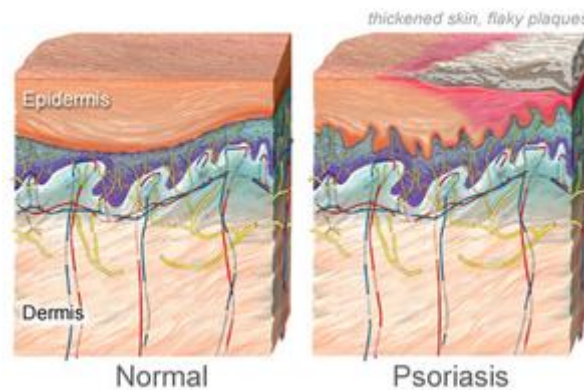


Health Tips from smartbidan.com

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3 Types of Psoriasis and the Symptoms



Psoriasis is a chronic disease that lasts for a lifetime. The symptoms and signs of the disease vary depending on the type and the person. For some people the symptoms can clear up for years at a time, which is known as remission.

Here are the [types of psoriasis](#) and the symptoms:

1. Plaque psoriasis
 - Patches that thicken when scratched
 - Silvery-white coating patches
 - Raised, reddish patches that appear anywhere
 - Patches appear in the elbows, knees, lower back and scalp
 - Itching
 - Nails with pits that are crumbling
2. Guttate psoriasis
 - Spots that appear after an illness like strep throat
 - Small red spots, commonly on the arms, trunks and legs
 - Spots that clear in a few weeks or months without treatments
 - Spots that appear where the person has plaque psoriasis
3. Pustular psoriasis
 - Bumps often only on the soles and palms
 - Red, swollen and dotted skin with pus-filled bumps
 - Brown dots on the skin after pus-filled bumps dry
 - Soreness on the bumps

This **type of psoriasis** has a special symptom, which is when pus-filled bumps cover the body, the person may have bright-red skin. He or she will feel ill, and always exhausted. Commonly, the person who had this psoriasis also has a fever, chills, rapid pulse, severe itching, muscle weakness and loss of appetite.

Avoided Foods for Heartburn Sufferers



Heartburn is a disease of the stomach that is quite disturbing to arrive suddenly even when we are undergoing an activity. Heartburn sufferers usually are people with irregular eating patterns and have an unhealthy lifestyle. Although this illness could arise and disappear by itself, you should not underestimate this disease because when left heartburn can become chronic and cause damage to the hull. You might be better when you know the [avoided foods for heartburn sufferers](#) if you happen to be one of these pain sufferers.

Fried foods

This food is very delicious and savory especially enjoyed during the night or in the rainy season. However, for those of you who suffer from acute stomach ulcers, you should avoid the consumption of these foods in quantities too much because fried foods can increase stomach acid that will actually make your condition worse.

Dairy products with high fat content

For heartburn sufferers, they should avoid any kind of food that came from dairy products especially those containing fat such as butter is high enough. As well as fried foods, dairy products with high fat content can also trigger an increase in stomach acid that in turn could lead to heartburn.

Chocolate

Other foods that should be avoided are chocolate. The content of caffeine and theobromine found in chocolate can trigger increased levels of acid in the stomach.

Soft drink

Although drink soft drinks cool in the summer can refresh the body, heartburn sufferers should not select the type of drinks as an option. Carbonated drinks can trigger stomach acid can make the stomach feel bloated and uncomfortable.

Actually, the **avoided foods for heartburn sufferers** are not only those mentioned above. There are several other foods should also be avoided such as coffee, tea, fruit containing gas, or fermented foods.

Benefits of Celery for Body Health



Most people certainly never consumed as leaf celery is often used as an ingredient for various kinds of processed food, especially soup. In addition, it also often can be selection leaves as a decoration to enhance the appearance of food that will be served. Apparently, in addition to flavor cuisine as well as food decoration, celery is rich in benefits for good health. Here is to the health [benefits of celery](#) that you should know.

Celery is one of the herbs that are very low in calories which when combined with other ingredients may help lower weight and cholesterol contained in the blood. Another benefit that can be taken from the celery is a source of flavonoid antioxidants that serves to protect the body and boost immunity. Celery is also a source of vitamin A very well that these plants are excellent for use in maintaining the health of the organ of vision. In addition, celery also contains folic acid, niacin, vitamin C and riboflavin useful for optimal metabolism.

