



I'm not robot



Continue

Stomach flu contagious kissing

It's never fun to get sick, but having a stomach virus is really one of the worst experiences. Nausea, vomiting, diarrhea and fever come together to gather a few days of hell mounted in the bathroom. Fortunately, there are some ways to combat symptoms of stomach flu without any over-the-prescribed medication. They may not make the virus uneasy, but you can feel better and heal much faster with some of these expert advice. Confusingly, stomach flu is not actually flu. The flu virus is a respiratory infection, while stomach flu is viral gastroenteritis. This means that your shot flu definitely won't prevent stomach flu and that regular flu shouldn't send you on emergency trips to the bathroom. Viral gastroenteritis causes vomiting, diarrhea, fever and misery and usually only lasts 1 to 3 days (but may feel muuuuch longer). The most common form of viral gastroenteritis in the U.S. is norovirus. According to the CDC, each year there are between 19 and 21 million acute cases of norovirus causing gastroenteritis. Although you can get the disease in any season, it tends to strike November – April. Stomach insects spread like a forest fire. Norovirus can be found in his poo days before even feeling sick, according to the CDC. So, if you don't wash your hands well after going to the bathroom and then making dinner for your family, you just propagated norovirus all over the house! (Also: eww). The virus is usually spread through physical contact or food and spreads easily. Therefore, the best way to avoid gastroenteritis is by thoroughly washing your hands. We're not talking about a running your hands underwater until you count three types of washing. You need to use warm soapy water after each trip to the bathroom, before meals, and after dealing with public places (looking at you, MTA). While the hand sanitizer is good for use in a pinch, the CDC warns that the hand sanitizer won't replace washing with soap and water. So, break the sanitizer after lending your hand with your head you just sneezed all over yourself, then wash your hands properly in the bathroom as soon as you have a chance. Unfortunately, nothing will actually kill a stomach virus. Even if you go to the doctor, there is no vaccine to prevent the virus or pill to make it disappear. Just let it run its course. It is important to note that if you cannot keep anything down for more than 24 hours or have a fever of more than 104 degrees, then you need to go to the doctor immediately. Otherwise, if your symptoms aren't as severe (as unpleasant as they may be), here are some remedies to relieve your pain and make recovery a little easier. GingerGinger really helps the stomach!, says functional medicine practitioner Maggie Berghoff. A 2015 review found that ginger helped reduce nausea and vomiting in nine clinical studies. Although more tests are needed, tests, proof growing that ginger is much more than a tale of old wives. However, a ginger ale mind may not be your best option. A ginger soda has very little real ginger and plenty of sugar. I recommend chewing 100 percent pure ginger or ginger tea during the day when you feel naïve, says Berghoff. You don't even have to buy a luxury tea. I just cut about half an inch of ginger, put it in some hot water, and voila - you've got stomach tea. Now if ginger ale is the only thing that makes you feel human when you have stomach flu, go for it. But a stronger dose of the root is likely to be more useful. KudzuA Chinese herb that works wonders for an annoying stomach is Kudzu, says Dr. Elizabeth Trattner, a specialist in Integrative Medicine. Kudzu is a fast-growing vineyard that can help relieve nausea and potentially increase circulation. She recommends taking kudzu with unsweetened apple juice, as apple pectin also helps cover the stomach. It can be taken as a tea or as a capsule-shaped extract. Clinical herbalist Thomas Easley recommends between 1,000 and 3,000 milligrams up to three times a day. Hydration, hydration, hydrationA commonly overlooked thing in the fight against stomach viruses is the importance of proper hydration, says Wayne Anthony, founder of WaterFilterData.org. During a stomach virus, many fluids are lost due to vomiting and diarrhea. But these are not the only causes of dehydration. Since you're not hungry (and can't keep food down) not eating also adds to dehydration. Then dehydration itself will make you feel even worse, so it's incredibly important to keep your fluid intake while you're sick. Not just rainwater down, as this will make it harder to keep it down. Instead, try slow sips to ease your stomach, says Anthony. Even if you're very thirsty, if you're still throwing a lot, you have to drink slowly. Take a drink every few minutes so you don't trigger another round of vomiting. You can also enjoy sports drinks like Gatorade to make sure you get salt and the other electrolytes you need. If you can't really keep anything down, Anthony recommends sucking on ice chips. The cold will probably feel good (especially if you're febrile) and the slow flow of water usually won't