

New Technologies, Weight Management and Good Health: Opportunities and Risks

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Facebook

weight loss

Deborah A

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WW Online Unofficial - Australia

+ Join

17K members · 10+ posts a day

Australia · We are however a group run by Weight Watchers members and fans to support and inspire others. For support from Weight Watche...

89 members said they live in Canberra, Australian Capital Territory

Australia-wide Weight Loss Support Group

+ Join

270 members

Sydney, Australia · A group for LADIES ONLY who are on a weight loss journey...no matter if you have a little to lose or a lot, it helps to have lik...

3 members said they live in Canberra, Australian Capital Territory

Weight loss support and motivation for a healthy lifestyle

+ Join

4.9K members · 10+ posts a day

This page is for helping you through your struggles, giving you dinner ideas, showing different types of exercises....

Weight Loss Surgery Friendly Restaurants Australia

+ Join

3.3K members

Australia · I have created this group to provide a place to find Weight Loss Friendly Restaurants all over Australia...

18 members said they live in Canberra, Australian Capital Territory

Free Womens Weight Loss & Happiness Group (Drew Baird Fitness)

+ Join

2.3K members

This group is full of amazingly understanding, supportive and like-minded people. Feel free to introduce yourself, like, comment, share your...

17 members said they live in Canberra, Australian Capital Territory

English (US) · 中文(简体) · 한국어 · Español · Português (Brasil)

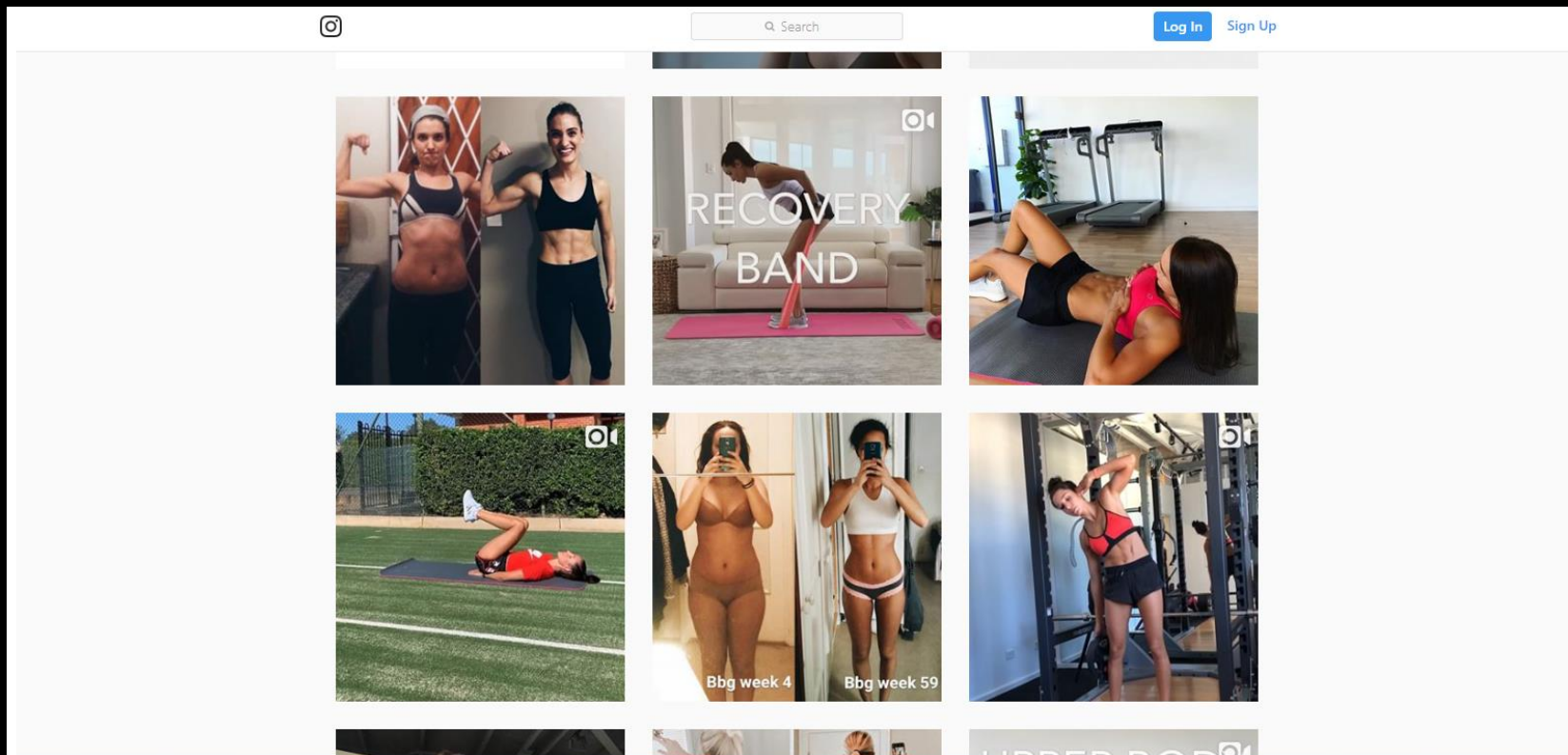
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Chat (10)

