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Boswellia (Indian Frankincense)



Medically reviewed by Debra Rose Wilson, Ph.D., MSN, R.N., IBCLC, AHN-BC, CHT — Written by Aaron Moncivaiz — Updated on October 6, 2018

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Boswellia, also known as Indian frankincense, is an herbal extract from the *Boswellia serrata* tree. It may help reduce inflammation and benefit people with certain health conditions.

Resin made from boswellia extract has been used for centuries in Asian and African folk medicine. It's believed to treat chronic inflammatory illnesses as well as a number of other health conditions. Boswellia is available as a resin, pill, or cream.

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What the research says

Studies show that boswellia may reduce inflammation and may be useful in treating the following conditions:

- [osteoarthritis \(OA\)](#)
- [rheumatoid arthritis \(RA\)](#)
- [asthma](#)
- [inflammatory bowel disease \(IBD\)](#)

Because boswellia is an effective anti-inflammatory, it can be an effective painkiller and may prevent the loss of cartilage. Some studies have found that it may even be useful in treating certain [cancers](#), such as [leukemia](#) and [breast cancer](#).

Boswellia may interact with and decrease the effects of anti-inflammatory medications. Talk to your doctor before using boswellia products, especially if you're taking other medications to treat inflammation.

How boswellia works

Some research shows that boswellic acid can prevent the formation of [leukotrienes](#) in the body. Leukotrienes are molecules that have been identified as a cause of inflammation. They may trigger [asthma symptoms](#).

Four acids in boswellia resin contribute to the herb's anti-inflammatory properties. These acids inhibit 5-lipoxygenase (5-LO), an enzyme that produces leukotriene. Acetyl-11-keto- β -boswellic acid (AKBA) is thought to be the most powerful of the four boswellic acids. However, [other research](#) suggests other boswellic acids are responsible for the herb's anti-inflammatory properties.

Boswellia products are generally rated on their concentration of boswellic acids.

On OA

Many studies of boswellia's effect on OA have found that it's effective in treating OA pain and inflammation.

One [2003 study](#) published in the journal *Phytomedicine* found that all 30 people with OA knee pain who received boswellia reported a decrease in knee pain. They also reported an increase in knee flexion and how far they could walk.

[Newer studies](#) support the continued use of boswellia for OA.

Another [study](#), funded by a boswellia production company, found that increasing the dosage of enriched boswellia extract led to an increase in physical ability. OA knee pain decreased after 90 days with the boswellia product, compared to a lesser dosage and placebo. It also helped reduce the levels of a cartilage-degrading enzyme.

On RA

Studies on the usefulness of boswellia in RA treatment have shown mixed results. An [older study](#) published in the *Journal of Rheumatology* found that boswellia helps to reduce RA [joint swelling](#). Some research suggests that boswellia may interfere with the autoimmune process, which would make it an effective therapy for RA. [Further research](#) supports the effective anti-inflammatory and immune-balancing properties.

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On IBD

Due to the herb's anti-inflammatory properties, boswellia may be effective in treating inflammatory bowel diseases such as [Crohn's disease](#) and [ulcerative colitis \(UC\)](#).

A [2001 study](#) compared H15, a special boswellia extract, to the anti-inflammatory prescription drug mesalamine (Apriso, Asacol HD). It showed that the boswellia extract may be effective in [treating Crohn's disease](#).

[Several studies](#) [✓] found the herb could be effective in treating UC as well. We're just beginning to understand how the anti-inflammatory and immune-balancing effects of boswellia can improve the health of an inflamed bowel.

On asthma

Boswellia can play a role in reducing leukotrienes, which causes bronchial muscles to contract. A [1998 study](#) [✓] of the herb's effect on bronchial asthma found that people who took boswellia experienced decreased asthma [symptoms](#) and indicators. This shows the herb could play an important role in treating bronchial asthma. Research [continues](#) and has shown the positive immune-balancing properties of boswellia can help the overreaction to [environmental allergens](#) that happens in asthma.

On cancer

Boswellic acids act in a number of ways that may inhibit cancer growth. Boswellic acids have been shown to prevent certain enzymes from negatively affecting DNA.

