Mindluster Platform

About the course Sorghum Health Benefits for Better Health

Sorghum Health Benefits course, in this course we will explore the numerous health benefits of sorghum, a nutritious whole grain. Through an in-depth examination of scientific research and nutritional studies, we'll uncover the potential advantages of incorporating sorghum into your diet. From its rich nutritional profile, including high levels of fiber, protein, and antioxidants, to its role in supporting digestive health, managing blood sugar levels, and reducing the risk of chronic diseases such as heart disease and diabetes, we'll delve into the diverse ways sorghum can promote overall health and well-being. Join us to discover the wellness potential of sorghum and learn practical tips for incorporating this versatile grain into your daily meals for optimal health.

Medical Category's Courses

Course Lesson(197)

Lesson 1 : **Podcast COVID 19 Series How to Avoid COVID 19**

Lesson 2 : **Podcast COVID 19 Series Hand Sanitizing**

Lesson 3 : **Podcast COVID 19 Series Do Face Masks Work**

Lesson 4 : **Podcast COVID 19 Series What Does the Future Hold**

Lesson 5 : **Podcast COVID 19 Series Can We Prevent the Next Pandemic**

Lesson 6 : **Podcast The Best Anti Inflammatory Diet**

Lesson 7 : **Podcast Strokes and Diet Part 1**

Lesson 8 : **Podcast Strokes and Diet Part 2**

Lesson 9 : **Podcast Strokes and Diet Part 3**

Lesson 10 : **Podcast Strokes and Diet Part 4**

Lesson 11 : **Podcast Boosting Our Metabolism**

Lesson 12 : **Podcast Nutrition Facts Grab Bag 16**

Lesson 13 : **Podcast Today s Superfood Cabbage**

Lesson 14 : **Podcast Our Fasting Fascination**

Lesson 15 : **Podcast The Carbon Footprint of What We Eat**

Lesson 16 : **Podcast Nutrition Facts Grab Bag 17**

Lesson 17 : **Podcast The Best Diet for Optimal Athletic Performance**

Lesson 18 : **Podcast What to Do About Acne**

Lesson 19 : **Podcast More on Marijuana**

Lesson 20 : **Podcast All About Vitamin B12 Part 1**

Lesson 21 : **Podcast All About Vitamin B12 Part 2**

Lesson 22 : **Podcast The Sour Power of Vinegar**

Lesson 23 : **Podcast DHA and Pregnancy**

Lesson 24 : **Podcast Plant Based Meats Part 1**

Lesson 25 : **Podcast Plant Based Meats Part 2**

Lesson 26 : **Podcast Green Tea Power**

Lesson 27 : **Podcast Obesity Series Part 1**

Lesson 28 : **Podcast Marvelous Health Effects of Ginger**

Lesson 29 : **Podcast Obesity Series Part 2**

Lesson 30 : **Podcast Nutrition Facts Grab Bag 18**

Lesson 31 : **Podcast Grains with the Best Gains**

Lesson 32 : **Podcast The Health Benefits of Sorghum**

Lesson 33 : **Podcast The Sour Power of Vinegar**

Lesson 34 : **Podcast DHA and Pregnancy**

Lesson 35 : **Podcast Plant Based Meats Part 1**

Lesson 36 : **Podcast Plant Based Meats Part 2**

Lesson 37 : **Podcast Green Tea Power**

Lesson 38 : **Podcast Obesity Series Part 1**

Lesson 39 : **Podcast Obesity Series Part 2**

Lesson 40 : **Podcast Marvelous Health Effects of Ginger**

Lesson 41 : **Podcast Nutrition Facts Grab Bag 18**

Lesson 42 : **Podcast Do Stents Work Part 2**

Lesson 43 : **Podcast Do Stents Work Part 1**

Lesson 44 : **Podcast Let s Call Itâ€¦IBD**

Lesson 45 : **Podcast What s the Skinny on Kombucha**

Lesson 46 : **Podcast Fatty Liver Disease and How Not to Get It**

