



# Kudani Introduces Customized Post Templates

KUDANI

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Ever get frustrated with the limitations of the WordPress editor? Do you wish you could have more control over design and layout?

What if you could fully customize every aspect of how your post looks? Well now you can.

We are extremely excited to announce the inclusion of post templates.

With post templates you can make each blog post look professional with a unified appearance for branding. Create one or several templates based on the type of article you are writing. Finally, save time and speed up productivity.

## Feature Highlights:

- Choose from pre-made CSS themes or create your own
- Drag and drop formatted segments to build your template
- Each section is fully customizable

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- Highlight content from RSS feeds and with one click add to the selected block
- Add images directly from the gallery with 1000s of copyright free images to choose from
- Add videos directly into video blocks
- Use the Headlinr tool to generate engaging headlines

Not sure if you are ready to work with templates? Here are some great ways they can benefit your work.

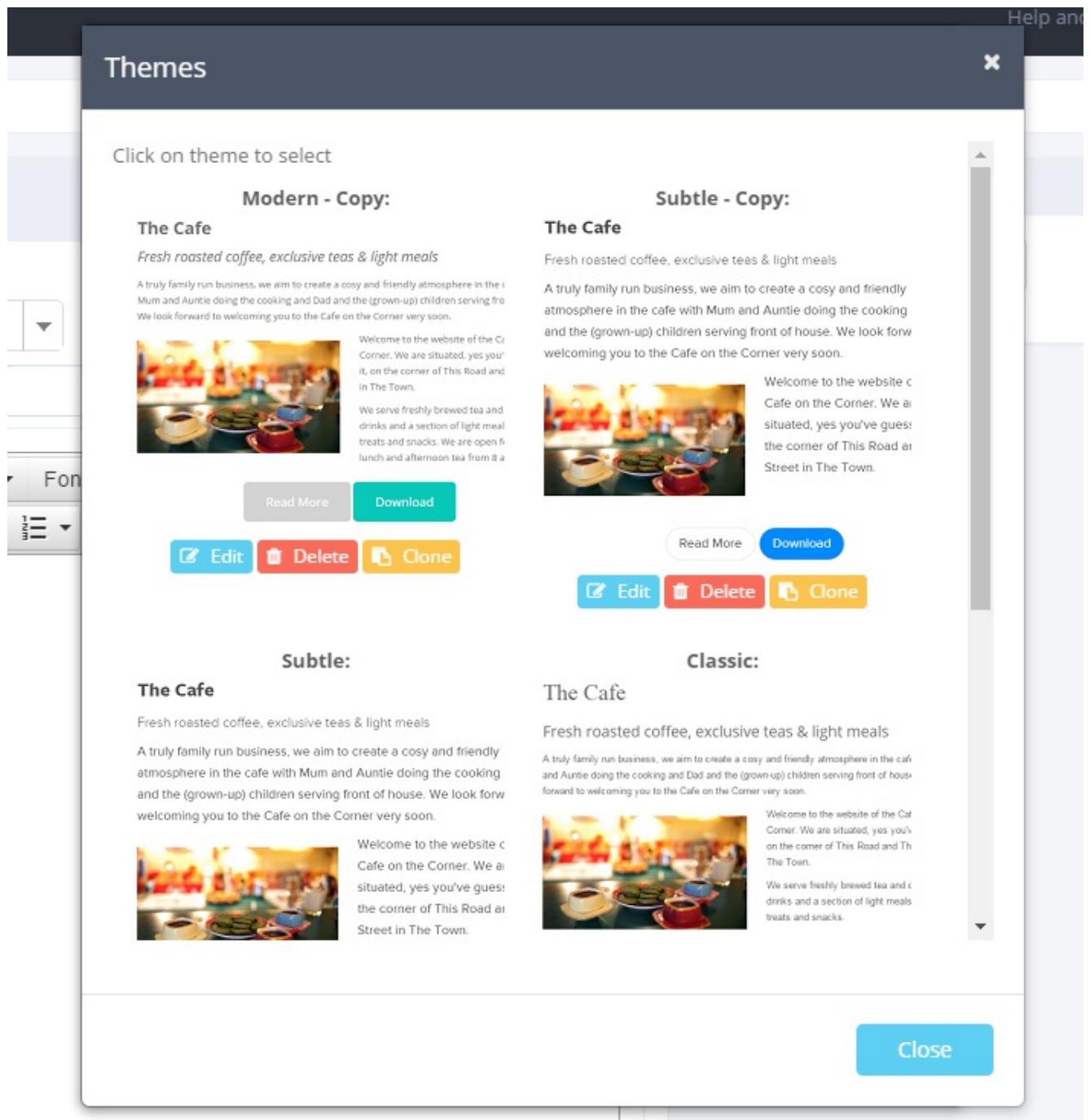
## How Templates Can Improve Your Productivity

