

# Healthvault.com/us/en

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in 2012, prescription medicines accounted for just 9 cents of every dollar spent on health care

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mix 12 teaspoon with water, a shake, fiber drink or mix with applesauce or yogurt or premix it with honey or agave nectar and eat a spoonful or two daily as needed.

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most evenings we relax on our huge porch with a few beers watching the resident geckos run around on the ceiling and listening to the bird calls.

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