

# Cultural Daily

Independent Voices, New Perspectives

## Expert Tips for Coping with Post-Twin Birth Complications

Our Friends · Tuesday, October 22nd, 2024

Post-twin birth complications can include excessive bleeding, postpartum depression, and increased physical strain due to the demands of caring for two newborns. Mothers may also experience prolonged recovery times, fatigue, and difficulty breastfeeding. These challenges can be tiring, both physically and psychologically.

In this article, we will explore expert-recommended strategies and practical tips to manage these complications effectively and help new mothers regain strength.

### Understanding Common Post-Twin Birth Complications

Post-twin birth complications often differ from those experienced by single-birth mothers due to the increased demands on the body and due to delivering prematurely.

According to [Statista](#), the rate of twin births has significantly increased from 1980 to 2022. The twins' birth rate was 31.2 per 1,000 childbirths in the US in 2022. The use of different technologies for conceiving has led to an increased number of twin births.

Mothers of twins are more prone to postpartum hemorrhage, as the uterus has been stretched more, leading to difficulties in contracting after delivery. Postpartum depression can also be heightened, given the stress of managing two newborns simultaneously.

Additionally, breastfeeding can be more challenging, requiring greater energy and milk supply. The recovery period may be extended due to the added physical strain. These factors make post-twin birth recovery more complex than for mothers of singletons.

### How can I realize if I'm facing complications after giving birth to twins?

You may be experiencing a complication if you notice severe fatigue, excessive bleeding, unmanageable pain, signs of postpartum depression, or difficulty breastfeeding. Other warning signs include fever, swelling, or prolonged recovery. Always contact your doctor if you face unusual symptoms or if something feels wrong.

### Managing Physical Recovery from Post-Twin Birth

Managing physical recovery after a twin birth requires rest, proper nutrition, and gentle exercises to strengthen the body. Physical recovery after a twin birth can be challenging, especially if you

experience pelvic organ prolapse (POP). It is a complication where the tired pelvic muscles cause organs like the uterus or bladder to shift downward.

Vaginal mesh implants are one treatment option to support these organs and prevent prolapse progression. However, some vaginal mesh products have led to serious complications, like chronic pain, infection, or organ damage, prompting many women to seek legal action.

These complications have resulted in numerous lawsuits against manufacturers, as patients were often not adequately informed about the risks. If you or a loved one has experienced these issues, you can explore your options in a lawsuit, suggests TruLaw.

A **transvaginal mesh lawsuit** centers around patients who have suffered severe complications from these surgical implants. Those affected can file claims against the manufacturer, citing problems such as defective design or inadequate warnings about potential risks linked with the product.

## **Are there dietary modifications that can aid in physical recovery?**

Yes, a diet rich in protein, healthy fats, and fiber can support physical recovery after giving birth. Nutrient-dense foods like green leafy veggies, lean flesh, nuts, and whole cereals promote healing and energy. Staying hydrated and consuming foods high in iron and calcium also aids recovery and strengthens the body.

## **Mental Health Considerations**

Women who give birth to twins often face heightened psychological challenges, including postpartum depression, anxiety, and overwhelming stress from caring for two infants. The demands of sleepless nights, feeding schedules, and increased physical strain can intensify feelings of exhaustion and emotional instability.

According to the CDC, postpartum depression lasts longer than baby blues. One in every eight women faces postpartum depression. If there was an early problem of depression, then the chances of postpartum depression are higher. Also, in the case of twins, depression and anxiety are more common.

Many mothers experience a sense of inadequacy, struggling to balance the needs of both babies while managing their recovery. The risk of postpartum anxiety is also higher, as the fear of handling complications or health concerns with two newborns can be overwhelming. Addressing these mental fitness concerns early is crucial for both maternal and family well-being.

## **Support Systems for Post-Twin Birth**

Women who give birth to twins can find support through various avenues to ease the emotional and physical demands of postpartum recovery. Family and friends often provide practical help with household tasks and caring for the babies. Professional support includes lactation consultants, postpartum doulas, and mental health counselors specializing in maternal care.

According to the National Library of Medicine, postpartum depression is a result of environmental factors, genetic disposition, and mainly hormonal changes. PPD is a severe condition with persistent despair, low self-worth, sleep disorders, anxiety, and hardships bonding with the infant.

Unfortunately, only **50% of women** can reveal these symptoms openly and get support and treatment.

Joining twin-specific support groups, both online and in-person, allows mothers to connect with others who understand their unique challenges. Healthcare providers can also offer resources and recommendations for managing recovery. These support systems are crucial in helping new mothers navigate the complexities of twin births and maintain their well-being.

## Establishing a Routine

Establishing a particular pattern with twins is essential for managing time and reducing stress. Mothers should create a flexible schedule for feeding, sleeping, and diaper changes, aiming to synchronize both babies' routines. It's also useful to set aside time for personal self-care and short intervals to recharge.

Prioritizing tasks and enlisting help from family members or childcare professionals can keep things on track. However, if sticking to a routine feels overwhelming, mothers should focus on the most critical needs and embrace flexibility. It's important to accept that not everything will go as planned, and asking for support when needed is key.

## How can I effectively manage sleep deprivation as a new parent of twins?

To manage sleep deprivation as a parent of twins, try to synchronize your babies' sleep schedules and sleep whenever they sleep. Ask for help from your partner, family, or friends for nighttime feedings and care, and consider hiring a night nurse if possible.

## Seeking Professional Guidance

Seeking professional guidance is vital for mothers recovering from a twin birth, especially when complications arise. Healthcare providers, including obstetricians and pediatricians, can offer personalized advice on managing physical recovery, postpartum depression, and breastfeeding challenges.

According to [PostpartumDepression.org](https://www.postpartumdepression.org), 80% of women can recover completely from PPD with proper treatment and support. Mental health professionals, such as therapists or counselors, can help address emotional stress and anxiety, providing coping strategies for overwhelming moments.

Lactation consultants can assist with breastfeeding issues specific to twins, while physical therapists may help treat pelvic floor disorders or muscle strain. Regular follow-up meetings ensure that any intricacies are quickly managed. Professional support helps mothers feel more confident and empowered in their recovery journey.

