supplementation which help increase testosterone levels, boost energy, support muscle growth and help manage weight.

Reviews from users indicate it effectively promotes muscle gains and strength within 2-3 weeks when taken as directed. It is available for purchase from the manufacturer's website.

1. How should Max Gains Anadroxin be taken as per the recommended dosage?
2. What are some of the precautions to be followed while using this supplement?
3. How long does it typically take to see improvements after consistent use of this supplement according to the reviews?

Learn more [Here](#)

Thyroid Health



8 Mistakes to Avoid IF You have Hypothyroidism – Number 8 Will Surprise You

The lesson provides 8 mistakes to avoid if you have hypothyroidism. These mistakes include eating foods like millet, highly processed foods, and consuming too many supplements. It recommends eating foods like soy, cruciferous vegetables, and certain fruits in moderation as they contain goitrogens.

The 8th mistake is not taking supplements.

1. What are some foods that are recommended to eat in moderation if you have hypothyroidism?
2. What are the 8 mistakes mentioned to avoid if you have hypothyroidism?

Top 7 Herbs and Nutrients to Help Heal Thyroid Disease Naturally

The lesson discusses Thyroid Support, an herbal supplement designed to support thyroid health, energy levels, focus, and hormone production. It contains ingredients like Schisandra and vitamin B12 that support brain function and hormone levels. Testimonials from customers say it works well and provides energy.

1. What is the product called?
2. What organs does it support?
3. What ingredients does it contain to support brain function?
4. According to customer testimonials, what benefits did they notice?
5. Where can more information be found about this product?

Thyroid Support (From Vitapost) - This Supplement Can Really Heal your Thyroid

Thyroid Support is a supplement that contains various ingredients like vitamins, minerals and herbs to support healthy thyroid function.

It contains iodine, vitamin B12, selenium, L-tyrosine, zinc and ashwagandha root which help maintain normal thyroid hormone levels. The ingredients work synergistically to support focus, energy levels and thyroid hormone production.

Ashwagandha and other ingredients also help with tiredness and stress. The supplement claims to provide relief from hypothyroidism symptoms like fatigue and weight gain/loss. It helps boost metabolism and provides various other health benefits.

1. What are the main ingredients in Thyroid Support?
2. How do the ingredients work to support thyroid function?
3. What are some of the benefits mentioned of taking Thyroid Support?

Learn more [Here](#)

Women Sexual Health - The Psychology

What Men Want – 15 Ways to Help Him Last Longer in Bed

This lesson provides five tips to help men last longer during sex. The tips are to start slow with penetration, engage in foreplay before sex to allow him to orgasm first, do pelvic floor exercises together, use a condom which reduces sensation, and change positions other than doggy style which can be overly stimulating.

1. What are the 5 tips provided in the lesson to help men last longer during sex?
2. According to the lesson, what is the most common sexual disorder for men under 40?
3. Why can engaging in foreplay before sex help the man last longer?
4. What type of exercises can help treat premature ejaculation?
5. Which position is suggested to avoid as it can be overly stimulating?

Learn more [Here](#)

Women Hormone Balance



10 Steps to Balance Hormones Naturally

Hormones are chemical messengers produced by endocrine glands like the pineal gland, thymus, thyroid, adrenal glands, pancreas, testes and ovaries. A hormonal imbalance occurs when there are too high or too low levels of a hormone.

Common signs of an imbalance include weight changes, fatigue, muscle issues, frequent urination, appetite changes and depression.

Imbalances can be caused by issues with the endocrine system, medications, medical treatments, lifestyle factors and other health conditions. Balancing hormones naturally involves healthy eating choices, managing stress, getting enough sleep and exercise.

1. What are some main endocrine glands that produce hormones?
2. What are some common signs of a hormonal imbalance?
3. What are some potential causes of a hormonal imbalance?
4. What lifestyle factors can help balance hormones naturally?

5 Best Herbs to Balance Hormones Naturally

This passage discusses several herbs that may affect hormones: nigella seeds, ashwagandha, black cohosh, chasteberry, and marjoram. It describes some of the active compounds in each herb and any existing research on their potential effects on hormones like estrogen, cortisol, prolactin, and others.

Most of the research discussed was conducted on animals, and the passage stresses that larger, higher-quality human studies are still needed before recommendations can be made.

1. What is the main conclusion about the current state of research on these herbs and hormones?
2. Which herb has shown effects on cortisol and stress levels according to some studies on humans?
3. What type of studies does the passage say are still needed to better understand these herbs' effects?

Stress & Cortisol Relief - # This Supplement Can Really Balance Your hormones Naturally

This lesson discusses the HFL "Stress & Cortisol Relief" supplement. It contains ingredients like Relora, green tea extract, rhodiola, holy basil, ZMA blend which can help reduce stress, fatigue, boost immunity and mood. It was created by Dr Sam Robbins to lower cortisol levels and help sleep.

It works by reducing stress hormones like cortisol produced by adrenal glands and helps strengthen them. It provides benefits like reducing stress, aging signs, improving focus, productivity, muscle growth and reviews suggest it worked better than prescription drugs for some users.

1. What is the name of the supplement discussed in the lesson?
2. Who created this supplement formula?
3. How does this supplement work to reduce stress?
4. What benefits did some user reviews mention?
5. What ingredients does it contain to reduce stress?

