

Pinterest

brainboost.blog · My blog dives into topics such as health, fitness, wellness, weight loss, food, nutrition, mental health, emotional health, wellbeing, health tips...more

ShenilaTwain

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How TO REVERSE PREDIABETES

10 WAYS TO REJUVENATE The Skin

HEALTH BENEFITS OF CUCUMBER

ACID REFLUX DIET

NATURAL REMEDIES FOR STOMACH PAIN

ACNE DIET HOW TO EAT YOUR WAY TO CLEAR SKIN FAST

natural vision NATURAL Eye Care

THE BEST FOODS FOR ARTHRITIC

CAUSES OF FOAMY URINE

FOOD FOR KIDNEY HEALTH

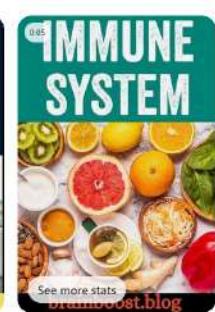
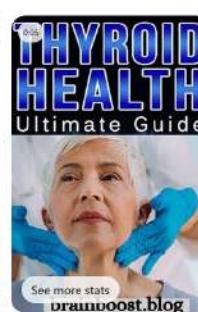
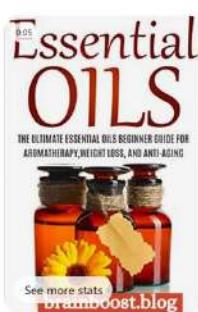
WELLNESS TIPS!

the youthful skin

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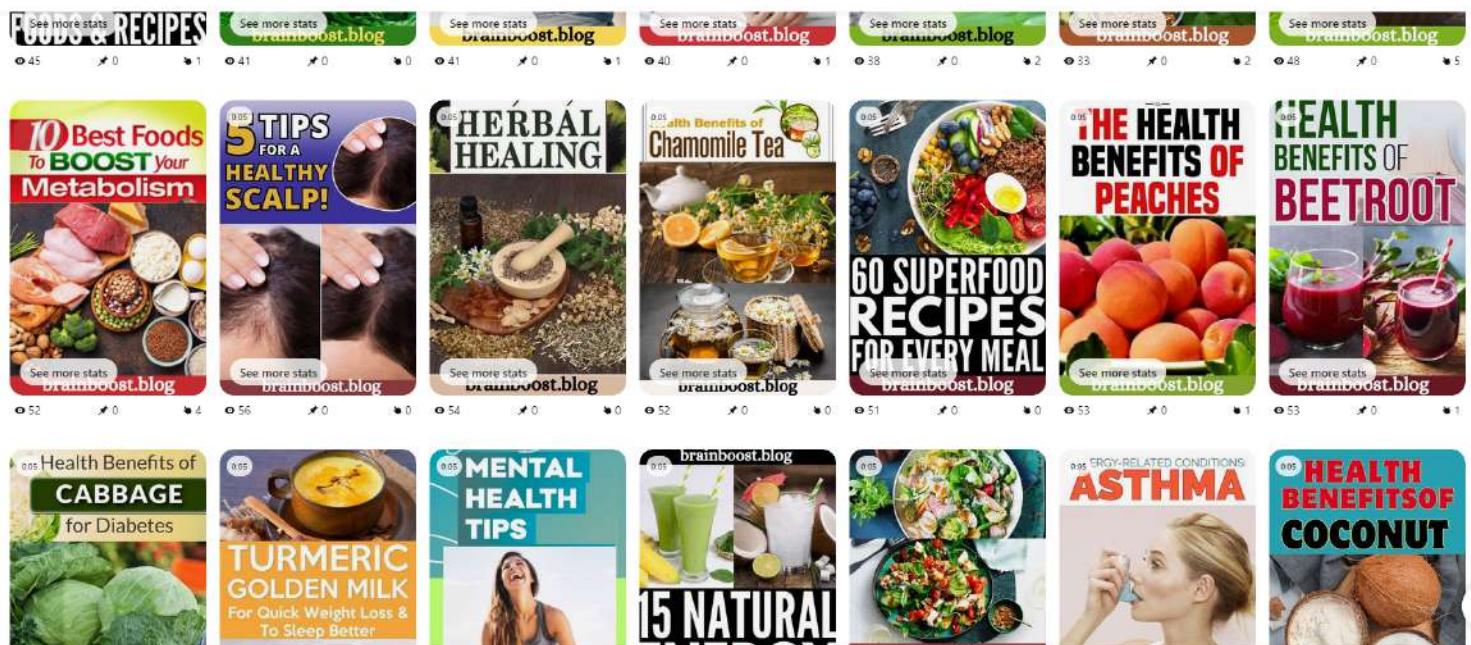
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pinterest.com/Shenitaetwaroo/

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BRAIN BOOST Always Learning BRAIN BOOST Always Learning

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This image shows a screenshot of a Pinterest board titled 'Shenitaetwaroo/' with a focus on health and wellness. The board is organized into two main sections: 'Created' (top row) and 'Saved' (bottom row). Each section contains several pins, each with a thumbnail image, title, and a 'See more stats' button.

Created Section:

- LOSING WEIGHT Fast**: Shows two women in athletic wear.
- SHORT GUIDE TO THE 100 MOST NUTRITIOUS FOODS**: Shows various fruits and vegetables.
- How to get rid of Hyperpigmentation**: Shows a close-up of skin with hyperpigmentation.
- BEST ANTIOXIDANT FOODS THAT YOU MUST INCLUDE IN YOUR DAILY DIET**: Shows various antioxidant-rich foods like berries and leafy greens.
- 19 Foods And Home Remedies To Improve Your Memory**: Shows a bowl of food.
- Cure Gastric**: Shows a woman holding her stomach.
- Hemorrhoid Natural Remedies**: Shows a bowl of herbs and a glass of oil.

Saved Section:

- HEALTH Benefits**: Shows a woman in a blue shirt.
- How to Relieve foot and Leg Pain**: Shows a person's leg with a red mark.
- Benefits of Fruits**: Shows a variety of fruits.
- HOW TO REVERSE AGING**: Shows a woman applying cream to her face.
- FAT FIGHTING FOODS**: Shows a plate of healthy food.
- 20 FOODS TO AVOID IF YOU HAVE HIGH**: Shows a plate of salmon and vegetables.
- Balanced Plate Crafting Nutritious Meals**: Shows a plate of food.

Created

Saved

The image shows a collection of 18 Pinterest pins arranged in a grid. Each pin has a small preview image, a title, and a 'See more stats' button with a link to 'brainboost.blog'. The pins cover various topics:

- Row 1: 6 essential tips For Healthier Life, 7 REAL health benefits of PEPPERMINT, 10 Best Foods to BOOST your Metabolism, 5 TIPS FOR A HEALTHY SCALP!, HERBAL HEALING with Benefits of Chamomile Tea, 60 SUPERFOOD RECIPES FOR EVERY MEAL, THE HEALTH BENEFITS OF PEACHES.
- Row 2: HEALTH BENEFITS OF BEETROOT, Health Benefits of CABBAGE for Diabetes, TURMERIC GOLDEN MILK For Quick Weight Loss & To Sleep Better, MENTAL HEALTH TIPS, 15 NATURAL ENERGY BOOSTERS, Healthy Diet Recipes, ERV-RELATED CONDITIONS: ASTHMA, and HEALTH BENEFITS OF COCONUT.
- Row 3: All pins in this row have a 'See more stats' button linking to 'brainboost.blog'.

