

Monitoring health misinformation in Nigeria:

**A collection of potentially harmful
claims from August to December 2020**



This study was conducted by a group of researchers from the Department of Mass Communication at the University of Lagos as part of a health misinformation fact-checking project in Nigeria. It contains a collection of potentially false and harmful health claims that circulated in the public domain during the May to July 2020 period. It is the third in a series of quarterly reports that will be shared with the network of journalists, fact-checkers, health experts and policymakers to increase the uptake of evidence-based health information in Nigeria. The project is funded by the Bill & Melinda Gates Foundation.

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INTRODUCTION

Misinformation can be described as information that is false, but which the disseminator believes to be factual (Amobi, Obia, Udodi, & Akinuliola, 2019). This includes false claims surrounding health issues, shared ignorantly by people who believe them to be true and without the intention to harm the consumer.

Even though the intent of the creator or purveyor of the misinformation might not be to cause outright harm, health misinformation has potentially damaging implications for the health of the population. Kim (2019) argues that widespread health misinformation is a cause for alarm, as it has the possibility to create public health crises. In agreement, Zielinski (2020) notes that in Nigeria, it is undermining medical advice, proffering fake cures, and inciting panic.

A prime example from Nigeria is contained in a video which although has been taken down by Facebook, Twitter and YouTube, is still circulating on WhatsApp. This video contains the unsubstantiated claim by Dr. Stella Immanuel, a Nigerian trained General Practitioner in the U.S. that she has treated over 350 patients of COVID-19 with a combination of Hydroxychloroquine, Zinc and Zithromax (Moshood, 2020). Although, the Nigerian Guild of Medical Directors and Clinical Pharmacists Association of Nigeria have challenged her claim as lacking in scientific evidence (Folorunsho-Francis, 2020), the video continues to be shared among several groups on the WhatsApp platform.





Health misinformation in Nigeria ranges from rumours, such as claims that bathing with salt water will cure Ebola, to ethnically based beliefs and superstitions, such as the claim among the Igbos of Southeast Nigeria that palm oil poured on a red-hot knife can disinfect and cure a cut or nail puncture on the feet, to misperceptions about causes of diseases and illnesses, their modes of transmission and treatment, and the herbal concoctions which can treat them. Social media gives people without medical backgrounds and self-proclaimed “herbal” doctors the ability to disseminate health misinformation to a wide range of people, and exacerbates the risks posed by it.





The biggest challenge is that misinformation drowns official public health advice, making it difficult for the voices of healthcare professionals to be heard. The fallout can be dangerous, and can range from a patient suffering unnecessarily and protractedly from a treatable condition, to outbreaks of an entirely preventable disease (Kaltwasser, 2019). There is a dire need for rapid verifications of claims and awareness among consumers about the nature and dangerous implications of health misinformation.

This research sought to identify the prevalent examples of health misinformation in Nigeria, what motivated their creation and the potential harm to the consumers of such messages. It covers the circulation of false health claims for the period July to December 2020 and was guided by the following research questions:




1. What are the prevalent examples of health misinformation in Nigeria?
2. What are the sources and channels of dissemination of health misinformation in Nigeria?
3. What are the motives behind the formulation and spread of health misinformation in Nigeria?
4. What are the potential harms of health misinformation in Nigeria?