Lesson 47 : **Podcast Controlling Diabetes**

Lesson 48 : **Podcast Nutrition Facts Grab Bag 19**

Lesson 49 : **Podcast The Health Benefits of Sorghum**

Lesson 50 : **Podcast You Say Nitrates I Say Nitrites**

Lesson 51 : **Podcast One Bad Apple**

Lesson 52 : **Podcast Grains with the Best Gains**

Lesson 53 : **Podcast Do Stents Work Part 3**

Lesson 54 : **Podcast An Aspirin a Day**

Lesson 55 : **Podcast Keeping It Clean and Healthy**

Lesson 56 : **Podcast Fighting Depression**

Lesson 57 : **Podcast Lowering Metastasis Risk**

Lesson 58 : **Podcast Nutrition Facts Grab Bag 20**

Lesson 59 : **Podcast The Best Diet for Thyroid Function Part 1**

Lesson 60 : **Podcast The Best Diet for Thyroid Function Part 2**

Lesson 61 : **Podcast Doing the Moringa**

Lesson 62 : **Podcast Citrus Power**

Lesson 63 : **Podcast Fun with Fermented Foods**

Lesson 64 : **Podcast Statins Part I**

Lesson 65 : **Podcast Statins Part II**

Lesson 66 : **Podcast A Doctor a Day Keeps the Apples Away**

Lesson 67 : **Podcast SIBO Do You Have It Do You Want It**

Lesson 68 : **Podcast Nutrition Facts Grab Bag 21**

Lesson 69 : **Podcast Without Consent**

Lesson 70 : **Podcast Oats Not Just for Horses**

Lesson 71 : **Podcast Toxic Mold and You**

Lesson 72 : **Podcast There s a Fungus Among Us**

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Lesson 77 : **Podcast 3MCPD and ME**

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Lesson 79 : **Podcast Bariatric Surgery vs Diet**

Lesson 80 : **Podcast The Incredible Edible Onion**

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Lesson 82 : **Podcast Erectile Function and Dysfunction**

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Lesson 84 : **Podcast Cancer and How Not to Get It**

Lesson 85 : **Podcast Extreme Weight Loss**

Lesson 86 : **Podcast Excuse me Your Gut Is Leaking**

Lesson 87 : **Podcast Personalizing Your Nutrition**

Lesson 88 : **Podcast Rate Your Diet**

Lesson 89 : **Podcast Processed Meat and Cancer**

Lesson 90 : **Podcast Adding Years to Our Life**

Lesson 91 : **Podcast Just Say No to Meth ionine**

Lesson 92 : **Podcast Vitamin C Power**

Lesson 93 : **Podcast You Say Potato â€“ Part I**

Lesson 94 : **Podcast You Say Potato â€“ Part II**

Lesson 95 : **Podcast Nutrition Facts Grab Bag 23**

Lesson 96 : **Podcast The Link between Bovine Leukemia and Breast Cancer**

Lesson 97 : **Podcast You Look Marvelous Just the Way you Are**

Lesson 98 : **Podcast Preventing Hair Loss**

Lesson 99 : **Podcast The Sketchy Supplement Industry**

Lesson 100 : **Podcast Salt vs Potassium**

Lesson 101 : **Podcast Saturated Fat and Fast Food**

Lesson 102 : **Podcast Alzheimer s Disease and How Not to Get It**

Lesson 103 : **Podcast Plant vs Animal Proteins**

Lesson 104 : **Podcast Optimal Evacuation**

Lesson 105 : **Podcast Natural Dietary Remedies**

Lesson 106 : **Podcast Weight Bias in Health Care**

Lesson 107 : **Podcast Nutrition Facts Grab Bag 24**

Lesson 108 : **Podcast What Is H Pylori**

Lesson 109 : **Podcast Treating Parkinson s with Diet**

Lesson 110 : **Podcast Go Easy on the Cheese**

Lesson 111 : **Podcast How Effective Is Chemotherapy**

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Lesson 113 : **Podcast Nutrition Facts Grab Bag 25**