## Embracing Recovery with Confidence

Post-twin birth recovery can be challenging, but with the right support, guidance, and self-care, you can manage complications effectively. Establishing a routine, seeking professional help, and relying on your support system are essential steps. Remember, every recovery journey is unique, so be patient with yourself as you heal and adjust to life with your twins.

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## 5 Best Practices For Not-for-Profit Printing Operations And Effectiveness

Our Friends · Monday, October 21st, 2024

Do you want to maximize the effectiveness of your non-profit organization? You can employ the latest technologies and solutions to boost email outreach and printing operations. Conducting regular audits helps you to understand your organization's printing volume and the materials required. Centralized management streamlines printing requests and processes while reducing costs.

Implement print management systems to monitor usage, track expenses, and set printing limits. Encourage digital communication through newsletters and emails instead of printed materials. The following five practices will make your not-for-profit organization more effective and successful.

### 1. Implement Printing and Direct Mail Solutions



Your organization can maximize outreach through direct mail and printing campaigns. Partnering with a trusted **not for profit printing** company for your fundraising engagement ensures the timely delivery of printing campaigns to the ideal audience at the right time. Direct mail fundraising specialists help your organization increase engagement and donation by managing

donor campaigns.

The personalized and tangible marketing approach evokes prompts and emotions through non-profit event invites, postcards, newsletters, and catalogs. They provide reliable services like acquisition mailings, planned giving, renewal mailings, strategy fundraising, annual reports, event announcements, and disaster response fundraising.

Leverage high-quality custom printing services and premium products/paper solutions from reliable companies. Mailing services ensure professional and detailed handling of your mailing solutions and activities.

## 2. Implement Workflow Streamlining Strategies

Your business wants to achieve optimal operational efficiency by streamlining printing solutions. Creating and implementing a well-defined production, design, and approval process, ensuring team members know their responsibilities and roles. You want to establish clear stages in your organization's workflows to prevent bottlenecks. It enables all projects to move smoothly from conception to completion. That is important for non-profit organizations with limited resources that want timely execution of printing campaigns.

Utilize project management tools to enhance how team members coordinate and communicate. The tools enable organizations to set realistic deadlines, assign tasks, and track progress. Centralizing updates and information ensures efficient collaboration, ensuring members track project status. Furthermore, it minimizes the odds of errors and miscommunication. Advanced tools have feedback loops and file sharing, helping to enhance collaboration.

## 3. Consider Digital Options



Are you searching for the best ways to reach more donors without investing much financially? Consider email campaigns and digital strategies that help you connect with the ideal audience

through routine updates. Utilize these strategies to publish your campaigns and events and reduce mailing costs. That might help reduce printing service and material costs.

You can utilize emails to customize content to meet the targeted audience's needs. That can boost response and engagement rates. **Analytics tools enable campaign tracking** and allow organizations to modify their strategies based on data-driven insights. Social media platforms help your organization connect with a broader audience at a minimized cost. Your team can promote campaigns, share impactful stories, and encourage donations through social media platforms. Sharing visually engaging content resonating with your followers can boost reach.

Utilizing digital fundraising tools streamlines donation processes, enabling donors and supporters to contribute from diverse locations. Digital solutions are the real deal for people intending to connect with more audiences.

## 4. Practice Cost Management and Budgeting

Not-for-profits should ensure proper resource allocation to optimize management and efficiency. That requires finding a clear budget for your printing needs. Look for top-quality materials for your campaign and event campaigns. Creating a detailed plan of the projects your organization must complete informs your budgeting decisions.

Having control over your expenditures and maintaining accurate records allows your teams to compare spending with the organizational budgets. You can identify areas of overspending, ensuring you make more informed financial decisions. Explore bulk purchasing solutions to cut down. You can partner with companies offering discounts for bigger orders. You can partner with local print shops to maximize savings and foster community relationships.

Invest in continual budget auditing and reviewing to understand your fundraising goals and expenditures. Implementing reliable budgeting and cost management strategies is necessary for your organization to address financial and operational changes quickly.

## 5. Implement Sustainable Practices





Many not-for-profits want to minimize their carbon footprint and align their values with their supporters. Trusted printing service providers use eco-friendly materials like soy-based inks and recycled paper. That helps your organization to keep its carbon footprint low while **conserving natural resources** and reducing waste in landfills.

Soy-based inks generate minimal toxins compared to traditional petroleum-based inks. These inks offer vibrant colors and are easy to remove, helping promote sustainability in printing processes. Eco-friendly printing practices can boost your non-profit organization's appeal to eco-conscious donors.

Many donors prioritize sustainability and would contribute to non-profit organizations reflecting those values. Showcase your company's commitment to green practices to build stronger connections with your audience. Such practices are monumental in attracting new supporters and enhancing overall reputation.

## Wrapping Up

Are you looking for ways to ensure your not-for-profit organization achieves more efficient printing solutions? Consider implementing direct mail and printing solutions to achieve seamless fundraising production and marketing campaigns. Sustainable printing practices involving eco-friendly materials and tools can boost your company's appeal to potential donors. Implement high-end project management tools to assign team members proper roles and responsibilities. Also, you want to develop clear workflow stages to minimize bottlenecks and speed up project completion time.

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## 5 Reasons Why Vehicle Tracking Providers Are Essential for Delivery Business

Our Friends · Monday, October 21st, 2024

Logistics, transportation, and vehicle tracking are all about efficiency when it comes to the delivery business.

Delivery companies, from large-scale ones to small startups, should have speediness, accuracy, and proficient procedures to have a competitive edge.

In this regard, as e-commerce rises, customer expectations concerning fast deliveries are way higher than ever. If there are any kind of delays or inefficiencies, it can tarnish the reputation of a brand.

This is where vehicle tracking providers play an important role. These third-party service providers leverage the latest technology to ensure delivery business operations are optimized on time. As a result, the customers' experience is enhanced all over.

If you want to improve your delivery business, you should adapt to such vehicle tracking providers.

Here are five reasons vehicle tracking providers are not a luxury but an essential ingredient for any delivery-based business.

### 1. Routing Optimization

The most valuable aspect of **vehicle tracking providers** is that it improves routing optimization.