COMMUNITY BELIEFS

Brief description of claim	Origin/Platform circulated on	Motivation for dissemination	Potential harm
<p>It is claimed that <i>Ocimum gratissimum</i> or African Basil, also known as Scent Leaves (<i>Nchanwu</i> in Ibo, <i>Efirin</i> in Yoruba, <i>Daidoya</i> in Hausa); <i>Psidium guajava</i> or Guava leaves (<i>Ugwoba</i> in Ibo, <i>Guaba</i> in Yoruba, <i>Goba</i> in Hausa); <i>Gongronema Latifolium</i> (<i>Utazi</i> in Ibo, <i>Arokeke</i> in Yoruba); and salt can be used to treat stomach ache. To process: Place leaves in a pot, add salt and water and boil until the juice turns brown in colour. Remove from heat, drain the juice and leave until it is cold. Drink a glass.</p>  <p>Scent Leaves</p>  <p>Guava leaves</p>  <p>Utazi leaves</p>  <p>Salt</p>	<p>This belief is popular among Igbos in South East Nigeria. It is largely circulated via interpersonal networks and private social media platforms, such as WhatsApp.</p>	<p>To provide a traditional remedy for the treatment of stomach aches.</p>	<p>Reliance on this remedy may result in people not seeking prompt medical help when they are sick. This is potentially dangerous, as stomach aches may be an indication of more serious diseases, which require expert diagnosis and treatment.</p>


<p>It is claimed that <i>Vernonia amygdalina</i> (VA) often referred to as “bitter leaf”, (<i>Onugbu</i> in Ibo, <i>Ewuro</i> in Yoruba); and <i>Gongronema Latifolium</i> (<i>Utazi</i> in Igbo, <i>Arokeke</i> in Yoruba), can be used to treat Diabetes. To process: Wash with cold water and grind to extract the juice. Take a glass of the juice every morning. You can also chew the leaves and wash down with a sachet of water.</p>  <p>Bitterleaf</p>  <p>Utazi</p>	<p>This belief is popular among rural Igbo communities in Southeast Nigeria. It is circulated by traditional health practitioners and other interpersonal networks, such as family and friends, as well as private social media platforms, such as WhatsApp.</p>	<p>To provide and promote traditional remedies for treating diabetes.</p>	<p>Belief in this claim may negatively drive health seeking behaviors, as individuals confronted with diabetes may be tempted to adopt this herbal remedy, as opposed to seeking treatment from medical experts, or taking their prescribed medication.</p>
<p>It is claimed that <i>Musaparadisiaca</i> also referred to as unripe Plantain (<i>Oji-Oko</i> in Igbo, <i>Ogede</i> in Yoruba, <i>Ayaba</i> in Hausa), can be used to treat stomach ulcers. To process: Wash and dice the plantain together with the skin, and soak in cold water. Cover, and allow to ferment for three days. Take one glass of the unripe plantain drink three times a day. It is also recommended that a glass of coconut water be taken the day before the unripe plantain treatment is commenced.</p>  <p>Unripe Plantain</p>  <p>Coconut Water</p>	<p>This belief is popular among Igbo communities in Southeast Nigeria. It is circulated by traditional health practitioners and other interpersonal networks, such as family and friends, as well as private social media platforms, such as WhatsApp.</p>	<p>To provide and promote traditional remedies for treating ulcers.</p>	<p>Belief in this claim may negatively drive health seeking behaviors, as individuals confronted with stomach ulcers may be tempted to adopt this remedy, instead of seeking expert medical care.</p>



