through his writings, he popularized the notion of stress as the general response to a wide variety of insults (see list for examples)

the currently available antidepressants have a range of adverse effects including nausea, sleep disturbance, fatigue, anxiety, sexual dysfunction in men, and suicidality

internally, the blood and liver cleansing effects combined with external application is very effective for maintaining a healthy young skin

brew, ferment and drink would be it