Delivery businesses often run on a fleet of vehicles moving around across various routes. Some of these routes might have high traffic, road closure, or construction work, but these tracking solutions give real insight for the drivers in selecting the best route.

The tracking systems analyze traffic patterns, weather conditions, and other parameters to provide a convenient and quick drive for them.





## 2. Continuous Tr

For a speedy delivery, there is nothing as potent as knowing where your vehicles are while making deliveries. Vehicle tracking providers make it possible for businesses to carry out continuous monitoring of the live locations of their fleets.

It provides dispatchers and managers with full visibility over the delivery process. If something goes wrong, like vehicle breakdowns or traffic congestion, the team reaches out to take immediate action.

Tracking also means peace of mind for the customers. Some tracking systems also enable customers to monitor, through apps or web platforms, where their deliveries currently are. This level of transparency can help boost the customer experience and bring trust to your brand.

Vehicle tracking providers also help in observing the performance of the drivers. Tracking variables such as speed, idle time, and routes confirm that your drivers abide by the policies. These policies are the industry standards that you should supervise for a safe delivery business.

So, by continuously monitoring, you can get less probability of accidents and liabilities arising from such accidents.

## 3. Improved Fleet Maintenance and Performance

When your delivery business is gathering momentum, handling a whole fleet of vehicles is difficult. Vehicle tracking systems help in managing the whole fleet on a single platform.

From scheduling maintenance to tracking fuel consumption, it allows the business to keep up a high level of operational control.

It involves keeping the fleet in good condition to avoid unexpected breakdowns, which cost more than regular servicing. With vehicle tracking, businesses can set up notifications regarding routine maintenance such as oil changes, tire rotation, brake checks, etc.

In addition, fleet managers will be allowed to analyze data derived from the tracking system to check inefficiencies. They can determine whether a particular vehicle always uses more fuel than others or whether certain routes are more time-consuming.

Such information helps the managers of fleets make conscious decisions. For example, adjusting routes or training programs for the drivers to maximize fleet performance.

## **4. Increased Security**

Delivery vehicles are very valuable assets as they usually carry highly valued goods. For this reason, unfortunately, many become thieves' targets or are misused by the company drivers.

Vehicle tracking providers address this issue by ramping up the level of security a fleet can enjoy. By utilizing GPS tracking, your company can be more aware of where each vehicle is located at all times. Hence, this enables quicker recovery if the car gets stolen.

Some trackers also have the feature of geofencing, whereby businesses can set boundaries in which the vehicles should operate. So, if the vehicle crosses that boundary, it triggers an alert to the company of the possibility of unauthorized usage. Such tight security cuts down on these risks and secures the fleet and the cargo.

The tracking systems also provide information that can be utilized in case an insurance claim occurs. In the event of theft, the tracking data can be used as evidence, accelerating the claim process.

## **5. Operational Cost Reduction**

You should implement a vehicle tracking provider in the delivery business, as there are substantial cost-saving benefits. Businesses can radically reduce fuel costs by enhancing route optimization, reducing idle time, and maintaining vehicles promptly. You can even minimize wear or tear and the risk of very costly breakdowns of the vehicles.

Beyond these direct cost savings, it boosts your overall business profitability by increasing the number of deliveries completed each day. Further, your business can increase its capacity and revenue with decreased delivery times without expanding the fleet or drivers.

Moreover, improved driver behavior—such as reduced speeding and idling—leads to fewer claims, hence lower insurance premiums. Most insurance firms grant discounted rates for those businesses that use vehicle tracking systems since they curb risks. After some time, savings add up and make vehicle tracking providers a self-paying investment.

## **Conclusion**

Vehicle tracking providers have ceased to be optional but have become a necessity in today's competitive delivery business.

The reasons for its necessity are mentioned above, i.e., routing optimization, continuous tracking, improved fleet management, increased security and cost reduction.

Therefore, your delivery business can experience smooth operations, increased customer satisfaction and profitability with these tracking providers. So, take advantage of the advanced

vehicle tracking providers to differentiate strongly from the competition.

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## What Are The Best Accessories For A Suzuki Jimny?

Our Friends · Monday, October 21st, 2024

Suzuki Jimny is a serious off-road machine known for its iconic design, urban agility, and exceptional off-road abilities. It can maneuver through harsh terrains and weather. The robust ladder frame, 3-link rigid axle suspension, and 3-ample body angles make that possible. The 4-wheel-drive SUV lacks enough storage capacity to hold luggage for group and family travels.

People want to streamline their outdoor adventures while maintaining functionality and stability. That requires investing in the best selection of accessories for your Suzuki Jimny. Every Suzuki owner will find the following five accessories invaluable for their outdoor explorations.

### 1. Internal Storage Shelf

Are you looking for ways to free up your Suzuki Jimny's interior space when exploring outdoors with your family and friends? The internal storage shelf is one of the best **Suzuki Jimny accessories**. It frees up internal storage and organizes your gear. This fashion-rich storage shelf has a flat, lightweight aluminum storage surface and a molle panel underneath. You can secure additional gear using the adjustable webbing straps.

The unit fastens to your Suzuki Jimny's rear grab handle mounting points. The lightweight aluminum has a water-resistant black powder coating. It can withstand damp climates. It has a 20 kg load capacity and can hold your bedding, jackets, and other essentials. The installation requires no drilling because it sits comfortably on existing OEM rear seat grab handles.

### 2. Front Bull Bar

Your SUV's frontal section endures different threats off-road, including debris, animal collisions, boulders, mud, and rocks. These can damage the bodywork, paint, headlights, bumper, grille, and other frontal components. You want to protect these areas with durable bull bars made of high-quality steel. These robustly crafted steel bars provide excellent resilience and strength against impacts while maintaining the aesthetic value of your SUV.

Most front bull bar models can accommodate a winch, ensuring they can handle off-road recovery situations. The bars have mounts where users can install extra lighting fixtures to improve visibility during night drives. Consider bull bars with a stylish and simple appearance that can fit snugly

into your SUV model. It should be airbag compliance, passing all vehicle standards per your country of residence.

