



F R I D A Y , N O V E M B E R

➤ Could Almond leaves be the next viagra



The leaves, bark, roots, fruit and seeds of Indian almond have been used to effectively reverse blood sugar regulating functions in damaged pancreas of diabetics, prolong ejaculation, stop the spread of lung cancer, and sickle cell anaemia.

CHUKWUMA MUANYA reports.

RECENT studies have shown that diabetes and its attendant



complications (erectile dysfunction/premature ejaculation, leg ulcer/gangrene, liver/ kidney failure), lung cancer and sickle cell anaemia can be addressed with extracts of Indian almond.

Nigerian and Indian researchers have regenerated the pancreas with Indian almond extracts thereby boosted blood sugar regulation, improved sexual and liver/kidney functions in diabetics.

Diabetes Mellitus (DM) is a chronic disease caused by inherited and/or acquired deficiency in production of insulin by the pancreas, or by ineffectiveness of insulin produced, such a deficiency results in increased concentration of glucose in the blood, which in turn damages many of the body's systems in particular the blood vessels and nerves.

Indian almond is botanically called Terminalia catappa and belongs to the plant family combretaceae. It is found in almost every town and village in Southern Nigeria. In Efik, it is called m_b_s_m_b_k_r (groundnut of whiteman). It is also known as Malabar Almond, Tropical

About Me



Nut Talk

With sixteen years' experience working in his family's importing business, Brooklyn's own Bentzy Klein knows how to find the season's best nuts and dried fruit. Since branching into his own business, Bentzy's Brokerage, he has supplied restaurants, grocery chains, manufacturers, and specialty markets in the U.S. and abroad with superior nuts and dried fruit. You can reach me at bklein@atlantixco.com Please visit my website : www.atlantixco.com for more details

[View my complete profile](#)

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Almond, Fruit (by some Nigerians).

Indian almond is a large deciduous stately tree, originally from India, growing up to 90 feet. It thrives as an ornamental tree in many tropical cities in the world.

All parts of the plant (leaves, bark, roots, fruit and wood) are used in traditional medicine, such as in dysentery; dressing of rheumatic joints; treating coughs, asthma. The fruit may be helpful in treatment of leprosy, headaches, in reducing travel nausea. Leaves have been used to get rid of intestinal parasites; treat eye problems, rheumatism, wounds; and stop the bleeding during teeth extraction.

Indian almond has strong antibacterial properties and works against Gram positive and Gram negative micro-organisms. The leaves have been shown to protect against acute liver injury produced by some hepatotoxicants (chemicals that produce liver damage).

In Nigeria fallen leaves are used as an herb to treat liver diseases. The leaves also have potential in the management of sickle cell disorders. Dried leaves are used for fish pathogen treatment, as an alternative to the use of chemicals and antibiotics.

Leaves have antioxidant as well as anti-clastogenic (preventing breakage of chromosomes) properties. Research suggests that moderate consumption of the seed kernel may be useful in the treatment of men with sexual dysfunctions, primarily from premature ejaculation.

The various extracts of leaves and bark of the plant have also been reported to be anticancer, antioxidant, anti-Human Immuno-deficiency Virus (HIV) reverse transcriptase, and anti inflammatory (painkiller).

According to The Useful Plants of Tropical West Africa by H. M. Burkill, the bark is used in Asian medicine as an astringent for dysentery. It has also been recommended for use as a decoction for gonorrhoea and leucorrhoea, bilious fever and stomach-cramp. The tree yields an insoluble gum of the bassoin type. The leaves and flowers also contain tannin, and the presence of a sterol is reported. In the Philippines and S India sap from young leaves is made into an ointment for scabies, leprosy and other cutaneous diseases.

The leaves when applied externally are refreshing and sudorific, and appear to exercise an anodyne effect on pain for they are used for headache, on rheumatic joints, or in an oily ointment for breast-pain.

In Nigeria, the leaves macerated in palm oil have been used as a remedy for tonsillitis. Leaf in Java has shown some antibiotic activity. The fruit contains six to 20 per cent tannin. The fleshy pericarp is eaten in Gabon. The kernel is edible, and has a very subtle flavour making it a delicacy. The husk however is tough, not amenable to separation, so that the kernel is difficult to obtain. The kernel contains 51-63 per cent of a fixed oil known as Indian Almond oil, oil of Badamier, or from the Philippines as Talisay oil.