Instagram



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health fitness

All Pins Home Deborah

Motivation

Inspiration

Workout

Burn Calories

Lifestyle

Women

Nutrition

Planner

Quotes

Recetas Saludables Bajar De Peso


Food

Tips

Losing Weight


8 FOODS that HELP KEEP YOUR BODY ALKALINE

Alkaline foods help your body naturally fight which in turn makes it easier for you to digest food and prevent cancer.
So what are alkaline foods? There are actually dozens of alkaline foods but the alkaline 8 are the best for your body.




1 SPINACH

If you're having trouble getting enough calcium, spinach is a good source. It's also a good source of iron, which is important for women.




2 CUCUMBER

Cucumber is 95% water, making it a healthy snack for keeping the body hydrated. They also contain potassium, a key electrolyte for the body.




3 AVOCADO

The potassium content of avocados makes them a healthy snack. They are also a good source of healthy fats, which are important for heart health.




4 CELERY

Celery is a good source of potassium, which is important for heart health. It's also a good source of fiber, which is important for digestion.




5 BROCCOLI

Broccoli is a good source of calcium, which is important for bone health. It's also a good source of vitamin K, which is important for blood clotting.




6 LEMON

Lemon is a good source of vitamin C, which is important for immune health. It's also a good source of potassium, which is important for heart health.



7 BANANA

Banana is a good source of potassium, which is important for heart health. It's also a good source of fiber, which is important for digestion.




8 CANTALOUPE

Cantaloupe is a good source of water, which is important for hydration. It's also a good source of potassium, which is important for heart health.

Alkaline 8: Eight Foods...


I STARTED CONSUMING CUCUMBER 3 TIMES PER DAY AS THE DOCTOR SAID. AFTER 5 DAYS SOMETHING CHANGED




HYDRATE RELIEVES MUSCLE AND JOINT PAIN

I Started Consuming Cucumber 3...

REASONS WHY THE LEG CRAMPS DURING THE NIGHT AND HOW TO STOP IT NATURALLY




Leg cramps, especially during...



Leg cramps, especially during...

Every Single Person Who has Cancer has a pH that is Too Acidic.

pH scale





Here is the Easiest Way to Check your pH Balance

ACIDIC FOODS	ALKALINE FOODS
Hamburgers	Beets
Hottings	Cauliflower
Lasagna	Celery
Candy	Kale
Cookies	Apples
Donuts	Asparagus

Every Single Person Who has...

SOAK YOUR FEET in VINEGAR Once a Week And You Will See How All Your DISEASES Disappear



Soak Your Feet in Vinegar Once...