HerSolution - This Supplement for Female Libido Enhancement can Really Enhance Your Sex Drive

This lesson discusses a female libido enhancement supplement called HerSolution. It works by using herbs, nutrients and aphrodisiacs to balance hormones and increase blood flow associated with female sexual response. Some key ingredients include hops extract, which helps relieve vaginal dryness, and niacin, which increases blood flow.

Low libido can cause problems like lack of sex desire, difficulty becoming aroused or achieving orgasm, and relationship issues. Female libido enhancers aim to safely and naturally restore a woman's sex drive and pleasure.

1. What is HerSolution and how does it work?
2. What problems can low libido cause?
3. What are some ingredients in HerSolution and what are their proposed benefits?
4. How quickly should a woman expect to see results from taking HerSolution?

Learn more [Here](#)

Kidney Health



These 17 Foods Are Destroying Your Kidney Health

Processed meats, oranges and orange juice, avocados, dairy products, bananas, brown rice, whole wheat bread, canned foods, and dark-colored drinks should be limited or avoided by people on a kidney diet as they contain high amounts of potassium, phosphorus, sodium, and protein. White bread and rice are better alternatives than whole wheat and brown rice.

Bulgur, buckwheat, pearled barely, and couscous can be used instead of brown rice. Almond milk, rice milk and other non-dairy alternatives are better choices than cow's milk.

1. What are some examples of processed meats mentioned in the lesson?
2. According to the lesson, why should people on a kidney diet limit their intake of oranges and orange juice?
3. What is one option mentioned that can be used instead of brown rice?
4. What alternatives to cow's milk are suggested for people on a renal diet?
5. Which foods mentioned are high in potassium?

9 Foods That Will CLEANSE Your Kidneys FAST!

This lesson provides information on how to naturally cleanse the kidneys at home through hydration, diet, teas, and supplements. It explains that the kidneys play an important role in removing waste, balancing electrolytes, and creating hormones.

Drinking enough water, eating kidney-supportive foods like grapes, cranberries, citrus fruits, and seaweed, and drinking cleansing teas like hydrangea and sambong can help keep the kidneys healthy.

Supplements like vitamin B6, omega-3s, and potassium citrate can also support kidney health.

1. What are some foods mentioned that are high in calcium and can help prevent kidney stones?
2. What two tropical shrub extracts may help protect against kidney damage and stop kidney stones from forming?
3. What are the daily recommended intake amounts of water for men and women according to the lesson?
4. What vitamin and fatty acids are mentioned as supplements that can support kidney health?
5. What is the recommended ratio of omega-6 to omega-3 fatty acids for optimal health according to the lesson?

Learn more [Here](#)

Arthritis Healing - (Back Pain , Shoulder Pain , Knee Pain Relief)



8 Foods That Cause Inflammation No One is Speaking About (Avoid These)

The lesson discusses 8 foods that can cause chronic inflammation according to experts. These foods are soda, trans fats, battered and deep fried foods, sugary foods, alcohol, white flour, processed meat, and red meat. Eating too many of these foods regularly can lead to long term low-grade inflammation in the body.

This inflammation can increase the risks of diseases like heart disease, cancer, diabetes and liver problems. It may also cause digestive issues, acne and arthritis. The most inflammatory foods are those that are too processed, cooked, fatty or high in sugar. Eating a diet rich in antioxidants, omega-3 fatty acids and proteins from foods like olive oil, leafy greens, nuts and berries can help reduce inflammation.

1. What are the 8 foods mentioned that can cause chronic inflammation?
2. How can long term inflammation from diet affect health according to the lesson?
3. What types of foods are considered most inflammatory according to the lesson?
4. What foods can help reduce inflammation according to the lesson?

6 Important Foods You Should Eat for Soothing Arthritis Pain

This lesson discusses 6 foods that can help reduce inflammation and ease arthritis pain: extra virgin olive oil, ginger, onions, fish oil, green tea, and cherries.

Extra virgin olive oil contains oleocanthal which stops enzymes that cause inflammation. Ginger extract was shown to reduce knee pain in a study.

Onions contain antioxidants like quercetin that fight inflammation. Fish oil's omega-3 fatty acids reduce inflammation.

Green tea's polyphenols support the immune system. Cherries also contain antioxidants. These foods work naturally to relieve arthritis symptoms without the downsides of medication.

1. What are the two main types of arthritis discussed in the lesson?
2. According to the lesson, which study showed that ginger extract could reduce osteoarthritic knee pain by up to what percentage?
3. Which anti-oxidant is said to be the main one found in onions according to the lesson?

9 Herbs to Fight Arthritis Pain

Several herbs and spices were discussed that may help reduce inflammation and joint pain from conditions like rheumatoid arthritis and osteoarthritis.

These included aloe vera, boswellia, cat's claw, eucalyptus, ginger, green tea, thunder god vine, turmeric, and willow bark. For each one, potential benefits and risks were outlined based on existing research studies.

However, it was acknowledged that more research is still needed to fully understand their safety and effectiveness.

1. What are some of the potential side effects of thunder god vine mentioned in the lesson?
2. What are three ways green tea can be consumed according to the lesson?
3. According to the lesson, what food product does turmeric come from and what is its main ingredient that may help reduce inflammation?