Material from Cote d'Ivoire has been analysed to contain glycerides of palmitic acid 34.4 per cent, oleic acid 32.1 per cent, linoleic acid 27.5 per cent and stearic acid six per cent. It closely resembles sweet almond, cotton seed, kapok and ground nut oils, which it might substitute for dietetic and other industrial uses.

Indian researchers in a study titled "Anti-Diabetic Activity of Terminalia catappa Linn. Leaf Extracts in Alloxan-Induced Diabetic Rats" found that Terminalia catappa leaves extracts have anti-diabetic activity.

According to the study published in Asian Journal of Pharmacology, aqueous and cold extracts of Terminalia catappa exhibited significant anti-hyperglycemic (reduces blood sugar) activities in alloxan-induced hyperglycemic rats without significant change in body weight. Alloxan is a drug used to induce diabetes in animal models.

The researchers found that Indian almond extracts also improved conditions of DM as indicated by parameters like bodyweight, and lipid profiles along with serum creatinine (a chemical molecule that is present in the liquid portion of the blood), serum urea, and serum alkaline phosphatase. The lipid profile is a group of tests that are often ordered together to determine risk of coronary heart disease. Serum urea level is a biochemical indicator of protein metabolism. Serum alkaline phosphatase is a measure of the integrity of the hepatobiliary system and the flow of bile into the small intestine.

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The researchers, which include Syed Mansoor Ahmed, Vrushabendra Swamy B.M., P Gopkumar R Dhanapl and V.M. Chandrashekara noted that the number of functionally intact β -cells in the islet organ is of decisive importance the development course and outcome of DM. Beta cells (beta-cells, β -cells) are a type of cell in the pancreas in areas called the islets of Langerhans. They make up 65-80 per cent of the cells in the islets. Beta cells make and release insulin, a hormone that controls the level of glucose in the blood.

The renewal of β -cells in diabetes has been studied in several animal models. The total β -cell mass reflects the balance between the renewal and loss of these cells. It was also suggested that regeneration of islet β -cells following destruction by alloxan may be the primary cause of the recovery of alloxan - injected guinea pigs from the effects of the drug.

In alloxan-induced diabetes, (-)-epicatechin and Vinca rosea extract have also shown to act by β -cell re-generation. Epicatechin is a strong antioxidant, has insulin mimic action and improves heart health. Similar effect in streptozotacin-treated diabetic animals was reported by pancreas tonic, ephedrine, and Gymnema Sylvestre leaf extracts.

The researchers observed damage to pancreas in alloxan-treated diabetic control, and regeneration of β -cells by glibenclamide. Glibenclamide (INN), also known as glyburide (USAN), is an anti-diabetic drug in a class of medications known as sulfonylureas, used in the treatment of type II diabetes. A comparable regeneration was also shown by aqueous and cold extracts of Terminalia catappa. This effect may be due to β -carotene (an antioxidant found in coloured fruits and vegetables. It is a precursor to vitamin A), which was reported to be constituents of Terminalia catappa.

The beneficial role of β -carotene in reducing diabetic complications like glycosylation in alloxan-induced diabetic rats had been reported previously. Glycosylation is the enzymatic process that links saccharides to produce glycans, either free or attached to proteins and lipids.

Photomicrographical data in the researchers studies confirm healing of pancreas by Terminalia catappa leaves extracts, as a plausible mechanism of their anti diabetic activity.

The researchers concluded: "Aqueous and cold extract of Terminalia catappa leaves exhibited significant anti hyperglycemic activities in alloxan-induced diabetic rats. These extracts showed improvement in parameters like body weight and lipid profile as well as regeneration of β -cells of pancreas and so might be of value in diabetes treatment."

Taiwanese researchers have also found that Indian almond stops the spread of lung cancer in animal models.

Shu-Chen Chu, Shun-Fa Yang, Shang-Jung Liu, Wu-Hsien Kuo, Yan-Zin Chang and Yih-Shou Hsieh in a study titled "In vitro and in vivo antimetastatic effects of Terminalia catappa L. leaves on lung cancer cells" investigated the effect of the extract of T. catappa leaves (TCE) on invasion and motility of tumor cells to find that TCE exerted a dose-dependent inhibitory effect on the invasion and motility of highly metastatic A549 and Lewis lung carcinoma (LLC) cells.