1. **Saves time** – with your templates already formatted you no longer have to worry about how to visually layout out the text and images. Instead you open the template you want to use and add the content directly to the available blocks.
2. **Clear expectations with writers and team** – no longer do you need to go back and forth with writers about layout. Communicate which template to use when creating a task for your writer and they will be able to select and edit without further instructions.
3. **Quick client approval process** – when working with clients simply show them a few layout options – get the approval – and begin writing.
4. **Versatility and customization of layout** – with the ability to either select a pre-designed layout or create your own your options are endless.
5. **Brand consistency** – with a unified presentation of blog posts you are building your brand.
6. **Maintain focus** – with the layout details out of the way you can focus on what is most important, namely your content. Spend more time curating and creating valuable content your readers will want to share.
7. **Preview** – let's you see in advance how your blog post will look.

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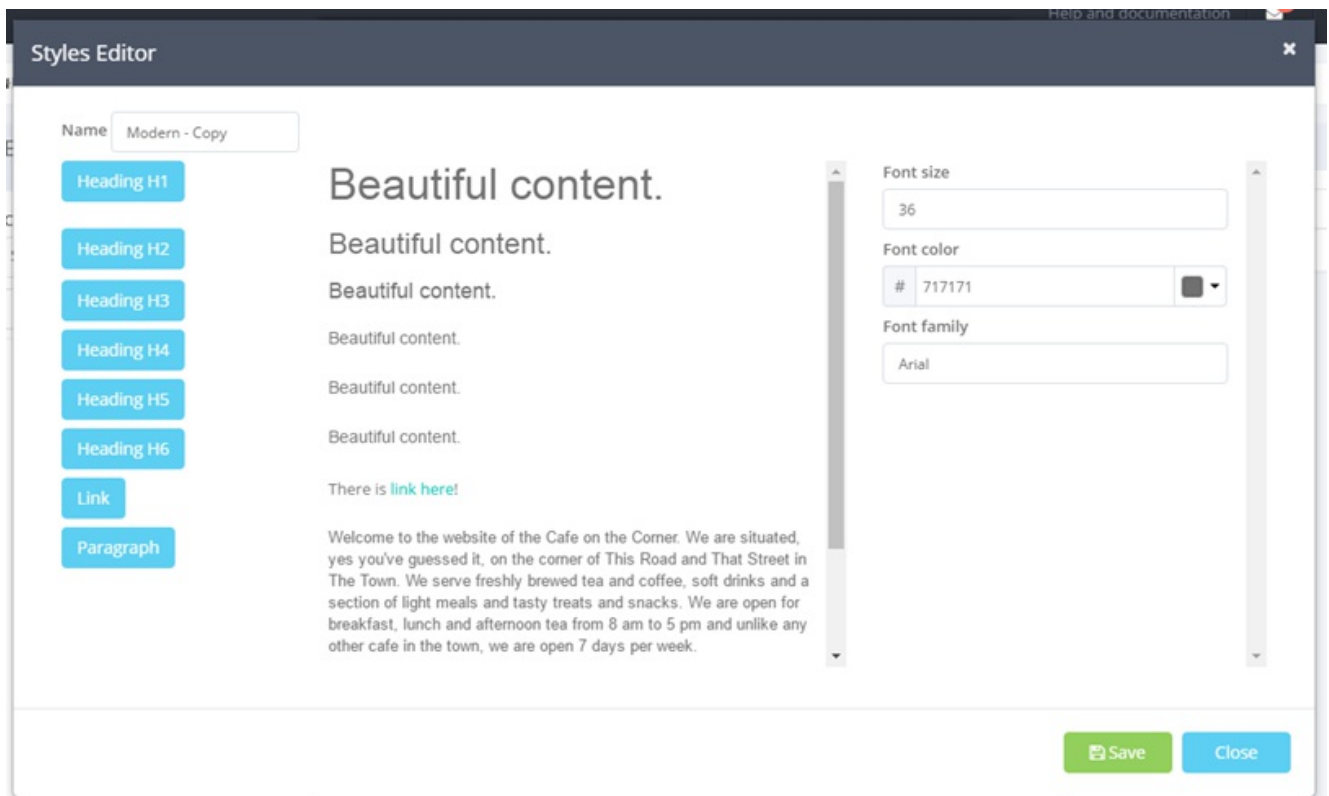
## Templates in Action

