Mindluster Platform

About the course Gotu Kola Benefits for Skin Health

Gotu Kola Benefits course, in this course we will learn about the myriad advantages of Gotu Kola, an ancient herb renowned for its medicinal properties. From enhancing cognitive function to promoting skin health and aiding in stress management, we'll explore the diverse range of benefits this herb offers. Through comprehensive studies and practical applications, students will gain insights into harnessing the potential of Gotu Kola for holistic well-being.

Medical Category's Courses

Course Lesson(83)

Lesson 1 : **How to Improve Memory Connection between Alzheimer s Insulin â€“ Dr Berg**

Lesson 2 : **Serious Weight Loss with Ketosis â€“ Dr Berg s Live Webinar On Losing Weight On Keto**

Lesson 3 : **Is Ketosis Dangerous â€“ Dr Berg**

Lesson 4 : **Effects Of Stress On The Brain â€“ Dr Berg**

Lesson 5 : **How to Get Rid of Brain Fog â€“ Best Nutrition Tip by Dr Berg**

Lesson 6 : **How to Improve Memory Connection between Alzheimer s Insulin â€“ Dr Berg**

Lesson 7 : **How Stress Affects Your Brain â€“ Dr Berg**

Lesson 8 : **Serious Weight Loss with Ketosis â€“ Dr Berg s Live Webinar On Losing Weight On Keto**

Lesson 9 : **Is Ketosis Dangerous â€“ Dr Berg**

Lesson 10 : **Dr Berg s Theory on Dementia Blood Pressure Stroke**

Lesson 11 : **Effects Of Stress On The Brain â€“ Dr Berg**

Lesson 12 : **Download the New DrBerg App for Free**

Lesson 13 : **How to Boost Your Energy Webinar**

Lesson 14 : **Dr Berg s Upcoming Health Webinar Series**

Lesson 15 : **Emotional testimonial regarding diabetes Dr Berg s Office**

Lesson 16 :
The OTHER Reasons Why People Can t Lose Weight â€“ Dr Berg on Weight Loss Barriers

Lesson 17 :
Serious Weight Loss with Ketosis â€“ Dr Berg s Live Webinar On Losing Weight On Keto

Lesson 18 : **Is Ketosis Dangerous â€“ Dr Berg**

Lesson 19 : **Burning Fat Made Easy Tips and Tricks from Dr Berg**

Lesson 20 : **Dr Eric Berg s Case Study 4 Pots of Coffee to 1 Cup**

Lesson 21 : **Top Signs and Symptoms of Vitamin B1 Deficiency â€“ Dr Berg**

Lesson 22 : **Dr Berg finds What Causes Strokes Vitamin K Warfarin Diet Coumadin**

Lesson 23 : **Calorie Myth â€“ Why Low Calories Does Not Equal Weight Loss â€“ Dr Berg**

Lesson 24 : **The Best Breathing Exercise for Sleep â€“ Dr Berg**

Lesson 25 : **Nancy Belsoy talks about her visit with Dr Berg**

Lesson 26 : **Karen Crock talks about her success with Dr Berg with sleep**

Lesson 27 : **Dr Eric Berg s Client s Testimonial with Debra Carroll**

Lesson 28 : **Dr Eric Berg interviews Charmain Josie s Testimonial**

Lesson 29 : **Dr Berg s Weight Loss Success**

Lesson 30 : **The Best and Worst Vitamin C**

Lesson 31 : **Improved Breathing Better Sleep and More Energy**

Lesson 32 : **Diet Plan Success**

Lesson 33 : **The Best Fat Burning Exercise**

Lesson 34 : **Body Shape Seminar Part 3**

Lesson 35 : **Dr Eric Berg News Channel 8 Behind The Scenes**

Lesson 36 : **Vitamins and Nutrients for Weight Loss**

Lesson 37 : **Brain Focus 1 Tip And Trick Explained By Dr Berg**

Lesson 38 : **Brain Focus 1 Tip And Trick Explained By Dr Berg**

Lesson 39 : **What is Parkinson s Disease and What Causes this Disease Explained by Dr Berg**

