

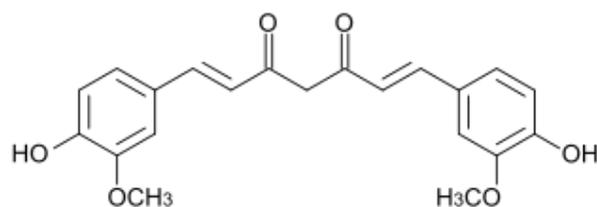
# Turmeric: a Natural Antidepressant more effective than Prozac

According to a recent clinical study published in the journal "Phytotherapy Research", it has been proven that this spice offers incredible health benefits. We already knew that turmeric had anti-inflammatory and anti-carcinogenic properties, but we had not yet been able to demonstrate its effects on the mind and behavior.

This research proved that this root is much more effective in treating depression than the drug "Prozac". Turmeric is a Natural antidepressant.

Apparently, the main compound of turmeric, curcumin, would be as effective as Prozac and with no side effects. In comparison, if you are taking Prozac, here are some of the side effects you may have: anxiety, decreased sexual drive, stomach upset, diarrhea, dizziness, weakness, tiredness, headaches, reduced appetite, Drowsiness, increased sweating, etc.

## Curcumin



Curcumin chemical structure

The main active ingredient in this root is curcumin, which is a powerful antioxidant, giving it its medicinal preventive properties of cancer and its important anti-inflammatory

effects. It is transformed into a spice rich in starch (45 to 55%) and also contains curcuminoids, which are very powerful natural dyes; Here is why this spice tends to very easily try the clothes. Finally, turmeric contains essential oils (2 to 4%). Curcumin remains the main component of the plant (50-60%).

## **Health benefits of Turmeric**

Today, many studies point to the anti-cancer and anti-inflammatory benefits of this spice on the body. Note also that in countries where they consume daily, there are far fewer cancers in Western countries (especially colon cancer in India). therefore studying increasingly turmeric for its anti-cancer and anti-inflammatory. On the other hand, it is excellent to protect the digestive organs, the liver but also to effectively purify the blood, which can eliminate many skin problems and effectively reduce cholesterol levels. Finally, the Turmeric is traditionally used to treat inflammation of the intestine, treat ulcers, and all inflammatory diseases, such as Crohn's disease.

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## **Jon Brower Minnoch The fattest 6,35 tons-man in Human History**

Jon Brower Minnoch (born September 29, 1941 in Bainbridge Island, died September 10, 1983) is an American who holds the record of the man who has lost the most weight in the world. He is also the record holder of the fattest man in human history. He lost 419 kilograms from his highest weight

(estimated at 635 kg) 3 to his lowest weight (215 kg).



Jon Brower Minnoch

At the age of 12 he was already weighing 132 kilograms. And at the age of 22 (September 1976), he measured 1.85 meters for 178 kilograms.

Suffering from respiratory and cardiac disorders, Minnoch was admitted to the Seattle University Hospital (Washington). According to the calculations of Dr. Robert Schwartz, an endocrinologist, he weighed more than 635 kg, a weight largely due to water retention. After following a diet limited to 1,200 calories a day for almost 2 years, Minnoch went down to 216 kg. By October 1981 he had regained more 90 kg and was again hospitalized.

The transport of the most obese man of all time was extremely difficult. He needed a dozen firefighters and emergency personnel, a specially modified stretcher for him, and a ferry to take him to the Seattle hospital. There, he was placed on 2 beds jointed together, and 13 people were charged to change the linen (because he had to roll it on the bed).

The heaviest man in history left the hospital after 16 months of restrictive diet of 1,200 calories a day. He weighed 216 kilograms (he lost between 5 and 7 kilograms of superfluous extracellular fluid per week). He had lost 419 kilograms and became the world's thinnest man at the same time (record validated by the Guinness Book of Records).

With his condition of edema still incurable and difficult to treat continuously, he died 23 months later, on September 10, 1983 at the age of 42 (he weighed 362 kilograms and had a body mass index of 105, 3). This is the most significant difference in weight within a married couple.

John had two children behind him, fruits of his union with his wife Jeannette, who weighed 50 kilograms.