Essential oils are derived from the extraction of the celery plant can also be used to provide a sense of calm while experiencing nervous conditions and osteoarthritis. How to use celery can make a fresh juice or to process them together with some other foodstuffs. Not only that, **benefits of celery** can also be used to get the hair beautiful and fascinating by using it as a mask that is used on a regular basis.

Best Foods for Eye Health



Caring for and maintaining [eye health](#) certainly is very important to be done to prevent the risk of various disorders and eye problems such as myopia or otherwise. In addition to having a good lifestyle, especially in the use of proper eye function, consuming some food genius is also very important in maintaining the health of the organ of vision. The right foods with nutrition needed eye it could be one way to help prevent or treat eye problems and disorders.

Carrot

This is one of vegetables has long been recommended as a food ingredient to care for and maintain the health of the organ of vision. Carrots contain beta-carotene. In addition, carrots are also beneficial to release free radicals in the body.

Sunflower seed

This snack is not only beneficial for you who want to lose weight but it is also very good for maintaining the health of the organ of vision. Sunflower seeds contain selenium, zinc, and vitamin E can prevent several eye disorders such as cataracts. In addition, sunflower seeds also contain vitamin B2 can be used to address photophobia.

Salmon

These foods contain Omega 3, which is very good to avoid any risk of dry eye disorders so that the eye can also be healthier.

Spinach

Spinach contains zeaxanthin and lutein, which is the best antioxidant to prevent the process of macular degeneration and cataracts. In addition, spinach also contains vitamin C to prevent disease glaucoma.

In addition to some of the foods above, you can also eat eggs, garlic, avocado, broccoli, tomatoes or to maintain **eye health** in order to be healthier.

Best Fruits and Vegetables for Making Youthful Skin



It has been a long time, many people believe that the consumption of fruit and vegetables is very effective to maintain and create a [youthful skin](#). It is quite reasonable for the fruits and vegetables contain a number of antioxidants that can hydrate and heal. In addition, the excellent antioxidants to fight free radicals that can cause premature age. Although today, you can find a variety of methods to give the appearance of a more youthful face. However, you certainly will be very keen to take advantage of some fruits and vegetables that is around you to get to see the face of a healthy, radiant and youthful.

Raw vegetables

If you like to eat some kind of raw vegetables as a salad or vegetables you can consume these vegetables to help maintain healthy skin. Raw vegetables are good for digestive health and blood circulation so that the intake of nutrients needed skin can be satisfied with good

Tomato

Tomatoes contain lycopene, which is very good to help brighten the skin. In addition, the tomatoes also contain vitamin C can help remove blemishes or pimples. Tomatoes are also antioxidants that can repel free radicals that can damage skin.

Lemon

Utilizing lemon juice mixed in drinking water could be one way to detoxify and cleanse the liver. Liver clean and healthy will have an impact on skin health. In this case, you should also compensate for the water intake keeps the body hydrated.

Carrot

Carrot is one of the ingredients of foods rich in beta carotene. Consuming a cup of carrot in a day can help you get the skin nice and shiny.

By utilizing some of the fruits and vegetables, you can get **youthful skin** in a more simple and affordable.

Burns Heal Naturally

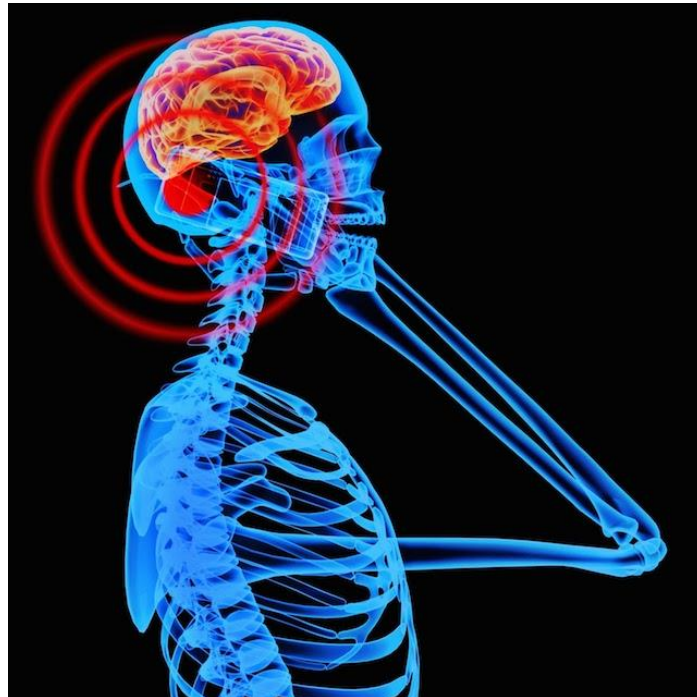


Sometimes, we do not know about something that happen unpredictable. It is more like accident or burns that happen to us. Of course, you should get the best medicine and treatment to make your condition better than before. For the [skin burns](#), you can use some natural things to help your recovery process faster.