### 3. Suzuki Roof Rack

The Suzuki Jimny SUV is the **perfect outdoor machine**, but you will need an additional storage solution to carry enough gear and supplies during outdoor adventures. This compact SUV has limited internal storage capacity, meaning a roof rack will be an invaluable tool to carry extra gear. Get the correct roof rack to transport tents, kayaks, and jerry cans. A roof rack is integral for maximizing internal storage space and enhancing comfort.

Roof racks double as versatile platforms for mounting other accessories. Modern roof rack models have unique designs that support installing LED light bars to improve visibility in low-lit conditions and during nighttime rides. The ideal roof rack can transform your Jimny into a functional and reliable off-road vehicle for handling multiple adventures. Roof racks offer the capacity to customize your SUV to meet your unique outdoor needs, ensuring you can maneuver through all conditions and situations.

### 4. Rear Window Molle Panel



It reaches a point where every fourth-generation Suzuki Jimny owner wants to carry more gear and supplies during their outdoor explorations. Rear window molle panels are a cheaper alternative to roof racks that integrate seamlessly with the vehicle's internal storage shelf to offer maximum load solutions. Look for options with adjustable webbing straps for a secure and robust attachment.

The best door Molle panel creates the required storage space and offers multiple configuration options. Minimal drilling above the rear window allows for efficient securing of the panels for a secure and effective fitting. Users can strap their adventure gear and supplies to the molle panel with the supplied adjustable webbing straps. Consider high-strength steel-made panels with durable powder coating for lasting durability.

## 5. Full-Under Protection Plates

Your Suzuki Jimny's radiator, engine, and transmission suffer the most during long outdoor adventures. These components suffer from the harsh impacts of salt water, debris, corrosion, rust, and rocks, which might penetrate your engine and cause significant damage. Damages to your engine, transmission, and radiators are costly to repair.

Your SUV deserves high-quality under-protection plates made of high-strength steel and aluminum. The plates should cover your undercarriage to secure and protect your engine, differential, transmission, and fuel tank from obstacles encountered on off-road terrains.

Suzuki Jimny owners should search for the best under-protection plates that can withstand the impact of harsh elements. They should be durable and reliable, promising to serve you for years. The best plates can protect against leaks, punctures, and dents. Use the correct plates to boost ground clearance and prepare your SUV to traverse more difficult landscapes.

## Wrapping Up

Are you looking for ways to transform your Suzuki Jimny, making it more functional, reliable, and efficient? Consider these five accessories suitable for your Suzuki SUV to make it more comfortable by increasing storage and off-road handling capacities. The undercarriage plates safeguard your engine components. Molle panels offer extra storage for gear and accessories. Roof racks hold most of your long and heavy gear. Bull bars protect your vehicle's frontage from damage.

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## How To Choose The Best Green Horn Kratom For Your Needs

Our Friends · Monday, October 21st, 2024

Have you ever wondered which strain of kratom could be your perfect match?

With so many varieties out there, it can feel overwhelming to decide. Among the many options, Green Horn Kratom stands out due to its unique properties and popularity among kratom enthusiasts.

But how do you choose the best Green Horn Kratom for your needs?

In this guide, we'll explore the key aspects to consider, from its origins to what makes this strain different from others. Whether you're a seasoned user or someone just starting to explore, you'll

find valuable insights to help you make an informed decision.

## What is Green Horn Kratom

**Green Horn Kratom** is derived from the *Mitragyna speciosa* tree found mainly in the Southeast Asian region. What sets this particular strain apart from the rest is its ‘‘horned’’ leaf structure, which is not quite common among other strains.

The leaves are harvested at a particular time, thus providing the magic ratio that most people want in green vein kratom strains. People tend to prefer Green Horn for the reasonably potent but distinct experience, which delivers what only red and white vein strains can offer users.

It’s neither too energizing nor too sedating, striking a perfect middle ground for those who are looking for balance.

## Understanding the Different Forms of Green Horn Kratom

When selecting the best Green Horn Kratom, you will find that it is available in several varieties. Each type has its advantages, and it’s up to you to decide which one is more suitable for use.

1. **Green Horn Kratom Powder:** This is the most common type, and it is prepared by drying and grinding the kratom leaves into a powdered form. It’s flexible with applications and can be easily dissolved in liquids such as tea, smoothies, and capsules. Some people find it convenient because the form lets you adjust and measure the dosage you need.
2. **Green Horn Kratom Capsules:** Capsules are quite convenient, especially for those who do not want to taste the kratom. These come in a pre-measured dosage form and are convenient to use since one can carry them around whenever one wants to. If one wants a quick and convenient method of taking Green Horn Kratom that does not include spilling or making a mess, capsules are perfect.
3. **Green Horn Kratom Extracts:** Concentrated forms of kratom include extracts, which tend to be more potent than others, even when taken in lesser quantities. These are usually prescribed to more advanced users because of how potent they are. Extracts can be ingested in various forms, including tincture or mixed with other beverages.

## Tips to Choose the Best Green Horn Kratom





When it comes to buying the right Green Horn Kratom, one needs to be very careful in choosing the right supplier with quality kratoms. For superior kratom products, ethical sourcing, laboratory testing, and customer satisfaction are important factors.

Thus, by considering these aspects, you have the best chance of getting a suitable product that fulfills your requirements and provides an optimal experience.

- **Consider Your Desired Effects:** Green Horn Kratom is **considered to be balanced**, although it may have different effects based on potency. If you are in search of some mild relaxation and concentration, you should go for a low dosage. However, moderate dosage may be effective, necessitating its use to achieve enhanced effects.
- **Choose the Right Form:** Green Horn Kratom comes in powder, capsules, and extract forms. Powder is versatile in usage, depending on the amount one wants to take; capsules are easy to use, and extracts are highly potent in small portions.
- **Start with a Low Dose:** First-time users of kratom or this specific strain should start with a smaller dose of about **1-2 grams of the product** and then increase the amount as desired. This way, you will be able to get to the exact level that is fit for you.
- **Check for Quality:** It is always preferable to purchase from known suppliers with genuine products that have undergone laboratory testing. This makes certain that your Green Horn Kratom is pure, safe, and does not contain any impurities.
- **Read Reviews:** Use the customer feedback section to know how reliable the vendor is and whether or not their Green Horn Kratom is consistent. Search for feedback on the impact, as well as the quality of the product in question.