Metastasis is the spread of a disease from one organ or part to another non-adjacent organ or part. Only malignant tumor cells and infections have the capacity to metastasize. Metastatic disease is a synonym of metastasis. Cancer cells can "break away", "leak", or "spill" from a primary tumor, enter lymphatic and blood vessels, circulate through the bloodstream, and settle down to grow within normal tissues elsewhere in the body. Metastasis is one of three hallmarks of malignancy (contrast benign tumors).

According to the study published in Food and Chemical Toxicology, to further investigate the precise involvement of TCE in tumor metastasis, A549 and LLC cells were treated with TCE at various concentrations, up to 100 μ g/mL, for a specified period and results from zymography and Western blotting showed that a TCE treatment may decrease the expressions of tissue inhibitors, in a concentration-dependent manner.

Zymography is used for the detection of enzyme activity. Western blot analysis can detect one protein in a mixture of any number of proteins while giving information about the size of the protein.

Furthermore, the inhibitory effect of TCE on the growth and metastasis

of LLC cells in vivo was proven. These results indicated that TCE could be applied to be a potential antimetastatic agent.

Researchers have also assessed the biological value of Terminalia catappa seed meal-based diet in rats. Nasir O. Muhammad and Oyelola B. Oloyede of the Department of Biochemistry, University of Ilorin, investigated the effects of defatted the seed meal on the growth performance and carcass of rats.

According to the study published in Biokemistri, 12 weaning albino rats (*Rattus norvegicus*) with an average weight of 24.0 ± 3.4g were maintained on diets composed of defatted T. catappa seed meal (Tc meal) and soybean meal (control) for six weeks.

The weights of the rats were monitored on weekly basis, at the same period of the day and before being served the (weighing) day's feed. The organs and carcasses of the rats were weighed after they were sacrificed and disemboweled, and the chemical compositions of the carcasses were also determined.

The body weights of the rats maintained on defatted Tc meal were significantly reduced to one-third of the weights of the control animal. The organ to body weight ratio of the Tc meal rats was significantly higher than that of the control.

In the carcass of rats fed Tc meal diet, ether extract, crude protein and ash contents were significantly reduced when compared with the control. However, the crude fibre and the nitrogen free extract (NFE) were significantly higher in the Tc meal rats than that of the control.

The researchers concluded: "It can be deduced that the defatted Terminalia catappa seed meal could cause depression in growth rate, enlargement of rat tissues with adverse effects on carcass of rats."

Researchers have also studied the effects of Terminalia catappa seeds on sexual behaviour and fertility of male rats.

W. D. Ratnasooriya and M. G. Dharmasiri of the Department of Zoology, University of Colombo, Sri Lanka, evaluated the aphrodisiac potential of Terminalia catappa seeds using a suspension of its kernel (SS) in one per cent methylcellulose in rats. Methyl cellulose (or methylcellulose) is a chemical compound derived from cellulose. It is a hydrophilic white powder in pure form and dissolves in cold (but not in hot) water, forming a clear viscous solution or gel.

Preliminary chemical testing showed the presence of alkaloids, oils, amino acids and peptides in the seed kernel.

According to the study published in Asian Journal of Andrology, male rats were orally treated with 1500 mg/kg or 3000 mg/kg SS or vehicle, and their sexual behaviour was monitored three hours later using a receptive female. Another group of rats was orally treated with either 3000 mg/kg SS or vehicle for seven consecutive days. Their sexual behaviour and fertility were evaluated on days one, four and seven of treatment and day seven post-treatment by pairing overnight with a pro-oestrous female. The estrous cycle comprises the recurring physiologic changes that are induced by reproductive hormones in most mammalian placental females.

The results showed the 1500 mg/kg dose, had a marked aphrodisiac action (prolongation of ejaculation latency) but no effect on libido-sexual desire- (per cent mounting, per cent intromission and per cent ejaculation), sexual vigour (mounting-and-intromission frequency), or sexual performance (intercopulatory interval). An aphrodisiac is a substance, which is used in the belief that it increases sexual desire.

In contrast, the higher dose (3000 mg/kg) reversibly inhibited all the parameters of sexual behaviour other than mounting-and-intromission frequency and copulatory efficiency. The effects of high dose SS were not due to general toxicity, liver toxicity, haemotoxicity, stress, muscle deficiency, muscle incoordination, analgesia, hypoglycaemia (reduced blood sugar) or reduction in blood testosterone level. They were due to marked sedation.