- Honey is the great natural that you can easily get. You can use it to make the burns better than before. Use the original honey to make sure you have better result. Honey has good antiseptic system that will help your burns dry. Just spread the honey to your burns and wait until it absorb.
- Vinegar is also perfect to cover your burns. You can use the cotton and give it a little bit vinegar. Just compress it into your burns directly when it still hurt.
- Aloe Vera will be the fine ingredient to make your **skin burns** have fast recovery. Use the Aloe Vera to your skin until your wound dries. It will help your skin to have a new surface.

All those natural ingredients are good for your skin. It will give cool sensation that will help you free from the hurt burn. Do the treatment daily until the skin repair well.

Cell Phone and Brain Cancer



Population-based studies have not find the link between [cell phones and brain cancer](#), but a recent study finds that the energy from cell phone can affect the activity of the brain. Holding a cell phone to our ear for a long period of time will increase the activity of some parts of the brain. A measurement of how the brain uses energy, known as glucose metabolism, increased significantly when the cell phone was turned on and muted. Although the researchers cannot determine the significance, the result gives evidence that the brain is sensitive to the electromagnetic fields, especially from acute sell phone exposure.

Although the study cannot draw any conclusions about long-term effects, other researches are revealing a more significant result. The research said there is an acute effect and the question is whether the condition is associated with events that may be damaging the brain or predispose to the development of future health issues, such as brain cancer.

There have been many studies evaluating the potential link between **cell phone and brain cancer**, but the result is often inconsistent. However, few researchers have looked at the psychological effects that electromagnetic and radiofrequency fields from cell phone can have on brain tissue. Some of the researches revealed that the blood flow can be increased in some regions of the brain during cell phone use. There are also researchers who scan some patients to know the effects of cell phone exposure. However, the result of the researches is not quite satisfying because there is no clear evidence show that cell phone can cause brain cancer.

Choosing Daily Multivitamin



Our body needs various minerals and vitamins to function properly. We can get most of the minerals and vitamins by consuming the right foods. However, many people take a multivitamin daily to make sure they get all the minerals and vitamins that are needed by their bodies. Some health experts said that [daily multivitamin](#) is a good option for the trace elements, such as folic acid, chromium, iron, potassium, selenium, zinc and manganese.

However, experts also suggested to choose the right multivitamin. We are suggested to shop for vitamins or multivitamins in health food or natural food stores. We must read the label and its expiration date. We have to make sure that the date is a few months away. We also need to read the Recommended Daily Allowance or RDA, which is often written as “%DV”. However, the DVs on the label may not take into consideration the different requirements for gender and age as RDAs do.

Basically, **daily multivitamin** can be beneficial. However, doctors warn us to not to be suckered by “too much” vitamins. It is because the amount of vitamins in a standard level will give the best benefit. So, do not just see the brand or price because the best way is choosing the right ingredients and levels.

Choosing Healthy Foods for Pregnant Women



Ensuring the development and health of the fetus is certainly very important to do. One way is to choose **healthy foods for pregnant women**. However, pregnant women do not actually need to eat in large portions as to meet the nutritional needs of two people. Pregnant women should consume small meals but often with more intensity. On the condition of pregnant women, actually do not need to undergo special diet except for women who are suffering from certain diseases and have a special meal diet. Here are some foods and beverages that are recommended for consumption by pregnant women.

Water

It is one that must be met by the intake of pregnant women every day because of water handy to deliver nutrients to the baby in the womb. Within a day, pregnant women should consume at least ten glasses of water where the fluid can be obtained from juice, milk, or other healthy beverages. If you want to get your intake of fluids other than water, you should also take notice of the sugar contained in these drinks.

Vegetables and fruits

Eating healthy is highly recommended for pregnant women consumed are vegetables and fruits. Vegetables and fruits consumed should be varied to an adequate range of vitamins, minerals, and fiber needed during pregnancy.

Lean meat, eggs, and fish

The type of food rich in protein is needed on the growth of the baby, especially in the first six months in the womb. You can create variations for daily food menu.