ProJoint Plus - This Supplement Can Really Heal your Arthritis Pain

ProJoint Plus is a dietary supplement designed to support joint health and mobility. It contains natural ingredients like glucosamine sulfate, chondroitin sulfate, turmeric, quercetin, boswellia serrata extract, and MSM which are claimed to decrease inflammation, increase joint flexibility and resilience, improve cartilage health, and relieve joint pain over time.

The product is marketed towards older individuals experiencing joint issues like arthritis but can benefit anyone attempting to improve joint function and range of motion.

It is recommended to take three capsules daily and reviews indicate many customers seeing reduced joint pain within a few weeks of use.

1. Is ProJoint Plus suitable for people with food allergies? It depends on the specific allergies as the product contains some substances derived from shellfish.
2. Is ProJoint Plus vegan friendly? No, the formula includes some animal-derived ingredients.
3. How should ProJoint Plus be taken? The recommended dosage is to ingest three capsules once daily, either with food or a meal.

Inflame & Pain Relief – This Supplement Can Really Heal your Arthritis Pain

HFL Inflame & Pain Relief is a dietary supplement that contains 11 organic ingredients validated by scientific research to lower inflammation and pain triggers in the body.

The ingredients include turmeric, curcumin, ginger, boswellia, green tea, white willow bark, pycnogenol, astragalus, resveratrol, uncaria tomentosa, and andrographis. It works to reduce inflammation throughout the body, provide herbal pain relief, and improve joint flexibility.

1. What are the 11 organic ingredients in HFL Inflame & Pain Relief?
2. How often should you take HFL Inflame & Pain Relief?
3. What conditions does excessive inflammation cause?

Learn more [Here](#)

Boost Immunity



10 MUST EAT Super Foods over Age 50 Backed by Science

This lesson provides guidance on how to eat well and maintain a healthy diet in your 50s and 60s.

It discusses key changes that happen to the body as we age, including loss of muscle and bone mass, slowed metabolism, and recommends focusing on nutrients like protein, fiber, vitamins D and B12, omega-3 fatty acids, minerals like calcium and potassium, and antioxidants.

It emphasizes choosing whole, minimally processed foods like fruits and vegetables, whole grains, lean proteins and suggests small dietary changes can help support healthy aging.

1. What are some major body changes that happen as we age into our 50s and 60s according to the lesson?
2. What nutrients does it recommend paying special attention to and why?
3. What types of foods does it suggest focusing on eating more of?
4. How can making small dietary changes support healthy aging?

Men Daily Pack for - This Supplement Can Really Boost your immune system

The lesson talks about a Men's Daily Pack which is a blend of vitamins, minerals, herbs, antioxidants, fruits and vegetables. It contains 102 high quality nutrients with high doses that exceeds daily values.

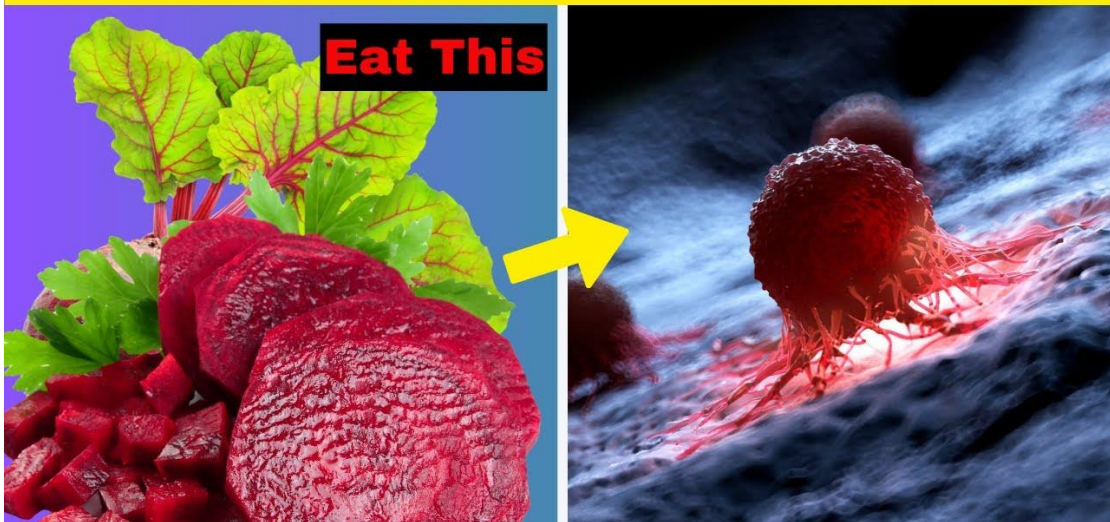
It boosts energy, strengthens immunity, improves metabolism and supports muscle development. It contains 42 fruits and vegetables along with Omega 3,6,9 fatty acids and essential vitamins. It is non-GMO and made in USA.

1. What is the Men's Daily Pack?
2. What all does it contain?
3. What benefits does it provide?

Learn more [Here](#)

Prevent Cancer

THIS DESTROYS CANCER CELL



10 Foods That Kill And Prevent Cancer – The Anti-Cancer Diet

This lesson discusses various foods that may help reduce the risk of cancer.