When creating a new template start by selecting a theme. There are three themes available: modern, subtle, and classic. Each having its own unique CSS styles.



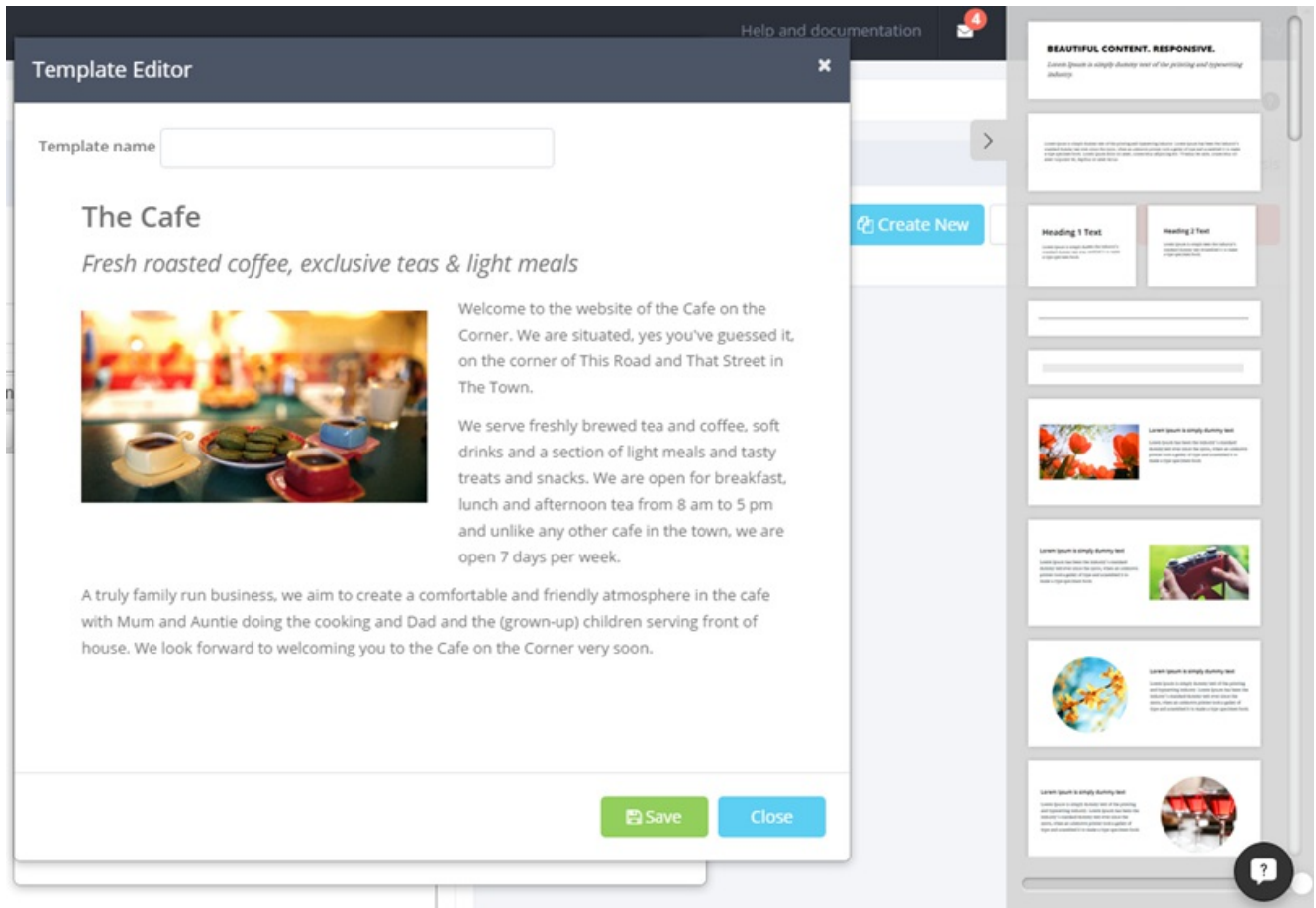
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By clicking the download button the theme is automatically added to the editor and ready for you to add your content. However, if you would like to further customize a theme to match the styles and colours of your blog you can click on the edit button. This will open up the styles editor where you can select size, colour, font of heading tags, as well as, link and paragraph styles.