The researchers concluded that the kernel of T. catappa seeds has aphrodisiac activity and may be useful in the treatment of certain forms of sexual inadequacies, such as premature ejaculation. "The present findings show that seeds of T. catappa possess potent aphrodisiac activity and provides scientific evidence in favour of the claims made in Ayurvedic medicine in Sri Lanka regarding this action. The results also

suggest that moderate consumption of kernel of seed of *T. catappa* could be useful in the treatment of men with sexual dysfunctions resulting primarily from premature ejaculation."

Nigerian researchers have also studied the anti-sickling activity of *Terminalia catappa* leaves harvested at different stages of growth.

The researchers include: J. O. Moody, F. I. Segun and O. Aderounmu Department of Pharmacognosy, Faculty of Pharmacy, University of Ibadan; and O. O. Omotade, Institute of Child Health, University College Hospital, Ibadan.

According to the study published in the Nigerian Journal of Natural Products and Medicine, the aqueous and ethanolic leaf extracts of *Terminalia catappa*, a fruit bearing tree, popular in folkloric medicine for the treatment of sickle cell anaemia disease were assessed for their in-vitro anti-sickling activities. Extracts were prepared from the reddish-brown freshly fallen leaves, reddish-brown leaves and green leaves of the plant by maceration in the solvents.

Phytochemical examination of the extracts showed that cardiac glycosides are present in abundance in the reddish-brown freshly fallen leaves, moderate in the reddish-brown leaves and in trace amount in the green leaves. High concentration of saponin was however observed in the green leaves, while only present in trace amount in the reddish-brown leaves and absent in the reddish-brown freshly fallen leaves. Alkaloids were detected present in all the three samples of the leaves but anthraquinones and tannins were completely absent.

Antisickling activities of the extracts obtained from leaves harvested at different stages of growth (green leaves, reddish-brown leaves, reddish-brown freshly fallen leaves) were evaluated using *p*-hydroxybenzoic acid, (5mg/ml) and normal saline as controls. The method employed involved the inhibition of sodium metabisulphite-induced sickling of HbSS red blood cells collected from confirmed non-crisis sickle cell patients.

The researchers concluded that both the aqueous and ethanolic leaf extracts of the reddish-brown freshly fallen leaf exhibited highest anti-sickling activity (78 per cent inhibition at 180 min incubation and 77 per cent inhibition at 90 minutes incubation respectively).

Nigerian researchers have also studied the antimicrobial activities of methanolic extracts of *Terminalia catappa* against some pathogenic microorganisms

H. Babayi of the Department of Biological Sciences, Federal University of Technology, Minna; and I. Kolo, J. I. Okogun and U. J. J. Ijah of the Pharmaceutical Microbiology Division, National Institute for Pharmaceutical Research and Development (NIPRD), Idu - Abuja, investigated the ethanolic extracts of leaves of *Eucalyptus camaldulensis* and *Terminalia catappa* for in vitro microbial activities by agar dilution method.

The phytochemical analysis of the crude extracts of the medicinal plants revealed the presence of saponin, saponin glycosides, steroid, cardiac glycoside, tannins, volatile oils, phenols and balsam (gum). The methanolic extracts of the two plants inhibited the growth of *Bacillus subtilis* and *Staphylococcus aureus* (ATCC 103207 and Clinical strain respectively) but had no inhibitory effects on *Pseudomonas aeruginosa*, *Salmonella typhi* and *Escherichia coli*.

Staphylococcus aureus is the most common cause of staph infections. It is a spherical bacterium, frequently found in the nose and skin of a person. About 20 per cent of the population are long-term carriers of *S. aureus*. *S. aureus* can cause a range of illnesses from minor skin infections, such as pimples, impetigo (may also be caused by *Streptococcus pyogenes*), boils, cellulitis folliculitis, furuncles, carbuncles, scalded skin syndrome and abscesses, to life-threatening diseases such as pneumonia, meningitis, osteomyelitis endocarditis, Toxic shock syndrome (TSS), and septicemia. Its incidence is from skin, soft tissue, respiratory, bone, joint, endovascular to wound infections. It is still one of the four most common causes of nosocomial infections, often causing postsurgical wound infections.

Bacillus subtilis is a Gram-positive, catalase-positive bacterium commonly found in soil. *B. subtilis* is not considered a human pathogen; it may contaminate food but rarely causes food poisoning

58 comments: **Gary Condit** said...

