

What to do if you bought fake photovoltaic panels



Overview

Report solar installation scams to BBB Scam Tracker. Need help with your home improvement project?

Visit our Home Improvement HQ or our Roofing HQ.

What to do if you bought fake photovoltaic panels



Exercise: How much do I need every day?

You can do strength training by using weight machines or weights, your own body weight, heavy bags or resistance bands. You also can use resistance paddles in the water or do activities

Triglycerides: Why do they matter?

Why do high triglycerides matter? High triglycerides may contribute to hardening of the arteries or thickening of the artery walls, called arteriosclerosis. This condition increases the risk of



Statin side effects: Weigh the benefits and risks

The body needs cholesterol. But having too much cholesterol in the blood raises the risk of heart attacks and strokes. Statins block an enzyme the liver needs to make cholesterol. This

Weight training: Do's and don'ts of proper technique

You might learn weight training techniques by watching friends or others in the gym, but sometimes what you see isn't safe. Weight training technique that isn't proper can lead to muscle





[How well do face masks protect against COVID-19?](#)

Face masks can help slow the spread of coronavirus disease 2019 (COVID-19). Learn about mask types, which masks to use and how to use them.

[Cardiopulmonary resuscitation \(CPR\): First aid](#)

Cardiopulmonary resuscitation (CPR) is an emergency treatment that's done when someone's breathing or heartbeat has stopped. For example, when someone has sudden cardiac



[Osteopathic medicine: What kind of doctor is a D.O.?](#)

You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

[California Solar Consumer Protection Guide](#)

See below for information on how to protect yourself from scams, finding a good solar provider, financing options, and other resources. Electricity bill savings estimates are educated guesses about how



Arthritis pain: Do's and don'ts

Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress management. But

[Automated external defibrillators: Do you need an AED?](#)

An automated external defibrillator (AED) is a portable device that can be used to treat a person whose heart has suddenly stopped working. This condition is called sudden cardiac arrest.



[How to avoid getting burned by solar or clean energy](#)

These scams start with an unexpected phone call, message on social, or even an in-person visit. The so-called official offers you an "energy audit" to reduce your



[Acute sinusitis: Do over-the-counter treatments help?](#)

Medicine you can get without a prescription may give some relief from acute sinusitis symptoms.

Contact Us

For off-grid system quotes, technical support, or partnerships, please visit:
<https://www.kephamatraining.co.za>