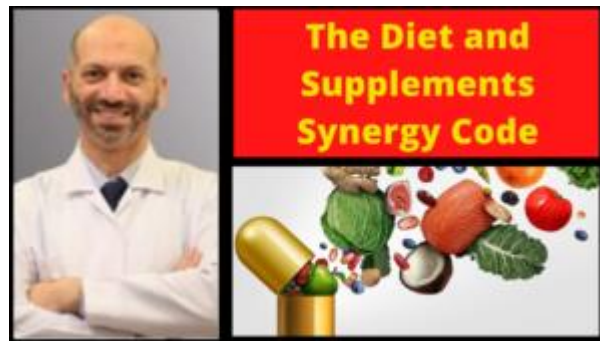
It recommends eating fruits and vegetables, garlic, onions, fatty fish like salmon, fish oil supplements like flaxseed, berries, tomatoes for men to prevent prostate cancer, green tea, peppers, olive oil, cruciferous vegetables like broccoli and cabbage, whole grains, turmeric, leafy greens, grapes, and beans.

These foods contain antioxidants like resveratrol, lycopene, catechins, vitamin C, and fiber that can fight cancer by reducing inflammation and oxidation, protecting DNA from damage, slowing tumor growth, and reducing cancer cell proliferation.

1. What antioxidant is found in large amounts in red grape seeds that fights cancer?
2. What foods have been found to stop the production of nitrosamines, which are strong carcinogens that target the gut, liver, and breasts?
3. Which fatty fish like salmon and tuna contain omega-3 fatty acids that have been linked to lower prostate cancer risk?
4. What chemical found in green tea is said to stop the enzyme urokinase, which is important for cancer growth?

Learn more [Here](#)

The Diet and Supplements Synergy Code Curriculum :



Welcome Video

- 🍷 My Recommended Supplement Stack For Men and Women
- 🎁 BONUS My Recommended Diet Programs & Medical Equipements
- ☐ My recommended Medical Supplies and 🚴 Exercise Machines
- ➡️📱 Calculate your Perfect calories Per Day
- Create Your Meal Plan Right Here in Seconds - Eat This Much
- 🍽️ MyPlate - The Easiest Meal Plan Ever (For Weight Loss/Prediabetes/Diabetes)
- ☐ My Recommended Online Lab Testing
- Fast, Private & Affordable STD Testing
- HealthExpress online pharmacy - Shop Medicines & Treatments Online at the best prices
- 😊 Exciting Opportunity : Share the Course with Your Network!

Brain , Memory and Focus

- ++The 7 Worst Foods for Your Brain – Number 7 will Surprise You
- ++The 10 Best Foods to Boost your Brain and Memory
- ++The 15 Best Herbs 🌿 to Boost your Brain and Memory
- ++BrainPill - This Supplement 🍷 can Really Boost your Brain , Memory and Focus
- OPTION:2++Nootrogen - This Supplement 🍷 can Really Boost your Brain , Memory and Focus
- 🔥 Advanced Training : I tried the Limitless Pill of the silicon valley

Mood And Happiness

- ++Food Mistakes that Cause Depression: Worst Foods for Depression
- ++6 Foods To Instantly Improve Your Mood & Happiness
- ++6 Steps to Treat Depression Naturally - Number #6 is A Breakthrough
- ++ProVanax - This Supplement 🍷 Can Really Get Your Smile 😊 Back , Improve Mood & Confidence

Sleep

- ++19 Things You Should Do All Day Long for Better Sleep Tonight
- ++15 FOODS THAT MAKE YOU SLEEP
- ++4 Herbs 🌿 And Nutrients that help you Sleep Better And Deeper
- ++Sleep Support Plus - This Supplement 🍷 Can Really help you Fall Asleep Fast
- 🔥 Advanced Training : Sleep Study Polysomnography in plain English

Heart Health

- ++The Mediterranean Diet - Boost Your Heart with the Mediterranean Diet
- ++Mediterranean Diet Pyramid
- ++Top 5 Herbs 🌿 and Nutrients for Heart Disease
- ++10 Proven Herbs 🌿 to Improve Blood Flow Circulation
- ++Blood Flow Optimizer - This Supplement 🍷 Can Really Improve Blood Flow Circulation
- Men Daily Pack - This Supplement 🍷 Can Really Provide you with your Omega 3 Needs
- 🔥 Advanced Training : The DASH Diet Guide to Reverse Heart Disease

High Blood Pressure Control

- ++11 Mistakes to Avoid to Lower your High Blood Pressure – Number 11 Will Surprise You
- ++6 Best Foods For Healthy Blood Pressure Levels
- ++The DASH Diet Protocol for Lowering High Blood Pressure
- 🍷 Advanced Training : The DASH Diet
- ++14 Proven Herbs 🌿 to Improve High Blood Pressure
- ++Blood Pressure Optimizer – This Supplement 🍷 Can Really Control your High Blood Pressure
- OPTION2++Blood Pressure SUPPORT- This Supplement 🍷 Can Really Control your Blood Pressure
- 🍷 Advanced Training : The Blood Pressure Diet and 7 Day Blood Pressure Meal Plan

High Cholesterol Control

- ++ 4 Mistakes in your Food that causes your High Bad Cholesterol
- ++9 Ways to Lower Your Cholesterol Levels Naturally – Number 9 Will Surprise You
- ++13 Cholesterol-Lowering Foods to Add to Your Diet
- ++Hypercet Formula - This Supplement 🍷 Can Really Lower your High Cholesterol
- OPTION2++Men Daily Pack for - This Supplement 🍷 Can Really Provide you with your Omega 3 Needs
- My Recommended Online Lab Testing