Premature Ejaculation, also known to health care experts as "Ejaculatio Praecox", is probably the single most common sexual dysfunction in men. Statistics show that as much as 30 percent of men complain of premature ejaculation in most sexual encounters. Sex therapists define premature ejaculation as a lack of ejaculatory control, which interferes with sexual or emotional well being in one or both partners.

<http://www.buy-viagra-with-us.com/>

1:15 AM

 **kevin** said...

Just after its launch in the market, [viagra](#) has created a niche for itself as the most effective medication for treating male erectile dysfunction across the world but alongside, the effectiveness of herbal Viagra products in dealing with male sexual problems cannot be ignored. Herbs and plants are, however, extensively used as sex stimulants worldwide and details present at <http://www.pill-care.com> inform you that the highly utilized sex boosters collectively known as herbal Viagra are namely, ginkgo biloba, yohimbe, horny goat weed and muira puama.

2:08 AM

 **viagra** said...

The drug war between the anti-impotency medicines such as Viagra, Cialis and Levitra is continuously on the rise but instead of preferring the other two erectile dysfunction drugs Cialis and Levitra, impotency afflicted men are opting for [viagra](#) only, the Pfizer manufactured drug to treat erectile dysfunction. This is because Viagra is the first erectile dysfunction medication to provide men successful relief from impotency and to know more about tidbits on Viagra, please visit the website <http://www.viagraforce.com>

4:37 AM

 **Buy Viagra Online** said...

The recommended dose of Viagra is 50 mg that can be taken one and half hour before having intercourse. The dose of Viagra can be mounted to 100 mg or decreased to as little as 25 mg, which depends upon the physical conditions. For more information please visit the website:

[Order Viagra](#)

6:55 AM

 **alisa** said...

Viagra is an oral drug for male impotence, also known as erectile dysfunction. Viagra has a great safety track record and proven effects that start acting in 30 minutes to 1 hour and last for about 4 hours. <http://www.viagracare.com>

12:30 AM

 **Hail** said...

[Viagra](#) is the world renowned medicine for erectile dysfunction and most men have forgotten they ever had a problem with erections after its use. Take it on empty stomach and it will work in 30 minutes. Erections can be achieved on stimulation.

3:15 AM

 **Dr.zim** said...

Anti-impotence drugs such as Viagra, Cialis et al and specific surgical procedures are effective for treating erectile dysfunction in men but these therapies are not completely devoid of side-effects and hence Viagra and other medicines can be harmful to a certain degree. However, in spite of opting for these erectile dysfunction treatments, if you consider using arginine, Propionyl-L carnitine and other [natural remedies](#), you would remain considerably benefited as these natural supplements don't yield side-effects and also provide you sufficient relief from erectile dysfunction.

2:43 AM

 **Sahara Thompson** said...

[Propecia](#) works by blocking the enzyme 5 alpha reductase. This reduces the level of hormone, DHT, in the scalp and allows hairs to revert to a normal growth cycle. This results in no further hair loss and significantly new hair growth in men with Male Pattern Hair Loss.

3:14 AM

 **Dr banuble** said...

FDA approved mens health medication viagra is not a drug to be taken lightly you should read all about the pros and cons regarding the medication before you [buy viagra!](#)

5:03 AM

 **viagra online** said...

I'm very interesting in your blog about Could Almond leaves be the next viagra, please send any update

11:30 AM

 **buy viagra generic** said...

Thanks!
for the well written and informative article. You are very generous with your knowledge. The article was most comprehensive.

2:48 AM

 **order kamagra online** said...

Nice to have alternatives ready so that we can adjust ourselves with the treatment methods which will suit according to us.

1:11 AM

 **online generic levitra** said...

Well if almond leaves will be the next viagra, then sex would be more fun and enjoyable...

You can buy kamagra or [generic viagra](#) for healthy and pleasurable sex.

Have Sex and enjoy your life..

All the best!!

5:46 AM

 **viagra** said...

I think nobody can't answer this question.

10:05 AM

 **kamagra** said...

Latest seasonal announcement from Medexpressrx is focused on seasonal offer including free additional medications and special trial packs. Since, Christmas is itself a gratifying festival, Medexpressrx makes it more pleasant by offering free medication for the privileges of the consumer.

5:22 AM

 **Generic Viagra** said...

You portrayed the topic well.. Especially the concluding paragraph and the mid section made a good read... keep posting...All the best.