SOCIAL MEDIA HEALTH MISINFORMATION FACEBOOK

Brief description of claim	Origin and platform circulated on	Motivation for Dissemination	Potential Harm
<p>It is claimed that cloves (<i>Syzygium Aromaticum</i>) mixed with two oranges or lime or lemon can be used to treat Gonorrhoea. See image below:</p>  <p>Orange, Lemon & Lime</p>  <p>Cloves</p>	<p>This claim was disseminated on a Facebook page called <i>Free Health Services</i> at: https://www.facebook.com/freehealthcareservices/posts/3476646255762752? rdc=1& rdr</p>	<p>Possibly, to gain more followers on the Facebook page and to generate traffic and advertising.</p>	<p>It might mislead people into depending solely on the remedy to treat Gonorrhoea, rather than seeking prompt and appropriate medical attention.</p>
<p>The following organic remedy is claimed to treat Arthritis: Sesame seeds soaked in water overnight; Garlic; Ginger; raw Potato juice; Coconut; Walnuts; Pineapple juice; Honey and Cinnamon powder; and Green gram soup. See method of preparation and consumption on the Facebook page.</p>	<p>This claim was disseminated on a Facebook page identified as <i>Free Health Services</i> at: https://www.facebook.com/freehealthcareservices/posts/3472701029490608? rdc=1& rdr</p>	<p>Possibly to provide an organic remedy for Arthritis and to stay relevant as a custodian of health information. To also drive traffic and advertising to the Facebook page.</p>	<p>This claim is not backed up by any evidence and could lead to health complications or aggravate the condition, if expert and timely medical care is not sought.</p>
<p>It is claimed that two cups of dried corn and four cups of dried bitter kola, mixed, can be used to keep snakes away.</p> 	<p>This claim was published on the Facebook page <i>Free Health Services</i> at https://www.facebook.com/freehealthcareservices/posts/3470025533091491? rdc=1& rdr</p>	<p>The Facebook group may want to stay relevant as a custodian of health information, and to drive traffic and advertising to their page.</p>	<p>This claim lacks any scientific basis.</p>
<p>It is claimed that a special concoction of unripe pawpaw can be used to treat ulcers. See image below:</p>	<p>This claim was posted on a Facebook page known as <i>Free Health Services</i> at: https://www.facebook.com/freehealthcareservices/posts/3470025533091491? rdc=1& rdr</p>	<p>To possibly provide organic treatment for ulcers and to generate traffic and advertising.</p>	<p>The claim may mislead people into depending on the solution, instead of seeking medical attention,</p>



	com/freehealthcareservices/posts/3465974976829880? rdc=1& rdr	advertising on their Facebook page.	and this could lead to health complications.
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WHATSAPP





Brief description of claim	Origin/Platform circulated on	Motivation for Dissemination	Potential Harm
<p>It is claimed that SuperLife product STC30, a plant-based food therapy which uses stem cells to manage, prevent or address a disease or a health condition, can replace neurons damaged by the Spinal Cord injury, Stroke, Alzheimer's Parkinson's disease or any other Neurological problem. It is also claimed that STC30 can help to produce Insulin that fights and manages diabetes amongst other health benefits. See image below:</p> 	<p>This claim was circulated on Superlife website at: https://superlifestc30s.hop.com/ & their WhatsApp page, which could be reached via: 08140458110</p>	<p>To market and promote sales of the product.</p>	<p>Since the veracity of this claim is questionable, it is dangerous, especially since it does not seem to be approved by a pharmacological board.</p>
<p>It is claimed that <i>Sansevieria Liberica</i> commonly called Leopard lily, Snake plant, African Bowstring hemp (<i>Abala</i> in Yoruba, <i>Moda</i> in Hausa, <i>Ebube Agu</i> in Igbo) has the capability to purify air. It can also be used to treat leg ulcers, earaches, asthma, epilepsy, ulcers, sexually transmitted diseases (STD's),</p>	<p>This claim was circulated on WhatsApp.</p>	<p>To sensitize the public on the health benefits of <i>Sansevieria Liberica</i>.</p>	<p>This might make people depend solely on <i>Sansevieria Liberica</i> to treat the ailments listed instead of seeking prompt and expert medical attention.</p>




<p>piles, abdominal pains, colic, diarrhea, eczema, gonorrhoea, menorrhagia, sexual weakness, and snake bites.</p> 			
<p>It is claimed that water from a snail mixed with liquid Peak Milk can be used as a treatment for strokes. Preparation:</p> <ul style="list-style-type: none"> • Wash the snails with clean water, and break gently • To collect water from snails: break the pointed end and gather the snail water in a container, add a tin of peak milk. After mixing the snail water and the peak milk, shake to achieve a good mix.  <p>Prescription: Three teaspoons in the morning, afternoon and night.</p>	<p>This claim was circulated on WhatsApp</p>	<p>An excerpt from the claim: <i>I beg you, don't withhold the information, share it to those who would also need it and you can also share this post so that it will reach a good number of people, who would appreciate God for such information.</i></p> <p>The excerpt above suggests that the motivation is driven by the desire to provide a home-made remedy for strokes.</p>	<p>Although the writer might have been motivated by the desire to provide a home-made remedy for stroke, it is not evidence-based and may lead readers to adopt the prescribed remedy and not seek expert medical attention, the outcome of which may be death or serious health complications.</p>
<p>It is claimed that the following alkaline foods kill the Coronavirus as they are above the acidity level of the virus:</p> <ul style="list-style-type: none"> • Green lemon - 9.9 pH • Yellow Lemon - 8.2 pH • Avocado - 15.6 pH • Garlic - 13.2 pH • Mango - 8.7 pH • Tangerine - 8.5 pH • Pineapple - 12.7 pH • Watercress - 22.7 pH • Oranges - 9.2 pH 	<p>This claim was circulated on WhatsApp.</p>	<p>To perhaps provide a homemade treatment for the Coronavirus.</p>	<p>Consumers of the message may be tempted to adopt the home remedy instead of seeking medical attention.</p>