## Tips for Maximizing Your Green Horn Kratom Experience

When you have decided on the most suitable Green Horn Kratom, there are certain things that can help you maximize your experience.

- **Stay Hydrated:** As with any substance, you should always drink water to help your body



process the effects and avoid dehydration.

- **Pair with a Healthy Diet:** Adding a healthy and balanced diet to your lifestyle can complement your experience.
- **Listen to Your Body:** It is important to understand everyone's kratom use is different, so listen to your body and how it reacts. Adjust your doses more or less often depending on how you feel.

## Conclusion

Picking the right Green Horn Kratom is all about knowing what you want from a kratom experience.

Taking everything into consideration, Green Horn Kratom is a great variant if one is in search of balanced and versatile effects coupled with stable results.

Concerning the form, dosage, and quality of the vendor, it will be easier for you to procure the best product that will complement your routine.

Just ensure that you start low and take time to try different dosages to fully appreciate the multiplicity of qualities of this unique strain.

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## 7 Reasons to Consider White Dragon Kratom for Your Health Regimen

Our Friends · Monday, October 21st, 2024

If you've been considering adding kratom to your wellness regimen, you've likely come across multiple publications recommending one strain or cultivar over the others.

But what truly makes a kratom strain outstanding? Well, it has much to do with its distinctive effects.

While some strains are inherently stimulating, others are more mellowing. Some cultivars may also provide all-rounded benefits, uplifting your energy while soothing your nerves.

White dragon belongs in the latter category, and in this article, we shall unpack the top seven reasons to consider adding the strain to your wellness routine.

## Introducing White Dragon

The white dragon is a kratom strain native to Malaysia. It's a hybrid cultivar obtained by crossing a white elephant with a white maeng da.

As the name implies, the white dragon is a white-veined kratom cultivar.

Note that kratom's leaf veins appear in three dominant colors – white, red, or green. White-veined strains are famous for their uplifting properties, while red-veined strains are mostly soothing. Green veins pack most of the effects of white vein and red vein cultivars.

The “dragon” reference in this strain's name resonates with the eponymous mythical fire-breathing creature that has captivated the imaginations of many Asian cultures for centuries.

But as you're about to find out, the effects of the white dragon aren't limited to body stimulation. This legendary kratom cultivar may provide a host of other benefits due to its diverse alkaloid profile.

Therefore, you can buy **high quality white elephant kratom** and administer it for several health issues, including those typically alleviated with red vein strains.

## Reasons to Add White Dragon to Your Health Regimen

### 1. White Dragon May Supercharge Your Energy Levels

**White dragon's energizing properties** are rooted in its rich pedigree. Derived from two of the most stimulating kratom cultivars, this strain can be perfect for anyone grappling with fatigue.

Incorporate white dragon into your breakfast routine to charge up for the day ahead. Since the strain's stimulating properties are similar to those of caffeine, you can take white dragon tea alongside your morning coffee to synergize the effects of both beverages.

### 2. White Dragon May Combat Mental Slump

White dragon doesn't stop at stimulating your physical energy. The strain may combat mental slump as well.

When consumed, the active alkaloids in white dragon – particularly mitragynine and 7-hydroxy mitragynine – relieve mental fatigue by **activating certain opioid receptors** in the brain.

Thanks to its ability to reenergize your mind, the white dragon can be perfect for consuming right



before undertaking mental

### 3. White Dragon May Enhance Your Moods

Erratic mood oscillations are the bane of our modern-day lives. Hardly an hour goes by without undergoing a mood-depressing experience.

While white dragon may not guarantee a stress-free day, the strain can provide powerful mood-enhancing benefits.

Consider carrying white dragon snacks to work to keep mood swings at bay. Your colleagues will be mesmerized by your consistently high spirits despite the numerous low moments at the workplace.

### 4. White Dragon May Alleviate Body Aches

Aching muscles and stiff joints can significantly reduce your daytime productivity. If these problems are symptomatic of an underlying chronic disease, they could further reduce your overall quality of life.

Like most kratom strains, the white dragon may help alleviate body aches. Again, that has much to do with its positive interactions with opioid receptors in the body.



## 5. White Dragon May Calm Your Nerves

White-vein kratom strains are generally reputed for their stimulating abilities. However, the white dragon does you one better.

Besides activating your energy reserves, this strain may also soothe your nerves. Its overall effects are generally dose-dependent.

At low doses, the white dragon is mostly uplifting. But as you increase the serving portions, the strain starts to produce soothing effects.

## 6. White Dragon May Lull You to Sleep

If you've grappled with sleep deprivation before, you know how severely it can impact your daytime productivity. White kratom's calming properties make it a welcome addition to your bedtime routine. When consumed late in the evening, the strain can fight sleep deprivation by shortening your sleep latency.

Remember that white dragons are invigorating at low doses and mellowing at higher portions. Therefore, it's best to exercise caution and stay within safe dosage limits.

Many seasoned kratom users consider 3 – 8 grams per day as an ideal dose. Anything more than that can trigger worrying adverse effects, particularly if consumed at once.

## 7. White Dragon May Enhance Sociability

One of the social benefits of the white dragon is its ability to induce euphoria and overall feel-good effects. Multiple findings have shown that people who consumed white-veined kratom strains (including white dragon) demonstrated increased sociability.

White dragon users are generally happier with their lot. They're also more given to striking and maintaining meaningful conversations.

Whether you're planning a maiden date or a social gathering, it pays to include a white dragon in your plans.



## Wrap Up

Despite its numerous benefits, the efficacy of white dragon comes down to the doses consumed.

As a beginner, it's prudent to start with lower serving portions and work your way up in little installments until you hit the proverbial sweet spot.

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## The Role of Goalkeepers in Modern Football

Our Friends · Monday, October 21st, 2024

When you remember the most dramatic games in football there is no hanging space on the wall for the one who just manages to fend off a goal that otherwise could have cost the match. But when the goals have to be defended, and it all comes to a head, the goalkeepers are left as the invisible glue of the team.