[Studies](#) have also found that boswellia may fight [advanced breast cancer cells](#), and it may limit the spread of malignant leukemia and [brain tumor cells](#). [Another study](#) showed boswellic acids to be effective in suppressing the invasion of [pancreatic cancer cells](#). Studies continue and the [anti-cancer activity](#) of boswellia is becoming better understood.

Dosage

Boswellia products can differ greatly. Follow the manufacturer's instructions, and remember to speak to your doctor before using any herbal therapy.

General dosing guidelines suggest taking 300–500 milligrams (mg) by mouth two to three times a day. The dosage may need to be higher for IBD.

The [Arthritis Foundation](#) suggests 300–400 mg three times per day of a product that contains 60 percent boswellic acids.

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Side effects

Boswellia may stimulate blood flow in the uterus and pelvis. It can accelerate menstrual flow and may induce miscarriage in pregnant women.

Other possible [side effects](#) of boswellia include:

- [nausea](#)
- [acid reflux](#)
- [diarrhea](#)
- [skin rashes](#)

Boswellia extract may also interact with medications, including ibuprofen, aspirin, and other [non-steroidal anti-inflammatory drugs](#) (NSAIDs).

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NUTRITION

✓ Evidence Based

10 Supplements That Fight Inflammation



Medically reviewed by Jared Meacham, PhD., RD, CSCS — Written by Franziska Spritzler — Updated on January 16, 2024

[Curcumin](#) [Fish oil](#) [Ginger](#) [Resveratrol](#) [Spirulina](#) [Vitamin D](#)
[Bromelain](#) [Green tea extract](#) [Garlic](#) [Vitamin C](#) [Takeaway](#)

Chronic inflammation can increase your risk of developing certain underlying conditions, including type 2 diabetes and heart disease. Research suggests the following dietary supplements can help reduce this inflammation and support overall well-being.

Inflammation is a natural short-term immune response to trauma, illness, and stress. However, long-term inflammation can be caused by lifestyle habits like inadequate sleep, smoking, and lack of physical activity.

Anti-inflammatory foods, exercise, adequate sleep, and stress management may help reverse chronic inflammation. In some cases, getting additional support from supplements may also be useful.

Here are 10 supplements that research shows may help reduce inflammation.

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1. Curcumin

Curcumin is a compound found in the spice turmeric, which is commonly used in Indian cuisine and known for its bright yellow hue. It provides several impressive [health benefits](#).

Curcumin [may help decrease](#) inflammation in diabetes, heart disease, inflammatory bowel disease, and cancer, among other conditions.

It also appears to be beneficial for reducing inflammation and improving symptoms of osteoarthritis and rheumatoid arthritis.

A [2015 randomized controlled trial](#)  found that people with metabolic syndrome who took curcumin had significantly reduced levels of the inflammatory markers [C-reactive protein \(CRP\)](#) and malondialdehyde compared with those who received a placebo.

In a [2014 study](#) , 80 people with [solid cancerous tumors](#) were given 150 milligrams (mg) of curcumin daily for 8 weeks. Most of their inflammatory markers decreased much more than those of the control group. Their quality of life scores also increased significantly.

While these benefits are possible, curcumin is [poorly absorbed](#) into your bloodstream because its bioavailability (the rate at which your body absorbs a substance) is limited.

[Black pepper](#) — and a component of black pepper called [piperine](#) — can significantly boost the absorption of curcumin. For this reason, many [curcumin supplements](#) also contain piperine.

When cooking, you can use turmeric and black pepper together to ensure optimal absorption of the curcumin.

Up to 500 mg of curcumin per day is usually safe, but people taking higher doses in studies [have reported](#) symptoms including nausea, diarrhea, and headache.

2. Fish oil

[Fish oil supplements](#) contain omega-3 fatty acids. They [may help decrease](#) the inflammation associated with diabetes, heart disease, and other conditions.

The two primary omega-3s in fish oil are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Your body converts them to ALA, which is an essential fatty acid.

DHA, in particular, has been shown to have anti-inflammatory effects that [reduce cytokine levels](#) and [promote gut health](#). It [may also decrease](#) the inflammation and muscle damage that occur after exercise, but more research is needed.

Some [research shows](#) that DHA supplementation can significantly reduce levels of inflammatory markers compared with placebo.

Fish oil dosages [containing](#) less than 2 grams (g) of combined EPA and DHA are usually safe, but fish oil may cause fishy burps, bad breath, heartburn, or gastrointestinal upset.