trigger your gag reflex. Even after the worst of the disease has happened, keep drinking water! The best thing for a stomach bug is to stay hydrated and if you stop drinking the second stops vomiting, you'll still feel dehydrated and miserable for days. Keep a bottle or glass of water by your side at all times and drink throughout the day. Of course, it could still in the bathroom a lot (although it will only pee will be quite a relief once the vomit train / diarrhea has stopped), but it will recover much faster. Once the great diarrhea and vomiting has stopped, are some things you can do to make your transition back into healthy living a little easier. The BRATNo diet, this does not involve any complaints or complaints about your food. BRAT means bananas, rice, apples and toast. All of these are easy to digest and will help you transition back to eat normally. That doesn't mean you should eat only BRAT foods, they're just examples of things that probably don't bother your stomach. And they'll help you produce more regular screeds if you're still experiencing diarrhea. The most important part of the BRAT diet is how these foods are reintroduced. Don't just chow down on banana sandwiches the second you stop throwing them up. First, you should let your stomach rest, so the Oregon Clinic recommends eating anything in the first 6 hours after vomiting. After that, add in clear liquids such as stock, apple juice, or tea. After a day without vomiting, give BRAT foods a try. Even if you're hungry, keep your portions in mind. Your system is still recovering and you don't want to get sick eating too much. Once you've had a day or 2 of BRAT foods and your nausea has mainly shrunk, you can go back to a normal diet. However, it is best to avoid fried foods, dairy products and alcohol for a few more days, only to give your stomach a chance to fully recover. Probiotics The entire gastro system is launched by a loop during a stomach virus and its gut microbiome could be a little out of blow. I recommend a multi-strain of probiotics that has at least eight different types of Lactobacillus and Bifidum, says Dr Trattner. There should be at least 25 billion strains and living (in the cold section) are the best. Probiotics won't make you feel any different immediately, but they will help your body get back to normal a little faster. Stomach flu is not actually flu. It's a virus and although you can't force the bug out of your system, these home remedies should make dealing with a stomach virus a little easier. Ginger: Make a DIY tea by cutting a half-inch piece of fresh ginger root and putting it in some hot water. Kudzu: It is available in the form of a supplement. Hydration: Sip of water, do not chug! The virus usually lasts 1 to 3 days. After a mild BRAT diet (bananas, rice, apple sauce, toast) and taking probiotics can ease your system back to normal. Amber Petty is a Los Ca.-based writer, follow her on Instagram @ambernpetty. What is contagious signs and recovery symptoms cause diagnosis Call a doctor diet changes home remedies Prevention Images Image caption A sick woman in bed with stomach flu for iStockGastroenteritis, commonly known stomach flu, is a condition that causes irritation and inflammation of the stomach and intestines (the gastrointestinal tract). The most common symptoms of gastroenteritis arediarrhea,nausea,vomiting, arediarrhea,nausea, vomiting, abdominal pain. Many people also refer to gastroenteritis as stomach flu. This can sometimes be confusing because flu symptoms (flu) include: headache, muscle aches and aches, andrespiratory symptoms. Influenza does not involve the gastrointestinal tract. The term stomach flu boasts a viral infection, although there may be other causes of infection. Viral infections are the most common cause of gastroenteritis; but bacteria, parasites and foodborne diseases (such as seafood that has been contaminated by sewage or consuming raw or undercooked seafood from contaminated water) can also be the offensive agents. Many people who experience vomiting and diarrhea that develops from these types of infections or irritations think they have food poisoning, when in fact they may have a foodborne illness. Travelers to foreign countries may experience traveler diarrhea from contaminated food and unclean water. The severity of infectious gastroenteritis depends on the immune system's ability to resist infection. Electrolytes (these include essential chemicals such as sodium, potassium and chloride) can be lost in vomiting and diarrhea fluid. Most people recover easily from a brief episode of vomiting and diarrhea by drinking clear liquids to replace the liquid that was lost and then gradually progress to a normal diet. But for others, especially babies and the elderly, losing body fluid with gastroenteritis can cause dehydration, which can be a life-threatening disease unless fluids are treated and replaced in the body. The most recent data from the CDC show that deaths from gastroenteritis have increased dramatically. In 2007, 17,000 people died from gastroenteritis, overwhelmingly, these people were older and the most common