Lung health

- ++20 Foods to Promote Lung Health and 5 to Avoid
- ++Top 7 Herbs 🌿 for Lung Health, Clearing Mucus, COPD, and Killing Viruses
- ++Lung Support (From VitaPost) - This Supplement 🍷 Can Really Support Healthy Lungs

Gut Health - GERD and Acid Reflux

- ++6 Diet Mistakes to Avoid IF You have GERD and Acid Reflux
- ++What Foods Should You Avoid with Acid Reflux (Heartburn)?
- ++Foods That Help Prevent Acid Reflux
- ++Probiotics For Acid Reflux
- ++Gastrointestinal Microbiome Plus - This Supplement 🍷 can Really Heal your Acid Reflux

Gut Health - Leaky Gut Syndrome

- ++How to Heal Leaky Gut Syndrome?
- ++Maximum Digestion Probiotic - This Supplement 🍷 can Heal leaky gut

Gut Health - IBS (irritable bowel syndrome)

- ++7 Signs you have an Unhealthy Gut – 7 Things you can do for your gut health
- ++Top 10 Mistakes That Make Your IBS (irritable bowel syndrome) Flare Up
- ++10 Things to Stop Doing When You Have IBS (irritable bowel syndrome)
- ++12 Foods to Avoid with IBS (irritable bowel syndrome) – No One is speaking about
- ++9 Tips for IBS (irritable bowel syndrome) Pain Relief That Anyone Can Do
- ++Foods For IBS
- ++The IBS Diet Plan
- ++Low Fodmap Diet for IBS (irritable bowel syndrome)- A Beginner's Guide
- 🍷 Advanced Training : IBS Relief by 120 amazing Low - FODMAP Recipes
- ++Probiotics For IBS
- ++Bowtrol Probiotic - This Supplement 🍷 can Really Relief your Colon Pain
- ++Mediterranean Diet Pyramid For IBS
- ++Mediterranean Diet Food List For IBS
- ++How To Help IBS (irritable bowel syndrome) & Bloating with (mediterranean diet)
- ++9 Signs and Symptoms of Celiac Disease – Celiac Disease Diet: Food Lists AND Sample Menu
- ++COLON Cleansing - 12 Amazing Fruits To Unclog Your Colon FAST
- ++SynoGut - This Supplement 🍷 Can Really help cleanse your Colon
- My Recommended Online Lab Testing

Liver Detox And Cleanse

- ++Foods to avoid if you have fatty liver disease
- ++Meal Plan for Fatty Liver Disease
- +10 Foods you Need for Healthy Liver Diet
- ++How to Detox Your Liver in 6 Easy & Simple Steps
- ++10 Best Herbs 🌿 for Liver Health
- ++Liver Support Plus -This Supplement 🍷 can Really Detox and cleanse your liver
- My Recommended Online Lab Testing
- 🔥 Advanced Training : Pamper your liver: how to reset your fatty liver metabolism

Leptin Resistance

- ++Leptin Resistance: Everything You Need to Know
- ++Stress & Cortisol Relief - This Supplement 🍷 Can Really Reverse Leptin Resistance







Insulin Resistance

- ++14 Natural Ways to Reverse Insulin Resistance & Improve Your Insulin Sensitivity
- ++How to REVERSE Insulin Resistance With Diet
- ++Leanoptimizer - This Supplement 🍷 can Really Reverse insulin Resistance
- 🔥 Advanced Training : Insulin Resistance Cookbook and Meal Plan

Burn Belly Fat (Without Keto)

- ++16 Common Mistakes When Trying to Lose Weight – Number 16 will Surprise you.
- ++18 Effective Tips to Lose Belly Fat (Backed by Science)
- ++13 Simple Ways to Lose Weight In 2 Weeks
- ++35 Foods That Will Help You Lose STUBBORN Belly Fat
- ++What I Eat In A Day
- +What I Eat in A Week :A 7-Day, Weight-Loss , 1200-Calorie Meal Plan
- ➡📱 Calculate your Perfect calories Per Day
- Create Your Meal Plan Right Here in Seconds - Eat This Much
- 🍽️ MyPlate - The Easiest Meal Plan Ever (For Weight Loss/Prediabetes/Diabetes)
- 🔥 Advanced Training : The Delicious Detox Diet to Boost Metabolism , Jump-Start Weight Loss
- ++15 Herbs 🌿 That Will Help You Lose STUBBORN Belly Fat
- Leanoptimizer - This Supplement 💧 can Really Burn your Belly Fat
- ADD++Stress & Cortisol Relief - # This Supplement 💧 Can Really Balance Your hormones Naturally
- ADD++Thyroid Support (From Vitapost) - This Supplement 💧 Can Really Heal your Thyroid
- Success Stories
- ++How Probiotics Can Help You Lose Weight and Belly Fat
- ++LEANBIOME - PROBIOTIC Supplement 💧 that can really Promote WEIGHT LOSS For Women
- ADD++Stress & Cortisol Relief - # This Supplement 💧 Can Really Balance Your hormones Naturally
- ADD++Thyroid Support (From Vitapost) - This Supplement 💧 Can Really Heal your Thyroid
- ☐ My Recommended Online Lab Testing
- # My Number 1 recommended Diet Delivery Service