If you have a [compromised immune system](#) or you're taking a blood thinner, consult with a healthcare professional before taking fish oil.

3. Ginger

Ginger root is commonly used in cooking and has a history of use in herbal medicine. It's also a home remedy for indigestion and nausea, including morning sickness during pregnancy.

Two components of ginger — gingerol and zingerone — **may help reduce** inflammation related to several health conditions, including type 2 diabetes. Ginger consumption may also positively impact HbA1c (blood sugar control over 3 months) over time.

One **2014 study**  noted that when people with diabetes were given 1,600 mg of ginger daily for 12 weeks, their blood sugar control improved, and inflammation levels decreased significantly compared with the control group.

Another **2015 study**  found that women with breast cancer who took ginger supplements had lower levels of the inflammatory markers CRP and interleukin-6 (IL-6) compared with a placebo group, especially when ginger supplementation was combined with exercise.

Up to 2 g of ginger daily is usually safe, but higher dosages **may have**  a blood-thinning effect. If you're taking a blood-thinning medication, consult a healthcare professional before supplementing with ginger beyond amounts typically used in cooking.

4. Resveratrol

Resveratrol is an antioxidant found in grapes, blueberries, and other fruits with purple skin. It's also found in red wine, dark chocolate, and peanuts.

It's been widely studied for its anti-inflammatory potential in people with chronic conditions like **liver disease** , ulcerative colitis (UC), and obesity, as well as in people without chronic conditions.

In **one 2015 study** , researchers gave people with UC (a type of inflammatory bowel disease) 500 mg of resveratrol or a placebo daily for 6 weeks. The resveratrol group experienced improvements in quality of life, UC symptoms, and inflammation.

Additionally, a [2019 review](#)  that examined the effects of resveratrol linked it to increased calorie burn and the potential to help lower body fat. However, due to its limited bioavailability, more research is needed.

Most resveratrol supplements contain 150–500 mg per serving and have no significant side effects. However, you should consult a healthcare professional before using resveratrol if taking a blood thinner.

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5. Spirulina

[Spirulina](#) is a type of blue-green algae with strong antioxidant effects. Studies have shown that it [helps reduce](#) inflammation, [promotes](#)  healthy aging, and may strengthen the immune system.

Although most research has investigated spirulina's effects on animals, studies in older adults have shown that it [may improve](#)  inflammatory markers, anemia, and immune function.

Up to 8 g of spirulina per day is usually safe. Many people add it to their shakes or smoothies because it comes in powder form.

There are no known significant [side effects](#), but people with [autoimmune conditions](#) may want to avoid it because it may worsen their condition due to its potential immune-strengthening properties.

6. Vitamin D

Vitamin D is an essential fat-soluble nutrient that plays a key role in immune health and may have powerful anti-inflammatory properties.

In [several studies](#), researchers have noted a link between low vitamin D levels and the presence of inflammation.

In a small, high quality [2019 study](#) of 44 women with low vitamin D levels and premenstrual syndrome, researchers noted that taking 50,000 International Units (IU) of vitamin D every 20 days for 4 months led to decreased inflammation compared with a control group.

Similar findings [have been noted](#) in people who have a vitamin D deficiency in addition to obesity.

Over the long term, adults [shouldn't take](#) more than 4,000 IU per day. Fat-soluble vitamins like vitamins A, D, E, and K are stored in fat cells and can build up over time, [potentially](#) leading to toxicity.

7. Bromelain

Bromelain is a powerful enzyme found in [pineapple](#) that gives the fruit its astringency. Bromelain is the reason pineapple leaves a burning sensation if you eat too much.

However, it also has [some potential](#) anti-inflammatory properties. In fact, bromelain has the same anti-inflammatory capacity as [nonsteroidal anti-inflammatory drugs \(NSAIDs\)](#) but with the bonus of fewer side effects.

Little research has been done on bromelain's anti-inflammatory properties in humans, but it does appear to be helpful in [reducing](#) postoperative inflammation in people undergoing wisdom tooth removal.

Most bromelain supplements contain 500 mg of bromelain per serving and have no reported side effects.

8. Green tea extract

Green tea has long been used in traditional medicine, and it's rich in compounds that may provide many health benefits, such as

epigallocatechin-3-gallate (EGCG), caffeine, and chlorogenic acid.

