

What Is Ankylosing Spondylitis?

It is believed to be genetically inherited, and the majority are born with HLA-B27 gene.

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Eat Pomegranates To Control Blood Sugar

Most fruits tend to spike blood sugar, but sugars in pomegranates are paired with powerful antioxidants that can reduce blood glucose levels. Fresh pomegranate juice reduces insulin resistance, too. If you're diabetic, 8–10 oz (a little over 1 cup) is a safe daily limit. Alternatively, you may eat 1 whole pomegranate a day, mixed into salads or other dishes for a fresh hint of sweetness.

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Keep The Burps Down With Ginger And Fennel

When it comes to burping, better out than in for sure. But when it gets embarrassingly frequent, you might want to consider the possibilities of gastric problems like GERD and IBS or even side effects of meds. A time-tested strategy is to eat slowly. It'll help swallow more food and less air. For a more bullish approach, improve your digestion with fennel tea and ginger.

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Recognize The Warning Signs Of Low Self-Esteem

Low self-esteem is deeper rooted than low self-confidence. It reflects how poorly you think of yourself, not just your skills (think along the lines of self-love). If you undervalue your opinion, apologize way too often, get easily depressed, take constructive criticism for insult, and depend a little too much on others to make decisions for you, you may have a problem.

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How Long Does Viagra Last?

Several factors can affect how you metabolize certain drugs. Taking this into account, how long can you expect the effects of Viagra to last?

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The 15 Best Calcium-Rich Foods

Calcium has many benefits, but lots of us don't get enough of it. We'll show you 15 foods (including several non-dairy options) full of this crucial mineral.

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Protecting your eyes while studying

Are you suffering from Computer Vision Syndrome?

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What Is an Air Fryer and How Does It Work?

An air fryer is a popular kitchen appliance used to make fried foods such as meat, pastries and potato chips. It works by circulating hot air that contains fine oil droplets around the food to produce a crunchy, crispy exterior. This also results in a chemical reaction known as the Maillard effect, which occurs between an amino acid and a reducing sugar in the presence of heat. It leads to alterations in the color and flavor of foods (1).

Air-fried foods are touted as a healthy alternative to deep-fried foods, thanks to their lower content of fat and calories. Instead of completely submerging the food in oil, air-frying requires just a tablespoon of oil to achieve a similar taste and texture to deep-fried foods.

SUMMARY Air fryers are kitchen appliances that fry foods by circulating hot air around the food. Air-fried foods are believed to be healthier than deep-fried foods because they require less oil to produce a similar taste and texture.

Read more: [Air fryers are advertised as a healthy, guilt-free way to enjoy fried foods. Is this true? Or simply a clever marketing angle?](#)

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Exercises That Can Make Your Bone Marrow 'Younger'

Researchers say running can improve your bone marrow's lifespan. Can other activities such as cycling and swimming have the same positive effect? [Read on](#) →

Should you brush your teeth before or after breakfast? ↑

Brushing your teeth twice a day is important, but when exactly should that happen?