HOW TO USE

NEEM OIL BENEFITS

- RELIEVES SYMPTOMS OF ECZEMA**
Neem is particularly high in Vitamin E and fatty acids. Its ability to reduce inflammation and heal abrasion soothes eczema irritation.
- FIGHTS ACNE**
Neem oil contains salicylic acid which removes the acne-causing bacteria from the skin. It also helps to reduce redness and inflammation.
- FIGHTS FUNGAL INFECTIONS**
The two compounds from the leaves of the neem responsible for this are the gedunin and nimbidol. These compounds destroy the fungi that causes this infection.
- PREVENTS MOSQUITO BREEDING**
Neem oil can also be used as a deterrent for grounds of mosquito breeding. Emulsify the water in the area with neem oil and the odor will discourage mosquitoes from breeding in that area.
- PROMOTES HAIR GROWTH**
Neem oil promotes hair growth and improves the quality of your hair over time.
- TREAT HEAD LICE**
Neem oil is a safe way to remove head lice. Neem oil does not have any adverse effects and there is no allergic reaction too.
- TREAT MINOR WOUNDS**
Neem oil can be used to treat cuts and scrapes. It has natural antiseptic properties and helps to prevent infection.
- DANDRUFF TREATMENT**
Neem oil is a natural cure for dandruff. It helps to reduce the scalp's oil production and soothes the scalp.
- MOSQUITO REPELLENT**
Neem oil is a natural mosquito repellent. It can be used in candles or diffusers to keep mosquitoes away.

Top 50 Mind Blowing Neem Oil...

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Healthcare Hashtag Project

Healthcare Hashtag Project, a free open platform for patients, caregivers, advocates, doctors and other providers that connects them to relevant conversations and communities.

The Community by the Numbers

1,500,000,000+ [Tweets](#)

16,365 [Topics](#)

18,049 [Hashtags](#)

6,070 [Contributors](#)

Tweet Chats

TRENDING

1. #BCSM
2. #HCLDR
3. #LCSM
4. #MedEd
5. #BTSM
6. #HITsm
7. #NephJC
8. #JACR
9. #MMSM

Conferences

TRENDING

1. #CMSQualCon19
2. #QIPC19
3. #MYRAS19
4. #33HighCountry
5. #icudata19
6. #IMSH2019
7. #FH18
8. #CumbreContraelCancer
9. #HIMSS19

Diseases

TRENDING

1. #BCSM
2. #LCSM
3. #Lymphoma
4. #BTSM
5. #HeartHealth
6. #pwme
7. #BreastCancer
8. #HeartDisease
9. #ChildhoodCancer

Other











TRENDING

1. #NNM
2. #hcsmeu
3. #WorldCancerDay
4. #juntosxeltcancer
5. #ONC
6. #digitalhealth
7. #WHIS
8. #PlasticSurgery
9. #pharma













The influencers of #Obesity

Top 10 by Mentions

-  @TheLancet 1,469
-  @WorldObesity 366
-  @aucklanduni 213
-  @GWpublichealth 185
-  @OriginateHealth 174
-  @shelleypetersen 168
-  @SBarquera 151
-  @BoydSwinburn 92
-  @cocacola 82
-  @CDCgov 76

 Tweet

Top 10 by Tweets






















-  @info_obesity 66
-  @ZaherToumi 65
-  @WeightNoMoreDC 63
-  @obs muk 45
-  @NeilFlochMD 40
-  @DrPatriciaMD 35
-  @lose_weight14 25
-  @HLBSurgery 22
-  @pattynece 21
-  @Rnyreno 21

 Tweet

Upgrade Get true influencer lists ranked by the [SymplurRank](#).