One potential benefit is that it's extremely anti-inflammatory.

One [small 2020 study](#) in overweight men noted that 500 mg of green tea extract per day for 8 weeks, paired with exercise three times per week, significantly reduced inflammation compared with exercise alone or a placebo group performing no exercise.

[Researchers theorize](#) that many of the anti-inflammatory benefits of green tea come from the EGCG it contains. EGCG acts as an antioxidant, so it can help prevent oxidative damage to your cells caused by free radicals, leading to a decrease in inflammation.

You can buy EGCG or [green tea extract](#) supplements, but be aware that green tea extract supplements will contain caffeine unless labeled otherwise.

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9. Garlic

[Garlic](#), like ginger, pineapple, and fatty fish, is a common food rich in anti-inflammatory compounds.

Garlic is especially high in a compound called allicin, a potent anti-inflammatory agent that [may also help](#) strengthen the immune system to ward off disease-causing pathogens.

In one [high quality 2018 study](#) ✓, 51 adults with obesity received either 3.6 g of aged garlic extract or a placebo daily for 6 weeks. Researchers found significant improvements in the inflammatory markers [tumor necrosis factor-alpha \(TNF-α\)](#) and IL-6.

They theorized that long-term aged garlic supplementation may help reduce the risk of inflammation-related chronic diseases.

Garlic supplements come in various dosages, are [usually safe](#) ✓, and have few side effects (except for garlic breath). Additionally, you may experience some anti-inflammatory benefits from eating just 2 g of [fresh garlic](#) daily, which is about [one clove](#) ✓.

10. Vitamin C

[Vitamin C](#), like vitamin D, is an essential vitamin that plays a huge role in immunity and inflammation. It's a powerful antioxidant, reducing inflammation by neutralizing free radicals that cause oxidative damage to your cells.

It [also helps](#) ✓ optimize the immune system in several other ways, which can help regulate inflammation — because inflammation is an immune response.

In addition, high doses are commonly given intravenously to people hospitalized with severe respiratory illnesses — like influenza, pneumonia, and [even COVID-19](#) ✓ — to help reduce inflammation.

In healthy people, though, doses [higher than](#) ✓ 2,000 mg may lead to diarrhea. Other than that, [vitamin C supplements](#) are usually safe and relatively symptom-free.

It's also possible to meet your vitamin C needs through diet alone — green, red, orange, and yellow fruits and vegetables are all [rich sources](#).

The bottom line

Long-term inflammation may increase your risk of chronic conditions like type 2 diabetes, heart disease, and autoimmune disorders.

Many supplements — consisting of anti-inflammatory nutrients, antioxidants, or other compounds — can potentially reduce inflammation in your body.

If you want to try a supplement, it's important to:

- Buy from a reputable manufacturer, preferably with a certified Good Manufacturing Practices (cGMP) facility (which ensures they meet Food and Drug Administration requirements), and engage in third-party product testing.
- Follow the dosage instructions on the product packaging.
- Check with a healthcare professional first if you're pregnant or nursing, if you have a medical condition, or if you take over-the-counter or prescription medication.

Ideally, it's best to get your anti-inflammatory nutrients from whole foods, but supplements may help — especially if your diet lacks nutrients and antioxidants.

[If you need help finding a primary care doctor, check out our FindCare tool here.](#)

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Can Frankincense Benefit People With Cancer?



Medically reviewed by [Teresa Hagan Thomas PHD, BA, RN](#) — Written by [Traci Angel](#) — Updated on [September 24, 2024](#)

[Cancer](#) [Other benefits](#) [Risks](#) [How to use it](#)
[Other cancer treatments](#) [Takeaway](#)

Some research suggests that frankincense oil has anti-inflammatory and anticancer properties. However, more research is necessary to learn the short- and long-term effects.

Known to some as the “king of oils,” frankincense comes from the sap of trees in the *Boswellia* genus, like the *Boswellia sacra* tree. These trees are in Middle Eastern countries, such as Oman and Yemen, and African countries, such as Somalia and Ethiopia.

Some people think the sap had certain medicinal properties, making it a staple in many herbal and alternative therapies. Below, read about whether frankincense has any beneficial effects on cancer, other potential

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Does frankincense help with cancer?

According to a [2022 review](#), researchers have been investigating frankincense's therapeutic potential, particularly its anti-inflammatory and anticancer properties.

