destruction, 4 brain slowing medications to avoid if you’re worried - a doctor reviews the 4 most commonly used medications that affect memory these have been linked to developing alzheimer’s make dementia symptoms worse, is toxic mold exposure the cause of your symptoms - is toxic mold exposure the cause of your symptoms are you one of the many people unknowingly living or working in water damaged building, reversing hashimoto’s naturally unapologetically strong - it’s estimated that 90 percent of people who have low thyroid function have hashimoto’s disease but natural and whole foods therapies can help, the ultimate vitamin k2 resource chris masterjohn phd - most recently the release of undercarboxylated osteocalcin from bone was shown to increase during exercise and play a role in allowing skeletal muscle to increase