Tweet Activity of #Obesity

Latest Tweets


- **@AlhassanAlnaamy** 6 minutes ago
RT @AlhassanAlnaamy: مواعيد الدكتور/ الحدين الدمى استشاري جراحة السمنة 05400: ...والمداخيل وأورام الجهاز الهضمي للاستشارات الطبية والجوريات: ...
- **@Laurettamylove** 12 minutes ago
RT @HolisticTips4U: Curious about #IntermittentFasting #lowcarb lifestyle? 🍌 FREE 30 minute interview on how two #Boomer gals reversed t...
- **@indiepub1** 21 minutes ago
Consider #Ketogenic Diets for HOLY GRAIL OF #WEIGHT loss #obesity #Fitness #honestyhour #techhumor , #spbspalliance, #riddimvybz24, #mybb, #anc107, #pentagon, #trueforallmore4u, <https://t.co/Ovhzeufvcq> <https://t.co/R7WiH4zRzm> 
- **@pharmerfour** 24 minutes ago
RT @KidneyHealth: Large study reveals the impact of #obesity on a person's kidneys with people with the most severe obesity being twice as...
- **@ladykatrina3** 35 minutes ago
RT @DrNinaRadcliff: Some strategies to losing weight: Dr. Nina Radcliff | Columns | <https://t.co/DqiM5odHto> #weight #weightloss #obesity #h...
- **@KidneyHealth** 36 minutes ago
Large study reveals the impact of #obesity on a person's kidneys with people with the most severe obesity being twice as likely to develop impaired #kidney function. Reduce your risk of #kidneydisease, learn the risk factors: <https://t.co/sdctlgXDjt> https://t.co/uzvzP_lhxm 



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Connect with people like you


Share your experience, give and get support to improve your life and the lives of others




Track your health

Chart your health over time and contribute to research that can advance medicine for all

Member stories






"Our brother Stephen was living with ALS and we thought, 'there has to be a better way.' There is. By sharing our experiences,

News

[Genentech and PatientsLikeMe Enter Patient-Centric Research Collaboration](#)

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My apps

Shop

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Editors' Choice

My Play activity

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Redeem

Buy gift card

Parent Guide


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Apps




Google Fit
Google Inc.

★★★★★




S Health
Samsung Electronics Co

★★★★★




Pedometer
tayatau

★★★★★




Health and Nutrition
naveeninfotech

★★★★★




Health Manager
EZHIL

★★★★★




Health Mate
Withings

★★★★★




MSN Health & Fitness
Microsoft Corporation

★★★★★




10 Daily Exercises
PlaySimple

★★★★★




Calorie Counter - MyFitnessPal
MyFitnessPal, Inc.

★★★★★




HI - Health & Fitness
DROID INFINITY

★★★★★




Health Calculator
Newage Productions

★★★★★




30 Day Fit Challenge
Jozic Productions

★★★★★




Pedometer & Weight Pacer
Pacer Health

★★★★★




Health-Tracker
Lior Ben Oved


★★★★★




85 BPM




Flower




Salad




Dots



FREE 30



Prank



Glass

Wearable devices



smartwatches



PROJECTS

- 1. Self-tracking cyclists (interviews and GoPro videos)**
- 2. People who self-track for any purpose (interviews)**
- 3. Women's use of digital health (interviews and focus groups)**
- 4. Young people's use of digital health (interviews)**
- 5. Sources of health information (story completion)**

BENEFITS OF DIGITAL

- **finding information instantly**
- **feeling more in control**
- **improving health and wellbeing**
- **fewer doctor visits**
- **feeling motivated**
- **social connections to others**
- **feeling less alone**

RISKS/BARRIERS OF DIGITAL

- **information overload**
- **digital inequalities**
- **poor design of devices/software**
- **personal data privacy and security**
- **loss of face-to-face support/expertise**
- **over-reliance on self-help and self-responsibility**
- **victim-blaming**
- **loss of focus on social determinants of health and social justice issues**

Story completion method

Isabelle wants to improve her health and fitness but doesn't know how to go about this.

What happens next? (Please write four or more sentences in the box provided below to finish this story.)

Word cloud – Isabelle's story



Sketchnoting Isabelle's story