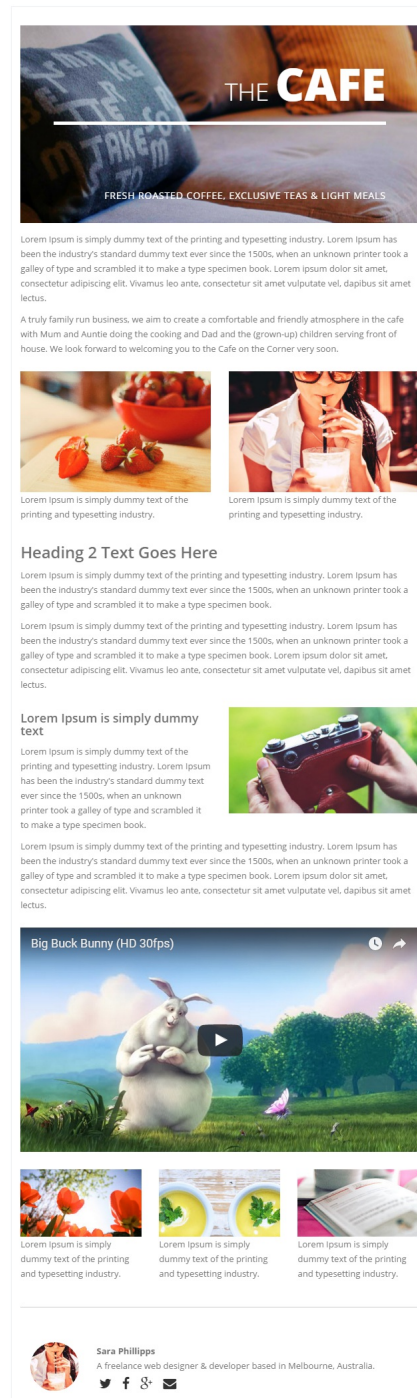
Once you've completed your style customizations you can begin adding the layout blocks. Scroll through the list of options, hover your cursor over the one you want to select, and drag-and-drop it where you would like it to be positioned.

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Below you can see the final result of the test template that I created. I could have made it much longer and added more elements, but for now I just wanted something short and sweet that stands out from the typical WordPress post layout. The next step is to customize and publish a post using this template.

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Voila! Here is the finished blog post. [Click here](#) if you want to see it live or if you are interested in learning more about [Kudani](#).

### Brain Damage Has Been Linked To This Food

A. Hall    12/24/16 10:00    No Comments

## STOP EATING THIS NOW!

BRAIN DAMAGE HAS BEEN LINKED TO THIS FOOD

Many health-conscious Americans, in an effort to improve their eating habits, have switched to eating tofu in place of meat or eggs. The soy industry would have you believe that this is a small move for your health, but in reality processed soy, which includes tofu, is not a health food.


You are much better off eating organic eggs, grass-fed meat and raw dairy products than you are eating processed soy. [via Your Alternative News: This "Healthy" Food Can Cause Brain Damage & Breast Cancer: You Should Stop Eating It IMMEDIATELY](#)

Dr. Daniel says that the issue stems from the way that the soybeans are soaked into oil and protein in the Western World. Food processors are using high temperatures and pressure, along with petroleum solvents, alkali and acid baths, which release carcinogenic and poison residues making it a harmful and unsafe procedure.


