Mindluster Platform

About the course Nigella Sativa Benefits for Weight Loss

Nigella Sativa Benefits course, in this course we will explore the diverse health benefits of Nigella Sativa, also known as black seed or black cumin. Discover its potential uses in traditional medicine and modern research, including its antioxidant, anti-inflammatory, and immune-boosting properties. Learn how Nigella Sativa may support various aspects of health, such as digestion, respiratory health, and skin conditions. Gain insights into practical ways to incorporate Nigella Sativa into your daily routine for optimal wellness.

Medical Category's Courses

Course Lesson(21)

Lesson 1 : **Evidence Based Weight Loss Live Presentation**

Lesson 2 : **Eating More to Weigh Less**

Lesson 3 : **Are There Foods with Negative Calories**

Lesson 4 : **Nutrient Dense Approach to Weight Management**

Lesson 5 : **How Much Exercise to Sustain Weight Loss**

Lesson 6 : **Nuts and Obesity The Weight of Evidence**

Lesson 7 : **Does Apple Cider Vinegar Help with Weight Loss**

Lesson 8 : **Can Morbid Obesity Be Reversed Through Diet**

Lesson 9 : **Keto Diet Theory Put to the Test**

Lesson 10 : **Keto Diet Results for Weight Loss**

Lesson 11 : **Is Weight Loss on Ketosis Sustainable**

Lesson 12 : **The 3 500 Calorie per Pound Rule Is Wrong**

Lesson 13 : **The New Calories per Pound of Weight Loss Rule**

Lesson 14 : **Is Breakfast the Most Important Meal for Weight Loss**

Lesson 15 : **Benefits of Black Cumin Seed Nigella Sativa for Weight Loss**

Lesson 16 : **Is Gastric Balloon Surgery Safe and Effective for Weight Loss**

Lesson 17 : **Extreme Weight Loss Devices**

Lesson 18 : **The Fat Blocking and Appetite Suppressing Effects of Thylakoids**

Lesson 19 : **Is Swimming Good for Weight Loss**

Lesson 20 : **Fecal Transplants for Aging and Weight Loss**

Lesson 21 : **The Risks and Benefits of Mindfulness for Weight Loss**

Related courses

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Male Reproductive

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Pharynx

Endocrine

General Embryology

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