Historically, the role has gone through a lot of changes. Years ago, it was primarily about being a big, strong figure who could throw himself at the ball when it came flying. Maybe a little like an older brother who is suddenly asked to take responsibility for the younger siblings. It took muscle strength and a good sense of timing, but not so much else. Today, however, the goalkeeper is considered a field player and acquired to do much more than that. Seasoned fans and bettors know how it works so they can use recent tips and recommendations at the link <https://www.liontips.com/tips/today> wisely to place winning wagers.

### The Story Behind The Position

If we look back at the early days of football, the goalkeeper was a somewhat stagnant character. There were not so many tactics involved; the task was simply to stand and wait for the ball to come close and then do everything possible to fend it off. But then Lev Yashin came and turned that understanding upside down. He was not just a figure waiting for the shots to come to him; he was active, a leader who managed his defense and took control of the entire field. Yashin was like that responsible parent who always has an overview, while everyone else is busy with their own small tasks.

And from there the goalkeeper position began to develop. It soon became apparent that goalkeepers could be much more than just last man – they could be players who actively contributed to the flow of the match. Peter Schmeichel took it to the next level. With his enormous physique and ability to organize a defense, he became almost a general on the field. Not only did he prevent goals, he was also the one who held the team together when the pressure was greatest. Schmeichel had the authority that made him a kind of “Father” of football, who could hold the whole team on his shoulders and concentrate on the task. Peter not only became a Dad figuratively, but also literally: **his son, Kasper** is also a successful and respected goalkeeper, playing in the Premier League.

## Modern Goalkeepers: Multifunctional Geniuses

Focus on technical skills makes a lot of sense in the modern world of football. Today's goalkeepers have to master more technical aspects than ever before:

- Accurate kicks and passes for quick counterattacks
- The ability to play along in games under pressure
- Positioning relative to the height of the defence;
- Communication and management of defence

Researchers in the field of sports science suggest that these expanded requirements have led to a significant increase in the physical and mental load of goalkeepers.

## Tactical Role and Leadership

Goalkeepers also play a big role in relation to the tactical game. They are often the ones who have the best overview of the field and can therefore manage the defense.

In modern football, this tactical understanding has become even more important. With the introduction of high-pressure strategies and ball possession games, just saving shots is no longer enough. Goalkeepers must be able to make wise choices under pressure and think several steps forward. It's like juggling multiple employees who all need attention at once – a constant requirement of multitasking.

## Impact of Technology

As data and technology have become an integral part of football, goalkeepers have also had to adapt to a new reality. They have access to extensive analysis of opponents' firing patterns, giving them a tactical advantage. However, this does not mean that everything is predictable. There is still a debate about whether the technology can replace the intuition and experience that many of the best goalkeepers possess. Technology can help prepare, but in the heat of battle, it's often about pure gut feeling – a bit like having to assess how to handle a teenager's mood swings without any manual.

## Goalkeeper of the Future

There is no doubt that the role of goalkeeper will continue to evolve. We are already seeing several goalkeepers who play an active role in building the game and act as an additional defender, like André Onana or **Ederson**. As an experienced parent who always finds a way to deal with the chaos, the modern goalkeeper will have to balance between his many roles – both as a protector, leader and now also playmaker.

The future will show how much can be expected of the goalkeeper, but one thing is certain: it is a position that can no longer be overlooked.

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## AND CULTURE

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### Finding Art in Environmental Damage

Stephen West · Monday, October 21st, 2024

Climate change is front and center in at least two of the dozens of [exhibitions](#) that make up the *Art and Science Collide* series now on view across Southern California museums. [The Huntington Library, Art Gallery, and Botanical Gardens](#) takes a historical approach with paintings and documents. [The Hammer Museum](#) is showing contemporary artworks that try to evoke what the environmental crisis looks like now and where we may be heading.

*Storm Cloud: Picturing the Origins of Our Climate Change* at the Huntington tells the story of how industrialization — first in Britain, later in America — led to environmental degradation. There are lots of 19th-century prints, ranging from British coal works to American railroads to a cartoon ichthyosaur — a large marine reptile — delivering a lecture to other huge reptiles about the now-extinct human race.



Philippe Jacques de Loutherbourg (French?British, 1740–1812), *Iron Works of Coalbrook Dale*, in *The Romantic and Picturesque Scenery of England and Wales*, 1805, aquatint in printed book. The Huntington Library, Art Museum, and Botanical Gardens.

Philippe Jacques de Loutherbourg's dramatic aquatint *Iron Works of Coalbrook Dale* of 1805 updates the typical English landscape by featuring one of the behemoths that were changing the country's economy forever. In the foreground, a man on horseback rides toward the foundry, which sits on a hill overlooking a river that cuts through forested mountains. Its enormous chimneys emit a yellowish-brown smoke that drifts over the valley. The picture reminds you of the entrance to the gates of hell.



Francis Michelin, (American, 1809 or 1810–1878), *Scott's European Fashions, for the Summer 1848. No. 146 Broadway, New York*, 1848, lithograph with hand coloring; Jay T. Last Collection, The Huntington Library, Art Museum, and Botanical Gardens.

