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The antioxidant-rich and caffeine free red rooibos tea can be enjoyed hot or cold for its benefits such as improving skin and bone health, preventing inflammation, and improving heart health among others.

### **13 Amazing Health Benefits of Red Rooibos Tea | Organic Facts**

Given the growing body of scientific support on its health benefits, sesame would be just as at home in a medicine cabinet as it would be a kitchen cupboard. Sesame (*Sesamum indicum*) is one of the oldest cultivated plants in the world, prized as an oilseed for at least 5,000 years. While it is ...

### **Open Sesame! 10 Amazing Health Benefits Of This Super-Seed**

The health benefits of apples include prevention of heart, stomach, and liver disorders, gallstones, constipation, anemia, and diabetes. They also lower your risk of suffering from rheumatism, eye disorders, a variety of cancers, gout, and Alzheimer's and Parkinson's diseases. Apples help in reducing weakness, providing relief from dysentery, and promoting digestion.

### **13 Amazing Benefits of Apple | Organic Facts**

The evidence-based health benefits of dancing are numerous and profound. In fact, if dancing were a drug it would be considered unethical not to use it. If you already love to dance, you know how easy it is to work up a sweat on the dance floor. Far from the monotony of the treadmill, dancing is an ...

### **The Amazing Health Benefits of Dancing | GreenMedInfo**

1. Improve Digestion. The first and foremost one in the list of benefits of cardamom is digestion improvement. The volatile oil within cardamom could help soothe the stomach as well as intestines; making cardamom is a great solution for a lot of digestive problems like dysentery, constipation, and digestion.

### **13 Amazing Health Benefits Of Cardamom For Men & Women**

The Coconut Research Center is a not-for-profit organization dedicated to educating the public and medical community about the benefits of coconut and palm products. This website presents a more accurate scientific viewpoint.

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