Lesson 40 : **Can the Brain Run On No Carbs**

Lesson 41 : **Which Nutritional Deficiency Causes ADHD â€“ Dr Berg**

Lesson 42 : **Is Opioid Heroin Addiction A Symptom Or A Disease â€“ Dr Berg**

Lesson 43 : **Keto Diet Results â€“ What to Expect â€“ Dr Berg**

Lesson 44 : **How To Improve Mental Clarity with Intermittent Fasting â€“ Dr Berg**

Lesson 45 : **Dr Berg Interviews Amy Berger on Ketogenic Diet for Alzheimer s Disease**

Lesson 46 :
6 Child IQ Killers Low IQ By Iodine Deficiency Vitamin B12 Deficiency High Sugar Foods â€“ Dr Berg

Lesson 47 : **Memory Loss and the Hippocampus â€“ Dr Berg MUST WATCH**

Lesson 48 : **The 6 Main Common Causes of Depression â€“ Dr Berg**

Lesson 49 : **Unresolved Low Back Pain DO THIS â€“ Dr Berg**

Lesson 50 : **Is Your Brain Shrinking â€“ Dr Berg On Brain Health Brain Atrophy**

Lesson 51 :
Regrow Your Brain with Intermittent Fasting â€“ Brain Derived Neurotrophic Factor BDNF â€“ Dr Berg

Lesson 52 : **How To Improve Attention Span Focus â€“ Dr Berg**

Lesson 53 : **Can Parkinson s Disease Be Reversed**

Lesson 54 : **Can Intermittent Fasting Reverse a Poor Memory From Aging â€“ Dr Berg**

Lesson 55 : **What Is Amyotrophic Lateral Sclerosis ALS Or Lou Gehrig s Disease â€“ Dr Berg On ALS Symptoms**

Lesson 56 : **The Best Anti Aging Foods for the Brain â€“ Foods for Brain Health â€“ Dr Berg**

Lesson 57 : **Adderall Side Effects and Natural Adderall Alternatives â€“ Dr Berg**

Lesson 58 : **What is Alzheimer s Disease â€“ The Alzheimer s Brain â€“ Dr Berg**

Lesson 59 : **Effects of Iodine Deficiency Mental Health IQ â€“ Dr Berg**

Lesson 60 : **Bogus Diagnosis Disorder**

Lesson 61 : **Absent Minded How to Stop It Absent Mindedness Forgetfulness Cure â€“ Dr Berg**

Lesson 62 : **Excessive Thinking Focus Adrenal Function Explained By Dr Berg**

Lesson 63 : **The Best Nutrient to Boost Learning**

Lesson 64 : **What to do for Alzheimer s Disease if Nothing is Working â€“ The Perfect Treatment by Dr Berg**

Lesson 65 : **Fix Your Short Term Memory Loss â€“ Hippocampus Repair â€“ Dr Berg**

Lesson 66 : **Alzheimer s Disease Starts in the Liver â€“ Prevent Alzheimer s With Good Liver Health â€“ Dr Berg**

Lesson 67 : **Do Intermittent Fasting for ADHD**

Lesson 68 : **Key Foods for Parkinson s Disease**

Lesson 69 : **The Benefits of Gotu Kola**

Lesson 70 : **Nutrient Deficiencies Affect Your Ability to Think OKAY**

Lesson 71 : **The Silent Symptoms of Dementia Watch Out for These 6 Warning Signs**

Lesson 72 : **Why the 1 Best Brain Food to Boost Memory Focus is SALMON**

Lesson 73 : **The Vitamin Deficiency that Mimics Dementia Dr Berg**

Lesson 74 : **4 Mineral Deficiencies That LOWER Your IQ Intelligence**

Lesson 75 : **Sugar s Effect on Brain Power Attention Focus Concentration**

Lesson 76 : **The REAL Cause of Alzheimer s Is NOT Amyloid Plaque in the Brain**

Lesson 77 : **The 10 WARNING Signs of Dementia**

Lesson 78 : **How to Boost Your Acetylcholine for Super Brain Power**

Lesson 79 : **Genetically at Risk for Alzheimer s Disease DO THIS**

Lesson 80 : **The Best Remedy for ADD ADHD Attention Deficit Disorder**

Lesson 81 : **The 1 Food to AVOID to Improve Alzheimer s Disease Symptoms**

Lesson 82 : **Groundbreaking New Revelations on Alzheimer s Disease**

Lesson 83 : **The Silent Signs of Dementia Watch Out for These 10 Warning Signs**

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