A petition written on 65 pages was sent to the FDA by Dr. Daniel in which he and his colleagues asked them to withdraw the state that "soy prevents heart disease" that was approved in 1995.

We shouldn't forget that babies and children are still developing and are vulnerable to the effects of soy's hormone, which means that daily exposure to estrogen-mimicking chemicals in children that are soy formulas has been increased by 6-11 times more than in adults who ate any soy food. Also, the blood concentration of the hormone has been increased by 13,000-22,000 times more than children in the womb. Estrogenic equivalent consumed by infants has been equivalent up to 8 control pills a day. Therefore, your infants should be fed solely with natural products. Even pregnant women should avoid this food. [via "This 'Healthy' Food Can Cause Brain Damage & Breast Cancer: You Should Stop Eating It IMMEDIATELY](#)

Foods with Tofu Commonly Added:



Soft Tofu Shakes



Hard Tofu in Salads

#### Top Reasons to Avoid Soy Beans:

- They are loaded with anti-nutrients or so called natural toxins. These anti-nutrients are actually inhibitors that obstruct the secretion of enzymes needed for protein digestion and are not disabled through ordinary cooking. What, this is very dangerous and it can lead to extensive gastric disease and chronic deficiencies in amino acid intake, causing serious pancreatic damage and even cancer
- Most of the soybeans are GMO and they are loaded with harmful pesticides
- They contain herbicides, which can lead to blood clotting
- They contain high amounts of goitrogens, which can lead to decreased thyroid function
- Soy beans contain phytates, which obstruct the absorption of minerals, such as: calcium, iron, zinc and magnesium [via healthylifestyle.com](#)

The issue has gotten so bad that Russia just last month banned all imports of U.S. soybeans and corn due to microbial and GMO contamination.

"Restrictions will be imposed on imports starting from February 15". Assistant Director of the Rosagropromexport, Alexey Akhmetov, said Thursday, adding that "they (the US) have to establish a system to ensure safety of products imported to Russia".

According to the requests, the corn imported from the US is often infected with dry rot of maize. In addition, according to the Russian watchdog, corn can be used for transgenic crops in Russia. The potential damage from import and spread of quarantineable objects on the territory of Russia is estimated at 10-15 billion rubles (\$120 mln-180 mln) annually.

#### The Hazards of Soy

In addition to being harmful to our bodies, soy production is harmful to the planet and to livestock who eat it as well. Almost all soybeans grown today are genetically modified and "Round-up ready." They contain a gene that allows them to be directly sprayed with pesticides without dying.

There is some evidence that this gene can mutate and create a pesticide-like toxin in the body.

Animals who are fed soy can suffer many of the same health consequences as people who consume too much soy, and these harmful properties are then passed on in their meat.


[John Robbins](#) reports on a study published in the *Journal of the American College of Nutrition*. The study, conducted in Hawaii by Lon White, M.D., and his associates, was part of the Honolulu Heart Study. Looking at the diets and the rate of dementia of Japanese men residing in Hawaii, the study found that men who ate the most tofu during their mid-40s to mid-50s were most likely to have dementia and Alzheimer's as they grew older.

The correlation between tofu and cognitive decline was strong, and could not be explained by confounding factors like age, education, and obesity. In this study, men who had eaten two or more servings of tofu per week in middle were 2.4 times as likely to men who rarely or never ate tofu to become senile or forgetful by old age. Even the wives of men who ate tofu showed more signs of dementia. White and the other researchers used the brains of the tofu eaters seemed to have aged more rapidly. By the time the men reached their 80s and 90s, the tofu-eater's brains seemed to be the equivalent of non-tofu eater's brains that were five years older.


#### Concluding Thoughts:

What was once considered a super healthy food has certainly taken a turn for the worse. Having been so avid consumer of soy based products has forced me to find better alternatives. It's scary to think of the impact food related processing can do to a natural substance.


#### Why Soy Is NOT a Health Food




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Dr. Oz And Brain Supplements



7 Memory Improvement Tips That Make A Difference



Minding 'em

Providing you quality content to help improve your memory, concentration, and focus.

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