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Book Review: The

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it may actually be utilised as a natural cure for any ailment you may be

experiencing. There's nothing aloe vera can't do, from anti-bacterial characteristics to providing a

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cooling effect
and . . .

5 *Ayurvedic home
remedies to
enhance skin
structure*

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for fun, others
take it as a
hobby, while
some read to
acquire
knowledge.

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the mode and the
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to read could
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between life ...

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"Foods found in nature are always more nutritious because our bodies are used to processing vitamins and minerals that come from natural sources." Here are five

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supplements you
should never
take ...

Remedies For
*Never Take This
After Age 50,
Warn Pharmacists*
Melatonin
supplements help
people get to
sleep because
they mimic the
body's natural
production ...

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affects everyone
differently (as
do all
supplements), so
to find out if
melatonin works
for you, you ...

*How Much
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New CDC Report
Raises Concerns*
Many popular

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assumptions
about cancer are
wrong and cause
needless worry,
sometimes
prompting people
to disregard
prevention
behaviors, such
as exercise,
quitting smoking
or avoiding the
sun, and can ...

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Is there any grooming product used more often—or by more people—than body wash? It's essential in everyone's bathroom, so it's important to get body wash right.

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25 Best natural body washes in 2022

Baking Soda

Applying a paste of baking soda with equal parts of corn starch will serve as a natural deodorant.

However, do a patch test, and

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Health And
Beauty

if you feel a
burning
sensation in the
armpits ...

*Easy DIY home
remedies to get
rid of body odor*

For millions of
years, human
beings have
foraged,
scouring the
earth to gather

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food from their
natural
environment.

Remedies For
*Reconnect With
Nature On A
Foraging Tour
With This Black
Herbalist*

The Home Doctor
aims to teach
its readers what
to precisely do
when facing

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health problems
or situations.
It has different
methods of
treatment, from
basic stretching
and exercises to
natural ...

*The Home Doctor
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Medicine for*

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Don't turn your
solo outing into
another thing
you have to do.
Let yourself
exist in a
natural
environment in
whatever way
feels most
nourishing to
you. "This is

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more about your
right to rest

...
Remedies For
19 Creative Ways
to Get a Little
Self-Care
Outside

Being told that
how you express
yourself is
wrong or having
... We all need
to do a better

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job celebrating
natural hair—in
the media, in
school settings
and in the
beauty industry,
which ...

*Black girls
commonly have
negative
experiences
related to their
natural hair*

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How do you feel like you're doing in that department? A lot of us struggle. Our bodies get tighter and tighter, year after year. The natural progression ... movement is medicine," says

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Beauty*
Try these two
easy exercises
to improve your
spinal health

A regular fever
should subside
by the third day
but if it
doesn't or
shoots up beyond
102 degrees,
definitely get

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doctors . . .

*If I have fever,
when do I get
tested?*

There is a
plethora of
emergency apps,
each with its
own
capabilities,
and it is
difficult to

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distinguish home
between those
that work and
those that do
not. We've
curated the best
emergency apps
for you.

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