Lesson 114 : **Podcast Industry Bias How Big Sugar Manipulates the Science**

Lesson 115 : **Podcast Industry Bias Misleading Us About Meat Part I**

Lesson 116 : **Podcast Industry Bias Misleading Us About Meat Part II**

Lesson 117 : **Podcast All You Need to Know About Allulose**

Lesson 118 : **Podcast Help for Your Skin**

Lesson 119 : **Podcast Getting Healthy at Work**

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Lesson 121 : **Podcast Fasting and Cancer Part I**

Lesson 122 : **Podcast Fasting and Cancer Part II**

Lesson 123 : **Podcast Q A with Dr Greger 8**

Lesson 124 : **Podcast Healthy Bones**

Lesson 125 : **Podcast NutritionFacts Grab Bag 26**

Lesson 126 : **Podcast Health Equity and Longevity**

Lesson 127 : **Podcast Do You Need to Be Gluten Free**

Lesson 128 : **Podcast Cholesterol and Diabetes Q A**

Lesson 129 : **Podcast B12 and Vitamin D Supplements**

Lesson 130 : **Podcast Coffee Sip or Skip**

Lesson 131 : **Podcast Q A with Dr Greger 9**

Lesson 132 : **Podcast Is This the End of the Cholesterol Controversy**

Lesson 133 : **Podcast The Robin Hood of Science**

Lesson 134 : **Podcast The Right Idea the Wrong Message**

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Lesson 136 : **Podcast The Best Diet for Athletic Performance**

Lesson 137 : **Podcast A Healthy Brain Is a Happy Brain**

Lesson 138 : **Podcast Tongue Scraping Part I**

Lesson 139 : **Podcast Tongue Scraping Part II**

Lesson 140 : **Podcast Dr Greger in The Kitchen**

Lesson 141 : **Podcast Research Roundup**

Lesson 142 : **Podcast Get Some Sleep**

Lesson 143 : **Podcast Treating Parkinson s with Diet**

Lesson 144 : **Podcast Get the Lead Out**

Lesson 145 : **Podcast Chronic Pain Relief**

Lesson 146 : **Podcast Women s Health**

Lesson 147 : **Podcast The Oatmeal Cure**

Lesson 148 : **Podcast The Flower Power of Hibiscus Tea**

Lesson 149 : **Podcast Research Roundup 2**

Lesson 150 : **Podcast The Best Mosquito Repellent**

Lesson 151 : **Podcast Fecal Transplants and yes that s a thing**

Lesson 152 : **Podcast Reverse Stage 3 Cancer with Fasting**

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Lesson 155 : **Podcast Q A with Dr Greger 10**

Lesson 156 : **Podcast A Plant Based Pregnancy**

Lesson 157 : **Podcast Chronic Pain Relief**

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Lesson 159 : **Podcast How to Prevent Cellular Aging**

Lesson 160 : **Podcast Are Plant Based Meat Substitutes Healthy**

Lesson 161 : **Podcast Keep Your Kidneys Healthy**

Lesson 162 : **Podcast Is Spicy Food Good for You**

Lesson 163 : **Podcast The Best Time to Exercise for Weight Loss**

Lesson 164 : **Podcast Vegetarian Athletes**

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Lesson 166 : **Podcast Angiogenesis and Why It Matters**

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Lesson 172 : **Podcast The Best Diet for COVID and Long COVID**

Lesson 173 : **Podcast Mushroom Power**

Lesson 174 : **Podcast Q A with Dr Greger 11**

Lesson 175 : **Podcast Migraine Relief**

Lesson 176 : **Podcast Healthy Lungs**

Lesson 177 : **Podcast How to Prevent Hearing Loss**

Lesson 178 : **Podcast Do Anti Aging Creams Work Part 1**

Lesson 179 : **Podcast Do Anti Aging Creams Work Part 2**

Lesson 180 : **Podcast Bananas in Smoothies**

Lesson 181 : **Podcast How Not to Age Part 1**

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Lesson 194 : **Podcast Is Longevity Genetic**

Lesson 195 : **Podcast Blood Vessel Health**

Lesson 196 : **Podcast Healthy Teeth and Gums**

Lesson 197 : **Podcast NutritionFacts Grab Bag 28**

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