Sources of Carbohydrates

The food was used as a source of carbohydrates for pregnant women do not always have rice, but can also be obtained from other foods such as oatmeal, potatoes, cereals, pasta, corn, or other.

Actually, **healthy foods for pregnant women** are not too much different from the healthy foods that are consumed in everyday life. However, it needs more nutrients during pregnancy will create a healthy diet is necessary to note that both the mother and the baby can live with a healthy pregnancy.

Consumption of These Foods as Natural Acne Cure



When it finds there facial acne, it can certainly make you become less confident in appearance. The appearance of acne can be caused by many factors ranging from stress, diet, digestive disorders, impaired hormonal balance, pollution, and more. Besides, some foods can trigger acne. However, if you find their acne on the face, you should not worry too much. You can take advantage of some of these foods as a **natural acne cure**.

Carrot

Carrots contain a lot of vitamin C and beta-carotene that plays an important role in addressing the acne caused by excess oils and proteins. In addition to carrots, you can also use some other green vegetables such as cabbage and broccoli for consumption and prevent acne that interferes with performance.

Cucumbers

Cucumber has some substances that are very good for skin health such as silica, antioxidants, and vitamin C. Cucumber which have high water content also believed to be cooler so in addition be used to treat acne; this vegetable can also be used as an anti-inflammatory agent.

Yoghurt

Yogurt is one of the dairy that it is very good to deal with acne. Yogurt contains probiotic bacteria can be used to improve skin proteins.

Green tea

Green tea contains antioxidant polyphenols are capable of providing protection from the sun's damaging UV rays. Antioxidant contained in green tea is also very good to prevent and repair damage to DNA. In addition, green tea can also help your body stay hydrated.

Dark Chocolate

Other foods that can be used as a **natural acne cure** are dark chocolate. This type of chocolate contains antioxidant rich flavonoid useful to protect the skin from free radicals that can trigger acne in the face.

Finding Natural Thrush Medication



Having canker sores on the lips or tongue will certainly make them feel uncomfortable. Canker sores usually appear in the oral cavity with a variety of causes such as mouth biting, use of cleaning products mouths are less fit, the consumption of food or drink that is too acidic or spicy, the effects of the virus, the effects of bacteria, mushroom effect, non-infectious, and the problem of the digestive system. Canker sores are sores in the mouth in the form of a concave spherical reddish feels quite painful, especially when touched food. The condition is usually confused with no appetite. At present, you certainly can more easily find a variety of products or drugs to treat ulcers in the market. However, you can try a [natural thrush medication](#) to help you in curing thrush.

Coconut water

You can use coconut water as a liquid for rinsing. This method is the easiest way and nice to treat canker sores.

Coffee powder

In addition to using coconut water, you can also use the ground coffee. You can take a little coffee powder attached to the affected part of the thrush and then let stand a few minutes and then you can rinse with clean water.

Salt water

Another way is to use salt water. You can use salt water for gargling. The salt content can draw liquid on canker sores so that the healing process can be much faster.

Yoghurt

You can also take advantage of natural yoghurt for **natural thrush medication**. Yoghurt helps to balance the bacteria in the mouth and the body so that it can accelerate the healing process.

Foreign-made jewelry Caused Lead Exposure



According to public health officials, [foreign-made jewelry](#) is a potential source of lead exposure. There was a case where a 1-year-old boy had a rapid increase in blood lead levels. According to researchers, the source of the exposure was traced to an amulet made from knotted string and metallic beads. The amulet was brought from Cambodia. Further test revealed that the beads on the amulet contained 45% lead. The father of the boy said that the amulet had been worn since he was 3 years old.

Healthcare professionals should ask parents, especially who come from Southeast Asia, about the use of amulets. They have to know about the risk of leads poisoning from the jewelry. Regarding the case, the CDC recommends blood lead testing for internationally adopted children and refugee. All children who recently travelled to foreign countries will also be tested. About the 1-year-old boy, the health officials also tested his brother.

The 1-year-old boy case shows that parents must be aware about anything they gave to children, especially **foreign-made jewelry**. It is better to make sure that anything given to children is safe and free from leads. All of us know that not all countries understand the importance of using health-friendly ingredients.

Fruits & Vegetables that Good for Your Eyes



We all need [good eyes](#) to see this whole world. Without eyes then our life will be so empty. Sometimes, people do not realize that they need their eyes more than anything. Do not wait until you lose your beautiful eyes. Start from now to change your bad habit to keep your eyes well.

Good eyes come from good food. That is why you should complete your nutrition from fruit and vegetables to make your eyes perfect.

