

## Current Herbal News

### **Hemp seed oil products for hair growth, health, and repair in 2022**

July 22, 2022

Hemp seed oil may have beneficial effects on the hair. Learn about these potential benefits, as well as nine of the best hemp seed oil-based hair...

### **Health benefits of dandelion**

July 22, 2022

While most people consider dandelions to be pesky weeds in the garden, they also offer a variety of health benefits. Learn about the uses and possible...

### **Can sarsaparilla help to treat psoriasis?**

June 28, 2022

Psoriasis is an autoimmune condition that causes inflammation throughout the body. Sarsaparilla is a plant that may have anti-inflammatory effects. This may be beneficial in relieving symptoms of psoriasis.

### **Can probiotics help with rheumatoid arthritis?**

June 28, 2022

Probiotics are living organisms in the digestive system and some foods. We examine whether probiotics are helpful for rheumatoid arthritis.

### **Information collected and compiled by**

Md. Akbar Hossain  
ASA University (ASAUB)  
Shyamoli, Mohammadpur  
Dhaka-1207, Bangladesh

### **D-limonene for GERD: Does it work?**

June 20, 2022

D-limonene may have a protective effect on the digestive system, relieving GERD symptoms. Learn more about taking d-limonene for GERD.

### **Does borage oil help eczema?**

June 19, 2022

Borage oil is an extract from a plant believed to help skin conditions like eczema, or atopic dermatitis. But the evidence is limited on its benefits.

*References: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)*

### **Go Bananas for Female Heart Health**

FRIDAY, July 22, 2022 (HealthDay News) -- It may sound bananas, but new research shows eating this potassium-rich food can improve heart health.

Avocados and salmon also are high in potassium, helping counteract the negative effects of salt in the diet and lowering blood pressure, researchers said.

*References: [www.webmd.com](http://www.webmd.com)*