Frankincense may help to regulate immune cells and control cell signaling, which is responsible for preventing cancer cells from growing and spreading.

Research in the review suggests frankincense may benefit brain tumor-related [edema](#) but does not reduce the size of [brain tumors](#). The authors conclude that more studies are necessary to learn frankincense's full therapeutic potential and effects on other tumor types.

A [2024 clinical trial](#) tested boswellic acids — a component of frankincense oil — on 18 people before [surgery for breast cancer](#). Participants took 2,400 milligrams (mg) of frankincense extract for 5 to 56 days before surgery.

The researchers found that frankincense significantly reduced breast cancer cell growth and caused no serious side effects. However, they

conclude that more research is necessary.

Some research has also looked at frankincense's effect on cancer-related symptoms.

For example, a [2018 case study](#) suggests that frankincense may benefit [cancer-related fatigue](#), while a [2022 review](#) suggests it may help people undergoing cancer treatments, like [chemotherapy](#), feel calmer.

Can frankincense treat cancer?

Although current research suggests that frankincense's properties may have some benefits for certain cancers, it's important to remember that no studies have proven that frankincense can treat cancer.

Frankincense [may have](#) some therapeutic potential and anticancer properties, but more research is necessary to understand the extent of this, and the short- and long-term side effects.

Other benefits of frankincense

Traditional medicine [has used](#) frankincense for years to help with various conditions. The boswellic acids in frankincense have anti-inflammatory, antiseptic, and pain-relieving properties that may offer some therapeutic benefits.

According to a [2022 review](#), clinical trials suggest that frankincense may help with the following:

- [arthritis](#)
- [multiple sclerosis](#)
- skin conditions, like [eczema](#) and [psoriasis](#)
- [asthma](#)
- [gingivitis](#) and [oral health](#)

Some people [may also](#) use frankincense in aromatherapy to help with [anxiety](#), stress, and general well-being.

Risks and side effects of frankincense

Applying undiluted essential oils, like frankincense oil, to your skin **may cause** inflammation, irritation, or allergic reactions.

The Food and Drug Administration lists the gum resin of *Boswellia* as Generally Recognized As Safe, so **you may** see it as a food additive in certain products.

However, it isn't yet clear how ingesting frankincense oil or its extracts may affect you in the short- or long-term.

You should always speak with a healthcare professional before ingesting essential oils or extracts, especially if you are currently pregnant, breastfeeding, or taking any medications.

How to use frankincense

If you're interested in adding frankincense to your treatment, reach out to your doctor. They can help determine whether this is the best option for you and advise you on potential next steps.

Although some sources may recommend ingesting a small amount of frankincense with food, this isn't a medically sound approach. You shouldn't ingest any essential oil.

When applying essential oils to your skin, dilute one to two drops of frankincense oil with a carrier oil, such as coconut or jojoba oil. Carrier oils **help reduce** the potency of essential oils to prevent your skin from having an adverse reaction.

You **can also** diffuse the oil into the air to get potential aromatic benefits. If you have a diffuser, add a few drops and allow it to disperse. If you don't have a diffuser, you can add a few drops to a piece of tissue or cotton nearby.

[Learn aromatherapy's uses and benefits.](#)

Other treatments for cancer

Cancer treatment usually involves a plan that you work out with your oncologist and other doctors. Depending on the stage, grade, and type of your cancer, these treatments [may include](#) :

- surgery to remove any cancerous tissue and prevent the cancer from spreading
- chemotherapy drugs to kill the rapidly dividing cancer cells
- [radiation therapy](#) to kill cancer cells in targeted areas
- hormone therapy to slow or stop the growth of cancers that rely on hormones
- [immunotherapy](#) to help your immune system fight the cancer

The bottom line

The short- and long-term effects of using frankincense are still unclear. Although some researchers suggests that frankincense may have therapeutic potential, more research is necessary to fully assess the potential benefits and risks.

Frankincense oil and extracts may help people undergoing cancer treatment to feel calmer and may help with certain symptoms, like fatigue or swelling. However, frankincense can't treat cancer.

Talk with your doctor before adding frankincense to your treatment plan. They can help ensure that the essential oil or its extract won't interfere

with any other medications or therapies you may be using. They can also help you find a dosage that will work for you.

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