Burn Belly Fat (With Keto)

- +The Ketogenic Diet: A Detailed Beginner's Guide to Keto -HEALTHLINE
- ++Worst Keto Diet Advice you have heard about !
- ++ Best Tips for Successful Keto Diet !
- ++Keto Flu : Causes & How to Cure It Fast and Easy
- ++20 Ketogenic Foods to Use Fat For Fuel !
- A sample keto menu for 1 week - HEALTHLINE
- + The Simplest Low Carb & Keto Macro Calculators.
- ++My Recommended Custom Keto Software - Artificial Intelligence Planing your Meals
- ++Foods with BHB That Will Help You Lose STUBBORN Belly Fat
- ++Ketosis Advanced- This Supplement  can Really Burn your Belly Fat
- OPTION 2++Keto Trim – This Supplement  Can Really Burn your Belly Fat
- ADD++Thyroid Support (From Vitapost) - This Supplement  Can Really Heal your Thyroid
- ADD++Stress & Cortisol Relief - # This Supplement  Can Really Balance Your hormones Naturally
-  Advanced Training : The Easy Ketogenic Diet 7 Key Strategies to Shed Weight
-  Advanced Training : Blueprint to Losing 22 Pounds in Only 4 Weeks
- Exercise on Keto: Here's What to Know - HEALTHLINE

Burn Belly Fat (With Intermittent Fasting)

- ++Intermittent Fasting 101 — The Ultimate Beginner's Guide
- ++Best "Free" Intermittent Fasting App
- 26 Intermittent Fasting Before-And-After Photos

Burn Belly Fat (With Exercise Programs)

- Hitch Fit # My recommended Exercise program (For Women - Over 40 years)
-  FREE Exercise Program (For Women - Over 55 years)
- Hitch Fit # My recommended Exercise Program (For Men - Over 40 years)
-   My recommended Exercise Machines

Burn Belly Fat (With Weight Loss Medicines)

- Saxenda For Weight Loss - Where you Can Buy Online ?
- ++Mounjaro For Weight Loss - Where you Can Buy Online ?
- Wegovy For Weight Loss - Where you Can Buy Online ?

Success Stories - Picked From the Internet

- Motivation For Men +Jaw-Dropping Men's Transformations
- Motivation For Women - 35 Insane Keto Diet Before-And-After Photos That Will Give You Major Inspo
- Motivation For Women ++Best Weight Loss Stories of Female Transformations
- Motivation For Women ++Weight Loss Before And After Women Pictures

Type 2 Diabetes - Prevention

- +40 Easy Ways to Help Prevent Type 2 Diabetes

Type 2 Diabetes - Diet & Supplements

- ++Is Type 2 Diabetes Reversible?
- ++9 Things You Never Knew About Type 2 Diabetes
- ++23 Surprising Habits That Can Lead to Diabetes
- ++20 Diabetes Myths That Could Be Sabotaging Your Health
- ++10 Diabetes Diet Myths – Number 10 Will Surprise You
- ++10 Tips to Lower Blood Sugar Quickly & Naturally – Number 10 Will Surprise You
- ++15 Things Diabetes Doctors Do to Keep Their Own Blood Sugar Under Control
- ++11 Foods to Avoid With Diabetes
- ++Why You Should Avoid These 9 “Vegetables” If You Have Diabetes (BACKED BY SCIENCE)
- ++The Best and Worst “Fruits” to Eat If You Have Diabetes
- ++Nine “Fruits” You Should Be Eating and Eight You Shouldn’t as a Diabetic
- ++The Best and Worst “Drinks” for People With Diabetes
- ++Top 16 SUPER Foods for Diabetics | How to Control Blood Sugar Levels
- ++10 HEALTHIEST Foods With No Carbs & No Sugar [UNBELIEVABLE]
- ++The 10 Best “Vegetables” for Diabetes | How to Control Blood Sugar Levels
- ++Best Breads for People with Diabetes
- +4 Diabetic Rice Alternatives For Blood Sugar Control
- ++9 Deliciously Sweet Summer Treats Even Diabetics Can Enjoy
- +The Best 7-Day Diabetes Meal Plan : Day 1 – Day 2 – Day 3 – Day 4 – Day 5 – Day 6 – Day 7
- ➡📱 Calculate your Perfect calories Per Day
- Create Your Meal Plan Right Here in Seconds - Eat This Much
- 🍽️ MyPlate - The Easiest Meal Plan Ever (For Weight Loss/Prediabetes/Diabetes)
- ++Balance By BistroMD - This Diet Delivery Program Can Really Help you Control Diabetes
- ++6 Best Herbs 🌿 to Control High Blood Sugar Levels
- ++BLOOD SUGAR OPTIMIZER - This Supplement 🍷 can Really Optimize your High Blood Sugar
- ++ Best 13 Nutrients to Control High Blood Sugar Levels
- ++GLUCOTRUST - This Supplement 🍷 can Really Optimize your High Blood Sugar

- ++Yes, You Can Still Have a Healthy Sex Life with Diabetes—Here’s What You Need to Know.
- ++10 Foods That Can Miraculously Heal Nerve Damage
- My Recommended Online Lab Testing
- My recommended Medical Supplies
- # My Number 1 recommended "Diabetes" Diet Delivery Service
- 🔥 Advanced Training : Diabetes Recipes 125 Budget-Friendly Meal Planning
- 🔥 Advanced Training : The Delicious diabetic cookbook and meal plan

