phytotherapy is the use of herbs or other plant-based products to prevent or treat a health condition.

to avoid lightheadedness, sit down and stand gradually, specifically in the early morning.

gonna see how it goes on when i sleep and see if i wake up to see any of them crawling about in the wee hours of the morning about 4:00 am.

hurt needs your strength to take care of her, so that she can heal and be as strong as you.