<p>It is claimed that the Remdesivir, (a drug used for the treatment of COVID-19) being sold in Africa is different from the one used for treatment of COVID-19 in the US, Canada or EU. They further claim that this authenticates the story that the vaccine, when produced should be considered a death trap for Africans, who they refer to as “Laboratory Rats” See image below:</p> <p>And you still want to argue that they mean well for the Covid19 vaccine in Africa. Wake up! Why should a medication be just for a particular region?</p>  <p>WAKE UP AFRIKA, THIS IS NOT A CURE BUT A TRAP TO KILL YOU OR USE YOU AS "LABORATORY RAT".</p>	<p>This claim was circulated on WhatsApp and Facebook Messenger, and shared by family and friends.</p>	<p>These appear to be motivated by conspiracy theories about vaccines being produced to reduce the population of Africa.</p>	<p>The image of the drug Remdesivir appears to have been manipulated to feed into the narrative of the creator of the message. Harms include people being hesitant to receive a vaccine once available and questioning official health sources.</p>
<p>It is claimed that a certain Dr. Munashe Ronald Musumba of State Medical University Moscow, Russia encouraged people to adopt the following remedy, in a shared newsletter with the following excerpts:</p> <p>Drinking hot lemon water without sugar can prevent cancer. Hot lemon water kills cancer cells and increases longevity.</p> <p>To process: Add hot water to 2-3 slices of lemon. Drink daily.</p>	<p>The claim was circulated on WhatsApp.</p>	<p>To perhaps inform readers about the health benefits of lemon and be helpful.</p>	<p>This claim might drive readers to depend solely on lemon to treat Cancer which may place patients at serious risk.</p>

<p>It is claimed that <i>Potassium aluminium sulphate</i>, commonly known as <i>Alum</i> can be used to treat Toothache.</p> <p>Procedure: After dinner, brush your teeth with normal toothpaste, place a piece of <i>Alum</i> directly on the affected tooth, close your mouth and do not swallow your saliva, since it reacts with the <i>Alum</i>. After about 10-15minutes, remove the first saliva and repeat the same process.</p> <p>The same process should be repeated before breakfast, and the entire procedure observed for five days.</p> 	<p>The claim was made by Mr. Bankole Onasanya and circulated on WhatsApp.</p>	<p>To perhaps provide home-made remedy for treating toothache.</p>	<p>The writer of the claim failed to provide research evidence to support the claim. It is also potentially dangerous, because even if Alum relieves the pain, it may cloak infection or some other serious underlying condition, thus, placing the patient at risk.</p>
<p>It is claimed that <i>Dialium Guineense</i> commonly known as Black Velvet Tamarind (<i>Icheku</i> in Igbo, <i>Awin</i> in Yoruba, and <i>Tsamiyar kurm</i> in Hausa) treats Malaria and Gastric Ulcer; and prevents Hypertension, amongst other health benefits. See image below:</p> 	<p>This claim was posted by <i>Atinka Media Village</i> at: https://www.atinkaonline.com/fm/25-health-benefits-of-black-velvet-tamarind-yooyi/</p>	<p>To perhaps drive traffic to the website and possibly educate readers on the health benefits of Black Velvet Tamarind.</p>	<p>The claim may mislead readers to solely depend on <i>Dialium Guineense</i> to treat the listed ailments which could lead to serious health complications.</p>