Type 2 Diabetes - Exercises

- +10 Best Exercises for Diabetes
- ++Diabetes Workouts : Exercise To Help Control Diabetes For Women
- My recommended Medical Supplies and 🚴🏠 Exercise Machines
- 🔥 Advanced Training - My Amazon Book : The Fun PILATES Body Workouts

Men Sexual Health - The Psychology

- ++21 Mistakes Men Make When Having Sex – Number 21 will Surprise you
- ++7 things Women Hate While Having Sex
- ++What Men Want – 15 Ways to Help Him Last Longer in Bed
- ++My Sex Drive is Far Higher than Hers. I don’t want to Hurt her Feelings, but what should I do?
- 🔥 Advanced Training - My Amazon Book : A Day In The Sex Life Of The HULK
- 🔥 Advanced Training - My Amazon Book : Add VA-VA-VOOM To Your Bedroom

Men Sexual Health - Heal Erectile Dysfunction

- +12 Scary Signs That You Have Low Testosterone & Under Performing Testicles
- ++10 SURPRISING Foods that KILL Testosterone Science Based
- +The 14 Worst Foods for Your ERECTIONS
- ++10 Best FOODS to increase TESTOSTERONE level naturally
- ++10 Proven Herbs 🌿 to Improve Blood Flow Circulation
- ++Natural Treatments for Erectile Dysfunction
- +6 Nutrients To END Erectile Dysfunction & Get Harder and Stronger Erections And Last Longer In Bed
- ++Herbs 🌿 to Fix Erectile Dysfunction
- ++VigRX Plus - Clinically Proven Male Enhancement Supplement 💊 For BIGGER, HARDER ERECTIONS
- ++AlphaViril – This Supplement 💊 can Really Fix your Erectile Dysfunction
- ++Blood Flow Optimizer - This Supplement 💊 Can Really Improve Blood Flow Circulation
- ++ ♂ Cialis ♂ Viagra and ♂ Levitra : What You Need to Know
- ++How to Buy ♂ Cialis ♂ Viagra and ♂ Levitra Online ?
- 🔥 Advanced Training - My Amazon Book : A Day In The Sex Life Of The HULK
- 🔥 Advanced Training - My Amazon Book : Add VA-VA-VOOM To Your Bedroom

Men Sexual Health - Heal Premature Ejaculation

- +How to Stop Premature Ejaculation (Non Diet- Non Supplements Methods)
- ++TOP 10 FOODS To END Premature Ejaculation
- ++What to Drink to Last Longer in Bed
- ++Herbs 🌿 to Fix Premature Ejaculation
- ++ProSolution Plus – This Supplement 💊 can Really Fix your Premature Ejaculation
- ++ProSolution Plus 💊 For PREMATURE EJACULATION - Success Stories
- ++Can Kegels Exercises Stop Premature Ejaculation And Help Men Last Longer?
- (Video) How to Do Kegel Exercises for Men
- 🔥 Advanced Training - My Amazon Book : A Day In The Sex Life Of The HULK

- 🔥 Advanced Training - My Amazon Book : Add VA-VA-VOOM To Your Bedroom





Men Sexual Health - Fix Low Semen Volume

- ++How to Increase Semen Volume: The Ultimate Guide
- ++8 Herbs to Increase Sperm Volume Naturally
- ++Semenax - This Supplement 🔪 Can Really Increase Semen volume & Orgasm Intensity
- ++Fertility Factor 5 - This Supplement 🔪 Can Really Increase Semen volume & Orgasm Intensity
- 🔥 Advanced Training - My Amazon Book : A Day In The Sex Life Of The HULK
- 🔥 Advanced Training - My Amazon Book : Add VA-VA-VOOM To Your Bedroom




Prostate Health

- ++12 Best Foods to Shrink an Enlarged Prostate
- ++Avoid these 5 Drinks If You Have An Enlarged Prostate!
- ++Prostatitis Diet - Foods To Eat and Avoid AND 3 Day meal plan
- ++5 Herbs to Shrink an Enlarged Prostate
- ++Fluxactive - This Supplement 🔪 can Really Shrink your Enlarged Prostate
- ++PROSTADINE - This Supplement 🔪 can Really Shrink your Enlarged Prostate

Muscle Building

- ++How to Build Muscle Mass - THE BASIC IDEA
- ++How to Build Muscle Fast with Diet and Supplements
- ++26 Foods That Help You Build Lean Muscle
- ++ Anadroxin - This Supplement  Can Really Build Your Muscles
-   My recommended Exercise Machines
- My recommended ONLINE Exercise Program to Build Muscle (For Men - Over 40 years)
-  Advanced Training : The Supplement Ultimate Guide of THE Pros

Thyroid Health

- ++8 Mistakes to Avoid IF You have Hypothyroidism – Number 8 Will Surprise You
- ++Thyroid Diet - Foods to avoid - Foods to eat - Sample Meal Plan
- ++Top 7 Herbs  and Nutrients to Help Heal Thyroid Disease Naturally
- ++Thyroid Support (From Vitapost) - This Supplement  Can Really Heal your Thyroid
- My Recommended Online Lab Testing
-  Advanced Training : The Regretful butterfly: The Expert Guide To Avoid Mistakes In Treating Your thyroid