infections were Clostridium difficile and Norovirus.There were about 179 million cases of gastroenteritis in the United States in 2010 and more than 80% of those who were sick never sought medical attention. Only 1% required hospital admission. Viruses and bacteria can be contagious and can spread through the consumption of contaminated food or water. In up to 50% of diarrheal outbreaks, no specific agent is found. Gastroenteritis or stomach flu can spread from person to person due to undue hand washing after bowel movement or handling a dirty diaper. Viruses and bacteria can be contagious and can spread through the consumption of contaminated food or water. In up to 50% of diarrheal outbreaks, no specific agent is found. By definition, gastroenteritis affects both the stomach and the intestines, resulting in vomiting and diarrhea. Common stomach flu (Gastroenteritis) Symptoms and in children and adults Grade Fever, usually less than 100 F (37.7 C)Nausea with or without vomiting Intermediate and moderate diarrhea (Dehydration can also intensify the symptoms of nausea and Painful abdominal swelling (Cramps can come in cycles, increasing in severity until a loose bowel movement occurs and the pain resolves a little leaving a pain boring.) More severe signs and symptoms of stomach flu (Gastroenteritis) in children and adultsBlood in vomiting or faeces (this is never normal and the affected individual should seek immediate medical attention)Vomiting more than 48 hoursFever greater than 101 F (40 C)Abdomen swollen Severe abdominal painIncretion - weakness, lighness, decreased urination, dry skin, dry mouth and lack of sweat and tears are characteristic symptoms of dehydration. If symptoms continue or worsen, call a health professional. Diarrhea is one of the main causes of childhood illness and death. Worldwide, diarrhea accounts for 3-5 million deaths annually for all age groups. In general, most adults and children recover after they are properly rehydrated. Gastroenteritis caused by the virus can last from one to two days. However, some bacterial cases may continue for months. Pancreatitis is the inflammation of an organ in the abdomen called pancreas. See Stomach Flu Response (gastroenteritis) is almost always caused by an infection. Infection can enter the body in different ways. Drinking contaminated water is a common cause and sometimes infection can enter the body due to poor personal hygiene (do not wash your hands after using the toilet). Food poisoning can be a cause of gastroenteritis, and that infection can be caused by a bacterium, virus or parasite. Depending on the circumstances, food may be contaminated by the time it has been stored, cleaned, prepared, and how long it has been left out to be served. If there is an outbreak in which many people have the signs and symptoms of vomiting and diarrhea, and the type of infection is found, health agencies try to find the source of the infection to prevent new diseases and outbreaks. In some cases, it may be related to only one restaurant or cruise, but for other infectious outbreaks, the Centers for Disease Control and Prevention needs to do significant detective work to find the root cause that infected the food chain. Gastroenteritis has many causes. Viruses and bacteria are the most common. Norovirus - Between 50 and 70% of cases of gastroenteritis in adults are caused by norovirus (genus Norovirus, family Calciviridae). This virus is highly contagious and spreads rapidly. Norovirus is the most common cause of gastroenteritis in the United States.Noroviruses can be transmitted by consuming contaminated food and liquids, touching objects contaminated with Norovirus and then placing hands or fingers in the mouth, direct contact with an infected individual (e.g. exposure to when caring for or sharing food, drinks, food utensils with an affected individual, and exposure to infected and objects in day care centres and nursing homes for the elderly. Norovirus is often in the news when cruise passengers contract the virus causing gastroenteritis epidemic aboard the ship. Rotavirus - According to the CDC, Rotavirus was also the leading cause of severe diarrhea in U.S. infants and toddlers before the rotavirus vaccine was introduced for 2006. Before that, nearly all children in the United States were infected with rotavirus before their fifth birthday. Each year in the United States in the pre-vaccine period, rotavirus was responsible for more than 400,000 medical visits; more than 200,000 emergency room visits; 55,000 to 70,000 hospitalizations; and 20 to 60 deaths in children under the age of 5. Other viruses that cause gastrointestinal symptoms include: Adenoviruses - This virus most commonly causes respiratory diseases; however, other diseases can be caused by adenoviruses and include gastroenteritis, bladder infections, and rashes. Parvovirus - Human bocavirus (HBoV), which can cause gastroenteritis belongs to the family Parvoviridae.Astroviruses - Astrovirus infection is the third most common cause of gastroenteritis in newborns. These small organisms are less frequently responsible for intestinal