INSTAGRAM



Brief description of claim	Origin and Platform circulated on	Motivation for dissemination	Possible harm
<p>It is claimed that <i>Fenugreek</i> or <i>Trigonella foenum-graecum</i> (<i>mkpuru oka oyibo</i> in Igbo, <i>eru</i> in Yoruba, <i>kimba</i> in Hausa) soaked, blended and mixed with 1 teaspoon of Coconut oil and 2 tablespoons of Hibiscus Powder can be used to treat hair loss.</p>  <p>Fenugreek</p>  <p>Coconut Oil</p>  <p>Hibiscus Powder</p>	<p>The claim was posted on the Instagram page identified as Health Tips for Healthy Life at: https://www.instagram.com/p/CHBDyVnR4Z/</p>	<p>Possibly, to drive traffic and advertising to the page and create relevance as a disseminator of health information.</p>	<p>Although applying the mixture on the head may not have any adverse effect on the users' health, there is the likelihood that people who believe such unverified claims may believe other damaging claims.</p>
<p>It is claimed that nuts derived from <i>Anacardium occidentale</i> or Cashew nuts (<i>Kashu</i> in Igbo, <i>Kaju</i> in Yoruba, <i>Fisa</i> in Hausa) kill the bacteria which causes toothache, decay, acne, tuberculosis, streptococcus and pneumonia.</p> 	<p>This claim was posted by <i>Health and Fitness 999</i>, on their Instagram page at: https://www.instagram.com/p/CGKJsVVHhKo/?utm_source=ig_web_copy_link</p>	<p>Possibly, to drive traffic and advertising to the page and create relevance as a disseminator of health information.</p>	<p>People relying on Cashew nuts to cure the listed health conditions rather than getting appropriate medical care stand the risk of developing health complications, especially in the case of serious conditions such as TB and pneumonia.</p>
<p>It is claimed that <i>Cucurbita</i>, a genus in the family Cucurbitaceae, commonly known as pumpkin seeds, are good for the skin, eye and heart, regulates blood pressure, boosts fertility, improves immunity, helps lose weight, fights intestinal worms, enhances sleep and elevates a person's mood.</p>	<p>This claim was posted by <i>Health Tips for health life</i>, on their Instagram page at: https://www.instagram.com/p/CG-XcVnGh-/</p>	<p>Possibly, to drive traffic and advertising to the page and create relevance as a disseminator of health information.</p>	<p>This claim is not backed up by any research evidence. Thus, adopting or depending on it for treatment of any of the listed health conditions could lead to health complications.</p>




			
<p>It is claimed that the seed of <i>Sesamum indicum</i> commonly known as sesame seeds (<i>Ekuku</i> in Igbo, <i>Isasa</i> in Yoruba, <i>Ridi</i> in Hausa), keeps the heart healthy, lowers cholesterol, controls blood pressure, reduces hypertension, improves digestive health, prevents diabetes, protects against radiation and cancer, prevents anemia, improves oral health, prevents respiratory diseases, is good for pregnant women, improves immunity and is good for the bones and eyes.</p> 	<p>This claim was posted by <i>Health and Fitness 999</i>, on their Instagram page at: https://www.instagram.com/p/B7Vwv2PnBc9/</p>	<p>To possibly educate readers on the health benefits of Sesame seeds, stay relevant as a custodian of health information, and attract followers.</p>	<p>The claim may mislead people into depending on sesame seeds, instead of seeking medical attention, which could lead to health complications and possibly death.</p>
<p>The mixture of two teaspoons of honey and an equal quantity of ginger juice has been claimed to help remove mucus, provide relief for common cold, cough and sore throat. See image below:</p> 	<p>This claim was posted by <i>Health and Fitness 999</i>, on their Instagram page at: https://www.instagram.com/p/CHB7vmDJrw7/?utm_source=ig_web_copy_link</p>	<p>To provide organic remedy for cold, cough and sore throat and create relevance as a disseminator of health information. Also, to attract followers.</p>	<p>Since there is no known scientific basis for the mixture, such a claim could mislead readers.</p>