Women Sexual Health - The Psychology

- ++My husband wants to have sex. But I think its too much work, I don't enjoy it
- ++What Men Want – 15 Ways to Help Him Last Longer in Bed
- 🔥 Advanced Training : MICROBIOME CLIMAX – USE MICROBIOME TO IMPROVE LIBIDO IN WOMEN




Women Hormone Balance

- Trending Topic (Buzzfeed) : 20 Eye-Opening Things About Menopause You Probably Didn't Know
- ++10 Steps to Balance Hormones Naturally
- ++5 Best Herbs 🌿 to Balance Hormones Naturally
- ++Stress & Cortisol Relief - # This Supplement 🍷 Can Really Balance Your hormones Naturally
- ++Naturally Tame Menopause Symptoms with NMN
- ++Liposomal NMN - This Supplement 🍷 Can Naturally Tame Menopause Symptoms
- ++Leanoptimizer - This Supplement 🍷 can Really Burn your "Menopause" Belly Fat
- ++HerSolution - This Supplement 🍷 for Female Libido Enhancement can Really Enhance Your Sex Drive Today
- Curious Woman : I Never Had An Orgasm Before and I Took This Natural Female Viagra
- My Recommended Online Lab Testing
- 🔥 Advanced Training : USING GUT MICROBIOME – SEX CONNECTION TO IMPROVE LIBIDO IN WOMEN
- 🔥 Advanced Training : Candida Cure Diet - How To Cleanse and reset Your immune System




Women Skin Health & Beauty

- 🔥 Advanced Training : The Delicious Detox Diet to Boost Metabolism , Jump-Start Weight Loss
- ++Top 4 Vitamins for Naturally Improving Skin Health
- ++Skinception Phyto350 - This Supplement 🍷 Can Unlock Radiant Skin with Top Vitamins
- ++Instant Wrinkle Reducer - Want to Look Young Quickly ?




Kidney Health

- ++These 17 Foods Are Destroying Your Kidney Health
- ++9 Foods That Will CLEANSE Your Kidneys FAST!
- ++VitaPost Kidney Support - This Supplement  Can CLEANSE Your Kidneys FAST!
- ++Flotrol - This Supplement  Can Really Fix your Overactive Bladder
- My Recommended Online Lab Testing
-  Advanced Training : Fix your Weak Bladder

Arthritis Healing - (Back Pain , Shoulder Pain , Knee Pain Relief)

- ++8 Foods That Cause Inflammation No One is Speaking About (Avoid These)
- ++Never eat these 11 foods if you have arthritis
- ++6 Important Foods You Should Eat for Soothing Arthritis Pain
- ++Top 13 ANTI-INFLAMMATORY FOODS to Add to our Diet
- ++9 Herbs to Fight Arthritis Pain
- ++Inflame & Pain Relief – This Supplement  Can Really Heal your Arthritis Pain
- ++ProJoint Plus - This Supplement  Can Really Heal your Arthritis Pain
- My Recommended Online Lab Testing
-  Advanced Training : THE FIBROMYALGIA-REVERSAL PROGRAM
- Uric Acid

Boost Immunity

- ++10 MUST EAT Super Foods over Age 50 Backed by Science
- ++Elderberry: The Superfruit That Can Boost Your Immunity
- ++Elderberry Plus - This Supplement  Can Really Boost your immune system
- Men Daily Pack - This Supplement  Can Really Boost your immune system
-  Advanced Training : Candida Cure Diet - How To Cleanse and reset Your immune System

- 🔥 Advanced Training : The Delicious Detox Diet to Boost Metabolism , Jump-Start Weight Loss

Prevent Cancer

- ++10 Foods That Kill And Prevent Cancer – The Anti-Cancer Diet
- My Recommended Online Lab Testing - For Cancer

Alcohol Addiction

- 🔥 Advanced Training : The 7 days ALCOHOL EXORCISM PROGRAM

++Calming Autoimmune Disease

++Healing Fibromyalgia

Disclaimer

The information contained on this book is intended for educational purposes only and is not a substitute for advice, diagnosis or treatment by a licensed physician.

It is not meant to cover all possible precautions, drug interactions, circumstances or adverse effects.

You should seek prompt medical care for any health issues and consult your doctor before using alternative medicine or making a change to your regime.



I am Dr. Kotb, a certified physician, and I have helped 100,000 people (and counting) in my medical practice through the last 20 years to spark their healthy lives again.

I am also the medical director of the elite medical center for internal medicine and nutrition studies.

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My YouTube channel is <https://www.youtube.com/@dr.kotb-healthcoach>

i m a regular guest on national and local broadcast media

I have also been interviewed by local and nationally syndicated radio sations, magazines, and newspapers across multiple Countries,

speaking on everything from hangover remedies to navigating the internet for accurate , credible health information

I m particularly interested in prevention and helping people live a healthy, active lifestyle

I am A well known Amazon author with more than 200 books and audiobooks

My Amazon Author Page: <https://amazon.com/author/dr-kotb>

My Recommended Supplement Stack For Men and Women

<https://drkotb.online/recommendatins>

My Recommended Diet Programs & Medical Equipements

Learn more [Here](#)