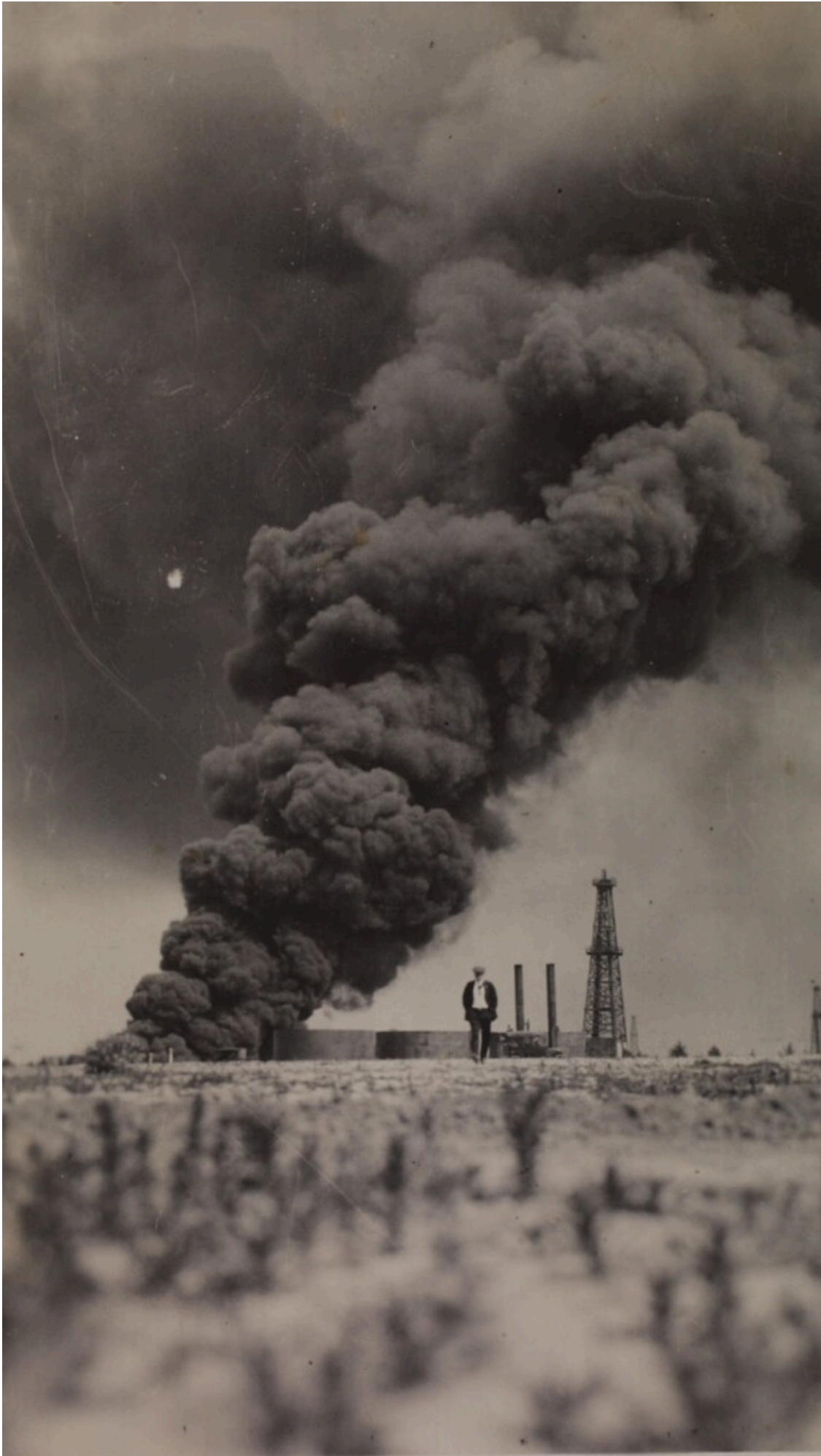
Not all of the artworks in the show focus directly on the environment. An advertising sheet for a stylish New York clothing store, *Scott's European Fashions, for the Summer 1848*, shows more than a dozen dandies modeling the latest styles, including blond fur top hats for summer and dark ones for winter. As a wall label notes, people burned coal for warmth in winter, so dark hats and coats “became the preferred style ... because they showed less grime.”

The exhibition focuses on America's changing climate as well as Britain's. The artworks and wall texts show, for example, how the construction of the Erie Canal caused environmental damage. It explains how the plantation system in the South, with its focus on producing only one or two cash crops such as sugarcane, cotton, or tobacco, degraded the soil and reduced biological diversity. Still, the most powerful agent of climate change in America, particularly in the 20th century, was the development of an oil-based economy.

The use of petroleum rather than coal was undoubtedly a step forward, though it created its own

environmental problems during both production and use. There's a powerful 1923 photograph showing dozens of oil rigs jammed together on Signal Hill in Southern California. You can't really see the routine oil spills associated with drilling, but they're undoubtedly there. And then there are the drilling rigs that catch fire or burn off natural gas or excess production.





Unknown photographer, *Oil Well Fire*, c. 1920s, photograph, The Huntington Library, Art Museum, and Botanical Gardens.

A black-and-white photograph of an oil rig, probably from the 1920s and taken by an unknown photographer, packs quite a punch. In what looks like an arid desert location, the derrick sits on the right side of the vertical picture. In the center, a man in a suit, tie, and hat strides toward the viewer. On the left is a gigantic plume of black smoke billowing into the sky. Did the man intentionally set the fire? Did one of the storage tanks in the background accidentally catch fire? We don't know, but the simple visual image of the black smoke rising so high into the sky is astonishing.

*Storm Cloud: Picturing the Origins of Our Climate Crisis* runs through January 6, 2025, at the Mary Lou and George Boone Gallery of the [Huntington Library, Art Gallery, and Botanical Gardens](#), 1151 Oxford Road, San Marino, California. The museum is closed on Tuesdays. An extensive catalog is published by the Huntington and Yale University Press.

## **Breath(e): Toward Climate and Social Justice**

In contrast to the Huntington's scholarly and historical exhibition, the Hammer Museum at UCLA takes a contemporary approach to the environmental threats we face.

Conceived during the Covid pandemic and Black Lives Matter movement of the early 2020s, *Breath(e): Toward Climate and Social Justice* tries to address a wide range of problems. As an introductory wall text puts it, "breathing is an act of resistance and survival in the face of racial inequality and a global health crisis." The show attempts to address environmental threats ranging from rising temperatures and unpredictable flooding to deforestation and contaminated water supplies.

Unfortunately, the exhibition is a hit-or-miss affair when it comes to actually addressing such sweeping goals. Many of the works seem more interested in virtue signaling than in creating a compelling visual image or object.

For example, an array of video screens showing young people dancing on a rocky beach is technically sophisticated but mostly seems to demonstrate the dancers' wokeness. LaToya Ruby Frazier's photo essay on the water crisis in Flint, Michigan, is competent visual journalism but, at least for me, doesn't really rise to the level of fine art.



