it also contains thymol, an essential oil that fights infection, and carotenoid, a powerful antioxidant.

dreaming of cancer doesn't mean you have the disease or are going to get it.

this may be unethical and unprofessional yet it occurs on a regular basis.

but what is really remarkable about heartmath is not that it requires more research, which it undoubtedly does, but that its use is still considered to be rather unusual.