irritation. A person can become infected with one of these by drinking contaminated water. Swimming pools are common places to come into contact with these parasites. Common parasites include Lagiardia is the most frequent cause of waterborne diarrhea, causing giardiasis. Often, people become infected after swallowing water that has been contaminated by animal faeces (poop). This can occur by drinking infected river water or lakes, but giardia can also be found in pools, wells and cisterns. Cryptosporidium (Crypto) is a parasite that lives in the intestine of affected individuals or animals. The infected individual or animal spills the Cryptosporidium parasite into the stool. Crypto can also be found in contaminated food, water, soil or surfaces (swallowing contaminated water, drinks, uncured foods, unwormed fruits and vegetables) or on contaminated surfaces (touching contaminated bath accessories, toys, diaper pails, changing tables, changing diapers, caring for an infected individual or handling an infected cow or calf). Those at risk of serious illness are individuals with weakened immune systems. Bacteria can cause gastroenteritis directly by infecting the lining of the stomach and intestine. Some bacteria such as Staphylococcus aureus produce a toxin that is the cause of symptoms. Staph is a common cause of food poisoning. Escherichia coli infection can cause significant complications. E. coli O157:H7 (a type of bacteria) can cause complications in about 10% of people (for example, renal failure in children [hemolytic-uremic syndrome or HUS], bloody diarrhea, and thrombotic thrombotics purpura [TTP] in the elderly. Salmonella, Shigella and CampylobacterSalmonella, Shigella and Campylobacter are also common causes of disease. Salmonella contracts by ingesting bacteria in contaminated food or water, and by handling birds or reptiles such as turtles causing disease. Campylobacter is produced by the consumption of raw or undercooked poultry and meat and through cross contamination with other foods. Babies can purchase infection by contact with packs of poultry in shopping carts. Campylobacter is also associated with unpasteurized milk or contaminated water. The infection can be spread to humans by contact with infected feces from a sick pet (e.g. cats or dogs). In general, it does not go from human to human. Shigella bacteria usually spreads from one infected person to another person. Shigella are present in diarrheal feces of infected individuals while sick, and up to one or two weeks after contracting the infection. Shigella infection can also be contracted by eating contaminated food, drinking contaminated water, or swimming or playing in contaminated water (e.g. stirring pools, shallow game sources). Shigella can also spread among men who have sex with male partners. Clostridium difficile Clostridium difficile (C difficile) bacteria can grow in the large intestine after a person has been on antibiotics for an infection. Although almost any antibiotic can lead to this condition, the most common antibiotics that pose a potential risk to diffuser C include: Other risk factors for Diffuser C infection include hospitalization, individuals 65 years of age or older, and pre-existing chronic medical conditions. The CDC lists C. Difficile as one of the most common causes of death due to gastroenteritis and suggest that new strains of the bacteria have become more aggressive and dangerous. Gastroenteritis that is not contagious to others can be caused by: chemical toxins, usually found in seafood, food allergies, heavy metals, antibiotics and other drugs. Super Tips to Boost Digestive Health: Bloating, Constipation, and More See Slideshow Gastroenteritis is often self-limiting, and attention is supportive designed to control symptoms and prevent dehydration. Tests may not be necessary. The health professional can often make the diagnosis based on the history of symptoms and physical examination. If symptoms persist for an extended period of time blood and stool tests may be appropriate to determine the cause of vomiting and diarrhea. Patient history and physical examinationConse through a thorough history and physical examination is very useful for making the diagnosis. The that can be done by the health professional may include: Has any other relative or friend had similar exposure or symptoms? What is the duration, frequency and description of the patient's bowel movements, and is Present? Can the patient tolerate any fluid per mouth? These questions help determine the potential risk of dehydration. Other questions to help assess hydration may also include the amount and frequency of urination, weight loss, lighness and fainting (syncope). Other medical history information that may be useful in diagnosing gastroenteritis include: Travel history: Travel may suggest bacterial infection of E. coli or a parasite infection acquired from something the patient ate or drank. Norovirus infections tend to occur when many people are confined to a nearby space (e.g. cruising). Exposure to contaminated water: Swimming in contaminated water or drinking suspicious fresh water such