9:32 AM

 **generic viagra** said...

Really only a deep thinker like you could come out with such wonderful ideas. Great analysis and in-depth thinking. The accuracy and detailed explanation is something which differentiates your piece of work from others.

[Kamagra](#)

12:36 AM

 **Weight Loss Pills** said...

I've really enjoyed having a look around your blog today, keep up the good work!

3:47 PM

 **Rapid Sales Formula** said...

It's great when you are just surfing the web and find something wonderful like this!

2:19 PM

 **Discount Viagra** said...

I am thoroughly impressed by the way you present your article, information and the ability to give unknown facts is the most surprising factor of all. This article looks very good

11:57 PM

 **generic viagra online** said...

This is an awesome blog post here... I'm very happy to be here... Keep posting....
Thanks!

3:17 AM

 **alan** said...

Good information about Almond How it is useful and works as a substitute of [generic viagra](#).....

m.lance

3:05 AM

 **Penis Enlargement Pills** said...

You made some good points there. I did a search on the topic and found most people will agree with your blog.

2:45 AM

 **Capsiplex Reviews** said...

I really loved reading your blog. It was very well authored and easy to understand. I also found your entries very interesting.

1:41 AM

 **Josh** said...

I am glad to find such a useful post. I really increased my knowledge after reading your post which will be beneficial for me.

[Meratol Reviews](#)

1:14 PM

 **xanax without a prescription** said...

You are a great writer while writing in the blogs it is awesome I liked it too much good and informative thanks for the sharing.

8:07 AM

 **buy diazepam no prescription** said...

Superb work! The data supplied was very useful. I hope that you maintain the good work accomplished.

11:18 AM

 **Hcg weight loss** said...

Nice to read your blog on this website. Different experience to read this blog. I get some awesome information from this article. [Hcg Diet](http://www.cheapcgdiet.com)

1:25 PM

 **Naveen** said...

I really enjoyed this info..I would expect same in next post.

[SEO Services Company](#)
[Guaranteed SEO Services](#)
[Dominican Republic Real Estate](#)

1:36 AM

 [Astermeds.com](#) said...

Hi,
This is an interesting information. Keep posting such an awesome blog post. Thanks!

8:39 AM

 [photography degrees](#) said...

Wow, nice post,there are many person searching about that now they will find enough resources by your post.Thank you for sharing to us.Please one more post about that..

2:25 AM

 [Accountants in Leeds](#) said...

You are focused on realizing all you possibly can about this. We're completely satisfied you discovered us. On this site, we have introduced collectively an unlimited array of data and sources on this.

[Accountants in Leeds](#)

6:23 AM

 [hcg](#) said...

Took me time to read all the comments, but I really love the article. It proved to be very helpful to me and I am sure to all the commenters here! It's always nice when you can not only be informed, but also engaged! I'm sure you had joy writing this article.

4:48 PM

 [women and viagra](#) said...

this post really very good and effective for me thanks for sharing this nice post

11:53 AM

 [Template Design](#) said...

This is really an interesting line of content very informative one ,I glad to find this informative stuff there .Good work keep it up..

3:35 AM

 [Alude ajibola](#) said...

I love this post, it has added to my knowledge on Terminalia catappa. I'm working on the fruits and this post has really helped.

4:18 AM

 [Bob Alfredo](#) said...

Hey i do love your post and this blog make me awesome..very useful and i like to share this into my friends just to read your post...well this blog say in keep up your dream and lets make that together..thanks again for posting..what a great blog.

[Affordable Web Design Development](#)

7:58 AM

 [The Linden Method Reviews](#) said...

Thank you for share. and nice pics :)

4:59 AM

 [John Anderson](#) said...

In examining this topic for an assignment, [Generic Paxil Online](#) have

read many posts. Yours has both valuable content and well organized information. Thanks [Generic Metformin](#).

7:11 AM

e Admin said...

I like this post a lot and it contains a lot of great points and obsessions!

[Recruitment Logo](#)

9:12 AM

e justin albert said...

Very nice we blog and useful! I feel i will come back one day!

[Customize Facebook Fan Page](#)

5:47 AM

e London Crumpet said...

London escorts directory London Crumpet is created to expose Independent escorts and escort agencies in London. Everybody can post their advert on this directory for FREE.

9:53 AM

e Gracia88 said...