Brandon Ballengee, *MIA Highfin Blenny*, 2020, Deepwater Horizon source crude oil, Taylor/MC20 source crude, contaminated marshland sediment (oil, anaerobic bacteria, iron oxide), and Corexit 9500A (dispersant) on paper; courtesy of the artist and Jennifer Baahng Gallery, New York.

Brandon Ballengee's handsome series of small paintings of several fish and an eel draws your attention because they're extremely well executed. But the environmental significance of the works isn't clear until you read the wall label and learn that they are made with oil from the infamous Deepwater Horizon spill in the Gulf of Mexico.





Tiffany Chung, *stored in a jar: monsoon, drowning fish, color of water, and the floating world*, 2010–11, installation view, Plexiglas, wood veneer, plastic, aluminum, paint, steel, cable, foam, copper wire; Post Vidai Collection, courtesy of the artist. In left background, Yoshitomo Nara, *A Sinking Island Floating in a Sea Called Space*, No. 1 and 2, 2024, acrylic on canvas; No. 1, courtesy of the artist, Yoshitomo Nara Foundation, BLUM, and Pace Gallery; No. 2, private collection.

Tiffany Chung, whose Vietnamese family was ordered to move to the Mekong Delta in 1975, after the fall of Saigon, lived through disastrous flooding three years later. After emigrating to the United States and becoming an artist, in 2010-11 she created a huge model of a floating village that would be flood-resistant. The artwork, *stored in a jar: monsoon, drowning fish, color of water, and the floating world*, is meticulously crafted, though it's hard to grasp the meaning of the work until you read the accompanying wall text.

Still, there are artworks in the show that grab your attention immediately and require little explanation. For example, there's a pair of large 2024 paintings by Yoshitomo Nara called *A Sinking Island Floating in a Sea Called Space* (shown in the background of the above photograph). Each depicts a little girl who is almost up to her nose in water. One is angry, the other is anxious. "Why did you put me into this situation?" they seem to be asking.



Sandy Rodriguez, *YOU ARE HERE / Tovaangar / El Pueblo de Nuestra Senora la Reina de los*



*Angeles de Porciuncula / Los Angeles*, 2021, installation view, hand-processed watercolor with 23k gold on amate paper; The Huntington Library, Art Museum, and Botanical Gardens, purchased with funds from the Diversity, Equity, and Inclusion Committee and the estate of George and Nancy Parsons. Photograph by Stephen West.

Another pair of paintings, Sandy Rodriguez's "You Are Here," is a faux-primitive map of the Los Angeles Basin before the Americans arrived. There are fish swimming in Santa Monica Bay, and a bear catching them for food; there's a huge cactus, a gnarly tree, birds overhead. The whole thing is topped by a thin rainbow extending the width of the two paintings. It's a fanciful, almost cartoonish scene, but you want to believe it.

*Breath(e): Toward Climate and Social Justice* runs through January 5, 2025, at the [Hammer Museum](#), 10899 Wilshire Boulevard, at Westwood Boulevard, in Los Angeles. The museum is closed Mondays. An extensive catalog is published by DelMonico Books.

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## Navya Chitlur: "there's poetry in a last breath"

Navya Chitlur · Friday, October 18th, 2024

### there's poetry in a last breath

by Navya Chitlur  
10/12/24

#### side a: a dove falling from the clouds

how long will this last —

the waking & immediate crumbling  
walking with wobbling legs and unshed tears  
mourning for something you've forgotten the name of  
longing for something you've never had

when will this end —

i'm scared of rolling off my bed and having to face the world  
i'm scared of having people see me as if my body is a real thing  
i'm scared of the fact that i exist & i'm scared of being scared

i woke up this morning immediately putting my headphones in to avoid the flooding of thoughts  
and i sat on my chair blanket around my shoulders curled into a ball as i joined a class i didn't care  
about and i wondered what it felt like to feel

i sat unmoving then watched a tv show about learning to breathe in a world that only serves to  
break you to pieces and i cried when the girl finally smiled and imagined that someday that might  
be me

the voice in my throat was gone and i couldn't talk and couldn't think and couldn't feel and  
it feels so good to be dead but it feels so horrible to act alive when you know you exist

against all odds and  
                   you want nothing more than to die but you continue to exist for an indecipherable  
 reason

i sat in front of the mirror today  
 i do that sometimes

i liked the silence in my room and in my body  
 i like the quiet  
 it's when i can die in peace

i sat in front of the mirror and looked at my body and touched my face trying to tell myself i was  
 real and i tapped my fingers against my shins as my arms wrapped around my knees because it felt  
 good to feel so small  
                   i think i was dreaming of walls caving in and i was dreaming that nothing existed  
 outside the door

how do you exist  
                   when you know you've never done anything good for the world  
                   and your only purpose is to burden everyone and everything  
                   you only look at your eyes in the mirror to tell yourself that  
                   no one likes people who are sad  
                   only sad people like people who are sad

                  and that's why you're broken

it's been half a day now and i haven't gotten out of bed yet and i am home alone and that usually  
 makes me smile because my safe haven extends from just my room to my entire house  
 my parents are gone praying to the gods i don't believe in and i think i don't believe in god only  
 because god never answered to me ever and i don't really believe in anything anyway

i keep waking up and falling back to sleep trying to sleep until i wake up and i no longer feel like  
 something's wrong with me but it never happens  
 i don't know why my body is broken and i don't know how to piece myself together

                  the only thing i know is how to exist:  
                   you don't need to find a home in your body  
                   you just have to realize your bones aren't your bones and your blood is your  
 best friend and

                  watching it run reminds you you are human and your skin doesn't matter so  
 your blood never ends

                  you exist between breaths of air and between the seconds where your lungs  
 collapse and expand again

                  you exist in the white of your eyes you see in the mirror you look dead you  
 look so dead you're  
                   dead and your eyes lose their light completely but

                  it's easier to survive when you don't want to exist

there's something weird in the way your tongue falls across your mouth when you talk and the way  
 your voice pushes itself out of your lips uncalled for unwanted just like you

i think it's because i am more human when i'm dying

i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm  
alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm alive i'm  
alive i'm alive i'm alive i'm alive i'm alive i'm

\*

it's wings flap the air that form the breath between my cracked lips

something good will happen to you today