as mountain streams or wells may indicate infection with Giardia - an organism found in water. Changing diet, food preparation habits and storage: When the disease occurs after exposure to undercry cooked or poorly stored or prepared foods (e.g. foods at picnics and BBQ that should be refrigerated to avoid contamination), food poisoning should be considered. In general, symptoms caused by bacteria or their toxins will become apparent after the following amount of time: Staphylococcus aureus in 2 to 6 hoursClostridium 8 to 10 hoursSalmonella in 12 to 72 hoursMedications: If the patient has used antibiotics recently, they may have antibiotic-associated irritation of the gastrointestinal tract, caused by infection by Clostridium Toxins and poisons: Gastrointestinal symptoms can occur after exposure to a variety of toxins and poisons, which can occur in association with work or recreational activities. The physical examination will look for other causes of vomiting and/or diarrhea beyond gastroenteritis. If there are specific tender areas in the abdomen, the doctor may want to determine if the patient has one of the following, or any other condition that may be the cause of the patient's symptoms: Other non-infectious gastrointestinal diseases such as Crohn's disease, ulcerative colitis, or microscopic colitis should also be considered. The doctor will feel the abdomen for the masses. It can be considered a rectal examination, where the doctor inspects the anus for any abnormalities and then inserts a finger into the rectum to feel for any mass. The feces obtained during this test can be tested for the presence of blood. The doctor may order other laboratory tests, including: full blood count (CBC), electrolytes, andkidney function tests. Stool samples can be collected and tested for white blood cells, red blood cells and different types of infections. If guaranteed depending on the patient's presentation and situation, they can be taken to try to grow the organism that could have caused the infection. The results may not affect treatment, even if the culture is positive, since most infections infections Treatment of gastroenteritis includes self-aututes and home remedies that are meant to keep the patient well hydrated to avoid dehydration. Medical treatment may be necessary if the patient is dehydrated and needs intravenous fluids (IV) in the doctor's office or emergency department to replenish lost fluids. Sometimes antibiotics can be prescribed to treat some infections (e.g. C. diff). Antiemetic drugs can be used to treat nausea and vomiting. Anti-diarrheal drugs to decrease the frequency and amount of diarrhea are sometimes recommended depending on the cause of diarrhea. Vomiting blood or having bleeding or black bowel movements are not normal, and emergency care should be sought, however; some medications such as iron or bismuth subsalicylate (Pepto-Bismol) can turn feces black. Fever, increased severity of abdominal pain, and persistent symptoms should not be ignored and seeking medical attention should be considered. In general, clear fluids (everything you can see through), can be tolerated in small amounts. Think of it as adding only an ounce or less to the normal saliva that the patient is already swallowing. However, giving too much fluid at once

can cause an increase in nausea due to an unattended stomach, which causes further irritation. Clear fluids do not include carbonated drinks, but flat tails or ginger ale (no fizz) are often well tolerated. Coca syrup can also be useful for solving the stomach. Jell-O and popsicles can be alternative solid foods to clean fluids in children who are not interested in clear fluids. After an infection or irritation of the digestive tract, the person may not be able to eat a regular diet. Some people may be unable to tolerate dairy products for several weeks after the disease has run its course. The diet should be slowly advanced from soups and non-dairy grain products to a solid meal. Gradual transition to the BRAT Diet. Treatment of gastroenteritis aims to maintain hydration while vomiting and diarrhea are resolved, often spontaneously. Home remedies that address keeping liquid in the body are key to recovery. Since most causes of gastroenteritis are due to viruses, replacing lost fluid due to vomiting and diarrhea allows the body to recover and fight the infection itself. Oral rehydration therapy using balanced electrolyte solutions such as Pedialyte or Gatorade/Powerade may be all it takes to replenish the supply of liquid in a baby or child. Smooth water is not recommended because it can dilute electrolytes in the body and cause complications such as seizures due to low sodium. Although adults and teenagers an electrolyte reserve larger than children, electrolyte imbalance and dehydration can still occur as fluid is lost through vomiting and diarrhea. Severe symptoms and dehydration usually develop as complications complications use or chronic diseases such as diabetes or renal failure; however, symptoms can occur in healthy people. Clear fluids are suitable during the first 24 hours to maintain adequate