

Current Herbal News

Hemp seed oil products for hair growth, health, and repair in 2022

July 22, 2022

Hemp seed oil may have beneficial effects on the hair. Learn about these potential benefits, as well as nine of the best hemp seed oil-based hair...

Health benefits of dandelion

July 22, 2022

While most people consider dandelions to be pesky weeds in the garden, they also offer a variety of health benefits. Learn about the uses and possible...

Can sarsaparilla help to treat psoriasis?

June 28, 2022

Psoriasis is an autoimmune condition that causes inflammation throughout the body. Sarsaparilla is a plant that may have anti-inflammatory effects. This may be beneficial in relieving symptoms of psoriasis.

Can probiotics help with rheumatoid arthritis?

June 28, 2022

Probiotics are living organisms in the digestive system and some foods. We examine whether probiotics are helpful for rheumatoid arthritis.

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D-limonene for GERD: Does it work?

June 20, 2022

D-limonene may have a protective effect on the digestive system, relieving GERD symptoms. Learn more about taking d-limonene for GERD.

Does borage oil help eczema?

June 19, 2022

Borage oil is an extract from a plant believed to help skin conditions like eczema, or atopic dermatitis. But the evidence is limited on its benefits.

References: www.medicalnewstoday.com

Go Bananas for Female Heart Health

FRIDAY, July 22, 2022 (HealthDay News) -- It may sound bananas, but new research shows eating this potassium-rich food can improve heart health.

Avocados and salmon also are high in potassium, helping counteract the negative effects of salt in the diet and lowering blood pressure, researchers said.

References: www.webmd.com