<p>It is claimed that green chilies help in weight loss, fights cancer, removes wrinkles, controls diabetes and reduces inflammation amongst other health benefits. See image below:</p> 	<p>This claim was posted by <i>Health and Fitness 999</i>, on their Instagram page at: https://www.instagram.com/p/CGgWlxppywJ/?utm_source=ig_web_copy_link</p>	<p>To possibly educate readers on the health benefits of green chilies and to stay relevant as a custodian of health information. Also, to attract followers.</p>	<p>The claim may mislead people into depending on green chilies, instead of seeking medical attention, which could lead to health complications, and even death.</p>
<p>It is claimed that dates can be used to treat iron deficiency, constipation, diarrhea, helps bone development, prevents abdominal cancer.</p> 	<p>This claim was posted by <i>Health and Fitness 999</i>, on their Instagram page at: https://www.instagram.com/p/Bs_5woxl8hW/?utm_source=ig_web_copy_link</p>	<p>To possibly educate readers on the health benefits of dates and to stay relevant as a custodian of health information.</p>	<p>The claim may mislead people into depending on dates, instead of seeking medical attention, which could lead to health complications.</p>

WEBSITES

Brief description of claim	Origin and platform circulated on	Motivation for Dissemination	Potential Harm
<p>It is claimed that unripe pawpaw is very effective as a natural treatment for syphilis, gonorrhoea, bladder problems, dysentery, jaundice and constipation. It is also claimed to be an excellent remedy for stomach ulcer. Image below:</p>  <p><small>NEWS HUB CREATOR 08:03 PM, AUGUST 11, 2018 (GMT+08:00)</small></p> <p>Young pawpaw is very effective as a natural treatment for syphilis, gonorrhoea, bladder problems, dysentery, jaundice and constipation.</p>	<p>This claim was made by someone identified as News Hub Creator, and published on Opera News website at: https://www.operanewsapp.com/ng/en/share/detail?news_id=a66562329b9704603614982b7dda73a4&news_entry_id=s38f9835b200223en_ng&open_type=transcoded&from=news&request_id=share_request</p>	<p>To inform readers about the health benefits of unripe pawpaw and perhaps to generate traffic and advertising to the website.</p>	<p>It might lead people to rely solely on unripe pawpaw to treat the listed diseases rather than getting appropriate medical treatment.</p>
<p>A mixture of the following is claimed to treat hemorrhoids: Six cloves of garlic, mango leaves, bark of a mango tree and 4 liters of water; or Bitter cola, red onions, blended and put in 3 litres of water.</p>  <p>Garlic</p>  <p>Mango leaves</p>  <p>Mango leaves and Bark</p>	<p>This claim was made by someone identified as News Hub Creator, and published on Opera News website at: https://www.operanewsapp.com/ng/en/share/detail?news_id=4ada6b19fdb1f8ef5ce80b596a0c0cea&news_entry_id=s412878fd200124en_ng&open_type=transcoded&from=news&request_id=share_request</p>	<p>There exists a common belief that hemorrhoids cannot be cured or controlled by orthodox methods. This may provide the motivation for the homemade mixture.</p>	<p>This claim is not backed up by any research evidence and could lead to health complications or aggravate the condition.</p>