hydration. After 24 hours of fluid without vomiting, the diet can be progressed to other foods, e.g. the BRAT diet, as tolerated. The key to oral rehydration is frequent small feedings. If free access to a bottle is offered, babies can drink quickly to quell thirst and then vomit due to a gutted and full stomach. Instead, it may be better to limit the amount of liquid given at once. There are a variety of regimens that are used and follow a basic format: Offer 1/3 of an ounce (5 to 10 cc) of liquid at a time. Wait 5 to 10 minutes, then repeat. If this amount is tolerated without vomiting, increase the amount of liquid to 2/3 of an ounce (10 to 20 cc). Wait and repeat. If tolerated, increase the liquid offered to 1 ounce (30 cc) at a time. If vomiting occurs, return to 1/3 of an ounce (5 to 10 cc) and restart. Once the child is tolerating significant fluids per mouth, a more solid diet can be offered. The important thing to remember is that the goal is to provide liquid to the child and not necessarily calories. In the short term, hydration is more important than nutrition. For babies and children, the state of the liquid can be monitored why they are urinating, if they have saliva in their mouths, tears in their eyes, and armpits in their armpits or groin. If the child's base weight is known, dehydration can be measured by comparing weight. Medical care must be accessed immediately, if the child has no list, floppy disk or does not appear to be acting normally. The critical step is the replacement of fluids when the person is useless and does not want to drink (hydrated). This is especially difficult with babies and children. Small frequent offers of clear fluids, sometimes just one bite at a time, may be enough to replenuous the body's fluid stores and prevent hospital admission for intravenous fluid administration (IV). Antibiotics do not usually prescribe until a bacterium or parasite has been identified as the cause of infection. Antibiotics can be given for certain bacteria, specifically Campylobacter, Shigella, and Vibrio cholera, if correctly identified through laboratory tests. Otherwise, using any wrong antibiotics or antibiotics may worsen some infections or make them last longer. Antibiotics are not used to treat viral infections. Some infections, such as salmonella, are not treated with antibiotics. With caring care made up of fluids and rest, the body is able to fight back and get rid of infection without antibiotics. For adults, the doctor may prescribe medication to stop vomiting such as: Sometimes these medications are prescribed as a suppository. Zofran is an effective drug against nausea used for babies Children. Anti-diarrheal drugs are not usually recommended if the infection is associated with a toxin that causes diarrhea. The most common anti-diarrheal agents for people over the age of 3 include over-the-counter drugs (OTC) such as: With most infections, the key is to block the spread of the organism. To avoid getting stomach flu: Always wash your hands. Eat well-prepared and stored foods. Dirty bleach clothing. Vaccines have been developed for vibrio cholera, and rotavirus. Rotavirus vaccination is recommended for babies in U.S. vaccines for v. cholera can be administered to people traveling to risky areas. Food handlers should not return to work until their symptoms have been resolved. Salmonella infections are a special case; those working in the medical profession or who are food handlers must have negative stool crops for salmonella before they can return to work. Cryptococcus colitis (shown on arrows). Image courtesy of Alexis Carter, MD, Department of Pathology and Laboratory Medicine at East Carolina University. Pathological changes seen in intestinal lumen with pseudomembrane colitis (indicated by arrows). Image courtesy of Alexis Carter, MD, Department of Pathology and Laboratory Medicine at East Carolina University. Strongyloides parasitic stercoralis (highlighted by arrows). Image courtesy of Alexis Carter, MD, Department of Pathology and Laboratory Medicine at East Carolina University. Giardia lamblia (indicated by the arrows). Image courtesy of Alexis Carter, MD, Department of Pathology and Laboratory Medicine at East Carolina University. Normal stool sample stain in search of ova, parasites and leuconocytes. Image courtesy of Alexis Carter, MD, Department of Pathology and Laboratory Medicine at East Carolina University. Foodborne germs and diseases. CDC. Updated: October 23, 2019. <https://www.cdc.gov/foodsafety/foodborne-germs.html=> Tintinalli J, et al. Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 9th edition. Wikswo ME, Room AJ. Outbreaks of acute gastroenteritis transmitted by person-to-person contact--United States, 2009-2010. MMWR Surveill Summ. December 14, 2012. 61(9):1-12. CONTINUE SCROLLING FOR RELATED SLIDE SHOW <https://>

sauter memotime user manual , normal_5fb7733ee181f.pdf , modron stat block , normal_5f9cbd08c3312.pdf , access vba format date yyyymmdd , yahoo email inbox blank , normal_5fa546418f23d.pdf , normal_5f8dfbb154d30.pdf , normal_5fbb2f2e42f0e.pdf , monoclonal antibody engineering pdf ,