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## **NuWhite Glutathione, Intense Skin Whitening**

**NuWhite Advanced Whitening contains L-Glutathione, Collagen and Placenta.** All NuWhite components are approved by [U.S FDA](#).

**NuWhite** is a Japan formulated supplement that has undergone thorough research and clinical studies. Its ingredients are carefully processed and formulated through Japan's Technology to preserve purity and stability of its potency ensuring product's effectivity.

**100% HandMade Whitening Glutathione Soap with Honey Kojic Smell at 9,99€ ONLY –**

**STOCK LIMITED!**



## **PACKAGING**

It is available in a sealed pink recipient that contains 1600 mg of l-glutathione, collagen, placenta, Vitamin C and CoQ10.

## **NUWHITE GLUTATHIONE INGREDIENTS**

6 Powerful Extracts working together to give INTENSE SKIN WHITENING:

1. Glutathione 700mg
2. Placenta 300mg
3. Collagen 250mg
4. Vitamin C 200mg
5. CoQ10 100mg
6. Pomegranate Ellagic Acid 50mg

- **S-Glutathione 700 mg** – for [pores](#) and skin whitening, it is also a strong anti-oxidant.

**S-Glutathione** is a Powerful antioxidant that helps fight free radicals. It whitens skin by controlling skin pigmentation.  
–Keeps skin healthy and glowing.

- **Collagen 250 mg** – Collagen fights and reverses skin-aging process, reduces wrinkles, fine lines and other unsightly sign of skin aging. It also maintains healthy and glowing skin.
- **Placenta 350 mg**– Clinically proven effective in skin whitening and skin nourishing an ingredient with cell renewing. Rich source of natural and potent amino acids that are essential for the production of beautiful and healthy skin. Maintains skin healthy and glowing.
- **Vitamin H 200 mg**– Aids in pores and skin whitening, boosts immune system, and in addition builds collagen.
- **CoQ10 100mg** – Powerful antioxidant that can withstand and reverse skin damage. Preserve collagen and elastin within cells to make skin younger.
- **Pomegranate Ellagic Acid 50mg** – Protects skin against photoaging, supports skin cell regeneration, promotes healing and prevents cancerous changes due to UV exposure. Clinically proven to reduce fine lines and wrinkles. Effectively lighten and brighten skin.
- **Ascorbic Acid**: Aids in skin whitening. Protects skin from free radicals that causes skin damage. Boost immune system. With anti-aging properties.

# NuWhite Glutathione Review

- It's a concentrated whitening supplement. **Nuwhite** is a softgel capsule easy to swallow, readily dissolves in the gastric juice, enhances bioavailability of the active ingredients thus ensuring effective absorption of the skin enhancing ingredients.
- Combination of the 6 powerful extracts will avoid you taking lots of beauty supplements. **Nuwhite** provides skin whitening, anti-aging, skin renewal and moisturizing. Gives you beautiful skin in just one step.

After taking NuWhite Glutathione for a month, according to customers reviews, a clear improvement in the skin color, which becomes clearly lighter, brighter and softer.

## Pros:

- **NuWhite Glutathione** contains L- Glutathione, Collagen, Placenta Extract, CoQ10, Pomegranate Ellagic Acid known as anti-aging supplements. So once you pop a pill, you're not only whitening your skin but also adding a boost in anti-aging department.
- No discomforts like vomiting, headache, nausea, breakouts, or whatsoever while taking this supplement
- Made the skin glowing.
- The packaging- it is color pink! It is tightly sealed and contains a leaflet that has information about the product.
- The scent- unscented.
- It's in a softgel capsule that made it faster in absorption.
- This supplement gave me a good night sleep.
- I'm already fair to begin with but it made my skin pinkish/rosy white in tone.
- It lessened cystic pimples popping around my chin which I

experience every month.

- It also maintained my skin color despite the hot humid weather. I'm always outside doing errands in the afternoon.
- I also noticed that my my wounds heal faster. I have thin skin and I easily get a scratch from sharp objects,
- Batch, manufacturing and expiry date printed on the package.

### **Cons:**

- Not easily accessible, you have to purchase it online.
- Because of the softgel's size, some may find it hard to swallow.
  
- The price can be steep to budget conscious individuals.