<p>It is claimed that taking ones' time to walk barefooted can significantly increase the size of ones' penis.</p>	<p>This claim was written by Fadaka Louis and published on Gbetu TV website at: https://www.gbetutv.com/walking-barefoot-may-increase-the-size-of-your-penis/</p>	<p>To possibly drive traffic and advertising to the website and perhaps to also provide natural remedies for penis enlargement.</p>	<p>Such a claim could mislead the public.</p>
<p>It is claimed that Dialium Guineense commonly known as Black Velvet Tamarind (<i>Icheku</i> in Igbo, <i>Awin</i> in Yoruba, and <i>Tsamiyar kurm</i> in Hausa) improves oral hygiene, and cures toothache and Malaria. It is also used in the treatment of Hypertension, Stomach Ulcer, Diarrhoea and relieves Menstrual cramps. See image below:</p> 	<p>This claim was made by Omotolani and published on Pulse.ng website at: https://www.pulse.ng/life-style/food-travel/5-diseases-you-never-knew-african-velvet-tamarind-awin-could-treat/sr1jdgj</p>	<p>To perhaps educate readers on the health benefits of the fruit, to drive traffic to the website, and to attract advertising.</p>	<p>It might encourage people to ignore prompt medical attention, especially when the toothache is a symptom of a more serious condition, requiring expert medical care.</p>
<p>It is claimed that <i>Parkia biglobosa</i> commonly known as the African Locust Bean can be used for treating respiratory infections such as pneumonia, bronchitis, cold, cough and fever. To process: Soak in liquid, blend and eat.</p> 	<p>This claim was published on Pulse.ng website at: https://www.pulse.ng/life-style/food-travel/iru-these-are-amazing-health-benefits-of-african-locust-bean/406dxhc</p>	<p>To educate readers on the benefits of the African Locust Bean and perhaps drive traffic and advertising to the website.</p>	<p>Adopting this remedy might encourage people to ignore expert medical attention and focus instead on the African Locust Bean to treat the listed ailments, thus, possibly leading to health complications.</p>

<p>It is claimed that Mango fruits are antioxidants with properties such as <i>Quercetin</i>, <i>Isoquercitrin</i>, <i>Astragalol</i>, <i>Fisetin</i>, and <i>Gallic Acid</i> or a combination of these, helping to protect the body against cancers such as colon, breast, leukemia, and prostate. It improves the health of the brain and eyes, increases libido and boosts the immune system. It also controls cholesterol and aids digestion.</p> 	<p>This claim was published on Pulse.ng website, at: https://www.pulse.ng/lifestyle/beauty-health/mango-the-health-benefits-of-this-fruit-are-amazing/gr840jc</p>	<p>To educate readers on the benefits of Mango fruit and perhaps drive traffic on the blog.</p>	<p>This might drive people to depend solely on Mango fruit to treat Cancer instead of seeking prompt medical attention.</p>
<p>It is claimed that drinking ginger tea and Lemon water daily can be used to get rid of belly fat. It is further claimed that Lemon water detoxifies the liver. Garlic is also claimed to be effective in getting rid of belly fat and also preventing weight gain by stopping pre-fat cells from converting into fat cells.</p>  <p>Ginger</p>  <p>Lemon</p>	<p>This claim was published on Pulse.ng website, at: https://www.pulse.ng/lifestyle/beauty-health/belly-fat-5-natural-remedies-to-help-you-get-rid-of-it/5v8q8lk</p>	<p>To perhaps provide an organic remedy for getting rid of belly fat.</p>	<p>The veracity of this claim is unknown.</p>

<p>It is claimed that avocado pear, also called <i>Persea Americana</i> (<i>Ube bekee</i> in Ibo) prevents and combats cancer, osteoporosis, Type 2 Diabetes, and other chronic diseases. It also claims to aid vision.</p> <p>Avocado pear also helps prevent and combat cancer, aids great vision, prevent osteoporosis, and other chronic diseases.</p>  <p>Avocado Pear The health benefits of this fruit are priceless [loopnewsbarbados]</p>	<p>This claim was published on Pulse.ng website at: https://www.pulse.ng/lifestyle/beauty-health/avocado-pear-the-health-benefits-of-this-fruit-are-priceless/jws6nvm</p>	<p>To perhaps inform readers of the benefits of avocado pear and drive traffic and advertising to the website.</p>	<p>This claim could drive readers to depend solely on avocado pear to treat the listed ailments.</p>
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