- Avocado is the super food that is very good for your eyes. You can get much nutrition from this green fruit. Lutein is the important aspect to make you away from the cataract. This fruit also rich in Vitamin E, Vitamin A, Vitamin B6 and Vitamin C.
- Carrot is rich in vitamin that needed to your eyes. You can eat it directly or make it in fresh juice.
- Broccoli is good for you. It not only gives benefits for your eyes but also for your body system. It can help to prevent the hypertension, toxemia, nearsighted, neuritis and also obesity.

The point is to be the good person who has good life style. It will be so hard in the beginning but later you will enjoy the result.

Good Food for Bone Health



One way to maintain **bone health** is insufficient nutrients required by bones that vitamin D and calcium. Both of these nutrients should be met in a balanced manner. How to meet the nutritional needs is to keep your food choices in everyday consumption. You can choose some of the following foods to keep the bones in order to stay healthy.

Milk

This one drink is able to provide for the needs of calcium and vitamin D the body needs. For those of you who want to keep the weight could choose fat-free milk and high in calcium. To meet the needs of calcium and vitamin D needed a bone, you should consume three servings of milk or dairy foods.

Yogurt

The majority of people understand that in order to meet the needs of vitamin D is through sun exposure. However, some foods were able to fulfil the needs of vitamin D that the body needs. One of which is yogurt. By eating one cup of yogurt, you can get adequate levels of calcium and vitamin D daily. In this case, you should choose low-fat yogurt containing.

Seafood

Some types of fish are believed to have the content of calcium and vitamin D is high enough to meet the daily nutritional adequacy. You can consume sardines, salmon, tuna, or otherwise. Each species of marine fish is certainly deliver more nutrients vary.

Spinach

To get the calcium needs, you would not only be able to consume food or drinks that lack the milk. You also can choose spinach as an option. In one cup of cooked spinach, it contains nearly 25% of calcium daily. In addition, spinach also contains additional nutrients such as fiber, iron, and vitamin A. Therefore, food is not only good for **bone health** but also may help maintain a healthy body more thoroughly.

How to Care in Natural and Healthy Hair



Finding how to care for [healthy hair](#) naturally will certainly be a pleasant thing. Healthy hair is a dream for everyone, especially women. By having healthy hair, women can have confidence that the higher in supporting performances. Getting a hair treatment at a beauty salon can be one way to get beautiful hair and gorgeous. However, in fact, you can do natural hair treatment done at home to get healthy and beautiful hair.

Aloe vera and avocado

One way that is natural and healthy to care for healthy hair is to use a natural shampoo made from avocado and aloe vera. By applying a mixture of natural materials and do wash as usual, you can get healthy and beautiful hair.

Celery leaves

Celery can be very nice used to treat the hair. How to use natural materials is also very easy that is by juicing celery. The juice can be stored in a jar and allowed to stand overnight. The next day, the juice can be applied on the hair evenly and allowed to stand for about 15 minutes.

Lemon

Other natural ingredients that can be used in treating hair are lemon. Lemon can help overcome the dull hair. How to use lemon is also very easy that is by making it as a juice. The lemon juice can then be applied to the hair evenly and allowed to stand for a few minutes then rinse thoroughly.

Doing hair care with natural ingredients on a regular basis then you can get **healthy hair**. Choosing to use to take care of your hair naturally may be far more effective and safer than using a variety of skin-care products on the market.

How to Get a Perfect Meditation



[Meditation](#) helps us get inner peace and focus. When we know how to meditate properly, we are able to relax and our mind will be opened. Actually, it is easy to meditate, the important key is only following some basic guidelines to find the right and proper things for our meditation journey.

Here are some useful tips on how to meditate properly:

- Choose a quiet area that undisturbed by other people. It can be anywhere, from our own bedroom up to a secluded spot in the wild. If we can find this place, then it is adequate.
- Prepare the area with items that enhance our focus. We can use candles and turn off any artificial lighting. Dimmer light is helpful in relaxing.
- Get comfortable on our cushion or other soft surface. It is better to not sitting on hard surface because it will break our **meditation**
- Focus on something in our area where our eyes feel comfortable, such as candle or something shiny. However, some experts suggested to focus on nothing. Close the eyes once we find focus and breathe deeply. Take notice of our breath patterns. Breathe from the diaphragm because it helps us remain balance.
- If necessary, play light music. However, some meditation experts recommended to turn off all devices and enjoy natural sounds because it gives a perfect relaxation.

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