I really like your post, its good to read as you have given good knowledge in it, which is very helpful.

[finpecia](#)

2:35 AM

e Muneer Hussian said...

[case study solution](#)
[case study solution](#)
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[case study solution](#)

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[case study solution](#)
[case study solution](#)
[case study solution](#)

1:57 AM

e colaveri d said...

All that we are is the consequence of what we have estimation. Wait... Has anyone exhorted dissertation for you. Keep the articles progressing !

[maqbool Mirza](#) | [mirza maqbool](#)

7:04 AM

e colaveri d said...

This is my first time I visit here. I found so many interesting stuff in your blog especially its discussion. From the tons of comments on your articles, I guess I am not the only one having all the enjoyment here! Keep up the good work.

[pakistan matrimonial](#) | [pakistan matrimonial](#) | [pakistan matrimonial sites](#)
| [pakistan dating](#)

7:05 AM

e colaveri d said...

Really your blog is very interesting.... It contains great and unique information. I enjoyed to visiting your blog. It's just amazing.... Thanks very much for the share.

[urdu newspaper](#) | [english newspaper](#) | [news from pakistan](#)

7:05 AM

e colaveri d said...

Your spectacular entry, man.I read your blog and I blog.its your article very useful and very good knowledge and information gained. Really sure, he likes what you say here, and you got it, I like clothes that claim

to. Have Fun and witty you for making that continues to be nervous.
[catering in lahore](#) | [pakistan wedding planner](#) | [event management companies in pakistan](#)

7:05 AM

 **China tours** said...


This is so much more than i needed!!! but will all come in use thanks!!!
am a china tour lover, You can learn more: [Tailor-made China Tours](#) |
[Guilin tours](#) | [Lhasa Travel](#)

5:04 AM

 **Philippines Food** said...

Philippine pili nuts from the Bicol region in the Philippines is a great Filipino or Philippines food or snack. Pili nuts are very healthy and nutritious indeed, being a source of energy, potassium and iron. They also have protein, dietary fiber / fibre, and calcium as well as monounsaturated and polyunsaturated fats. I know they have no cholesterol, no trans fat, and the unsalted ones have no sodium. What is great about the pili nut snack or treat is that they are so crisp, rich, and delicious..

3:12 AM

 **Anonymous** said...

This is so wonderful. Pls shed more light on using almond leaves for SS. Have children with SS who needs this leaves for healing.

10:50 AM

 **HAMEED khan** said...

This SITE is information is so nice soft,
[Africa real estate](#)

11:16 AM

 **Learn Chinese online** said...

The best place to [learn mandarin Chinese](#) is in China. However, we understand that it isn't always possible to move here to study Chinese language. The next best thing is to study with our experienced teachers in a virtual classroom. Online students enjoy the same excellent way of [Chinese language course](#) and custom designed courseware that we provide for our face to face clients.

11:16 PM

 **Dario** said...

Apart from being a natural aphrodisiac, tribulus terrestris is also great for boosting prostate health in older men. Improved prostate function and control over prostate enlargement do have an impact on sexual performance.

4:12 AM

 **Abigail Gonzalez** said...

I value the knowledge on your websites. Thanks for your time [generic viagra](#)

6:41 AM

 **Dario** said...

Many people believe mistakenly that cardio is all about going to the gym and running on the treadmill. If you don't like the gym, you can choose among a vast range of alternative possibilities.

Some of the most effective forms of aerobic exercise include biking with your kids, having a jog in the park, climbing the stairs, swimming, rowing (one of the most effective fat burning aerobic exercises), skiing and even walking.

8:54 PM

 **Morrispert** said...

When in doubt, talk to your urologists about a product that you have some interest in. Doctors are familiar with the herbs, natural compounds and minerals that play a role in strengthening the functioning of the male reproductive tract, particularly the prostate and the and the seminal vesicle.

There's nothing embarrassing about discussing your goal. In fact, your doctor can help you accomplish your goal in a safe and effective manner.

9:30 PM

 **Erin said...**

The improved protein synthesis in the body leads to improved body mass. The proteins are chief constituents that are responsible for tissue and muscle formation in our bodies. This is the way in which the body building activity of HGH takes places in our body.

At the same time, it helps to remember that a very high level of protein in the body could lead to water retention, which in turn can trigger a condition called edema. Hence, it is always better to be informed well before taking HGH supplements.

6:17 PM

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