Power Solutions

What do you learn in the solar container science and engineering major

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Arthritis pain: Do's and don'ts

Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress management. But ...

Detox foot pads: Do they really work?

Do detox foot pads really work? No trustworthy scientific evidence shows that detox foot pads work. Most often, these products are stuck on the bottom of the feet and left there overnight. ...

Ivermectin (oral route)

Do not use more of it, do not use it more often, and do not use it for a longer time than your doctor ordered. To do so may increase the chance of side effects. It is best to take this medicine ...

Treating COVID-19 at home: Care tips for you and others

COVID-19 can sometimes be treated at home. Understand emergency symptoms to watch for, how to protect others if you're ill, how to protect yourself while caring for a sick loved one and ...

Probiotics and prebiotics: What you should know

Probiotics and prebiotics are two parts of food that may support gut health. Probiotics are specific living microorganisms, most often bacteria or yeast that help the body digest food or help ...

Water: How much should you drink every day?

How much water do you need? Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its ...

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