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With colorful and nutritious fruits
and vegetables lining the produce
aisles and farmers market stands
this summer, medical experts say

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It's a great time to get on track
with a healthy diet. According ...

Healthy Living: Kickstart a healthy
diet with fresh summer
vegetables

I talk a lot about living longer.
Why? Because I'm an older guy.

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I'm 73. I used to hate when my father said he was a Super Senior. He liked to boast, in a friendly manner, that he still worked. He did ...

Dr. Zorba Paster: Tips for living longer – tea, alcohol and social

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There are plenty of things we get anxious about when it comes to our health but most of them are a waste of time according to health guru Dr Norman Swan. For more than 30 years Swan has been ...

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Wellness is bulls***t': Dr Norman
Swan on the 5 things you need to
do to be healthy

Mayo Clinic says the pool of
people who can be living kidney
donors has expanded following
the results of a recent study.

Doctors say the results can help

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save more lives.

Mayo Clinic study expands criteria to be a living kidney donor
Marvin D. Seppala, MD, a nationally known psychiatrist and addiction treatment leader who pioneered a new, integrated

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Approach to treating opioid
addiction and inspired others with
his own story of ...

Addiction Treatment Innovator
and Advocate Dr. Marvin Seppala
to Retire as Hazelden Betty Ford's
Chief Medical Officer

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Dr Baleinamau said living a healthy lifestyle was important to combat any form of illness and the same was true for COVID-19. He said those who opted not to be vaccinated should adhere strictly to ...

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Dr Baleinamau: Living a healthy lifestyle vital to combat virus
However, Tennessee's former top vaccine official Dr ... guide.

"Come for the music, stay for the polio, COVID, measles, tetanus, and rubella," it said. Singer-songwriter Jason Isbell called on

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'Make polio great again':
Americans outraged as
Tennessee abandons vaccine
outreach to teens
Food insecurity increased 27% for
New York households led by an

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Brownstein adult without a high school education, and poverty for households headed by an adult with ...

Health disparities report looks at concerning and hopeful trends in New York

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Here are all the signs your partner may be experiencing mental health issues and practical ways you can offer support.

The Relationship Guide to Caring
for Your Partner's Mental Health
No place was hotter than that

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Download Ebook Guide To Healthy Living Dr David Brownstein intersection, next to a Planet Fitness in Lents Town Center. At about 4 pm, the temperature in the air was 124 degrees. That was 9 degrees hotter than the city's average, ...

This Is the Hottest Place in

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"This is alarming," said Dr. Brannon Traxler, director of public health ... wearing masks and following other public health guidelines. Your guide to living in the Capital Region, Hudson Valley and ...

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SC health experts warn of 'alarming' rise in COVID-19 cases
Vaccination trends have led to the development of "two Ohios" when it comes to combating the coronavirus, increasing vulnerability to the disease's

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highly contagious delta variant,
the state's top ...

Official: Worrying vaccination
trends leading to '2 Ohios'
Therabody founder Dr. Jason
Wersland spoke to Insider about
the company's mission and recent

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growth, including its partnership
with Maria Sharapova.

Dr. Jason Wersland on the growth
and ongoing innovation of his
tech wellness company,
Therabody
Erlanger Community Health

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Brownstein Centers will help families prepare for the new school year by offering wellness services to children at a Back to School Bash. The free event takes place on Saturday, July 24 ...

Erlanger Community Health

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Brownstein Centers Host Back To School Bash

Ever since the movement to decriminalize psilocybin (a popular psychedelic found in "magic" mushrooms) which occurred in the U.S. in the early 2010s, people have been pondering the benefits the drug ...

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Can Psychedelics Be Used to
Better Our Mental Health?

Doctors Explain

Vaccination will be mandatory for
students who want to live in
residence at the University of
Ottawa this year, with proof of

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vaccination and at least one dose
required before move-in, or within
two ...

COVID-19: uOttawa to require
vaccination for students living in
residence

Learn how to stay safe when you

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go to in-person doctor appointments, as well as how to decide when to go to the doctor's office or have a telehealth visit.

What to Know About Going to In-Person Doctor Appointments If You're Fully Vaccinated but

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Immunocompromised

Distributed in today's edition of USA TODAY in various markets and online through Mediaplanet's health content hub, "Living With Diabetes" will serve as the leading wellness guide for the diabetic ...

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Mediaplanet Teams Up with AHA, ADA, and Know Diabetes By Heart Ambassador Dr. Joshua Joseph To Help Those Living With Diabetes
With his usual directness and humility, former Kansas Sen. and Republican presidential candidate

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Bob Dole, 97, announced in February that he is suffering from lung cancer.

Bringing awareness to men's health issues

First Stop Health (FSH), a leading virtual care provider in the areas

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of telemedicine and virtual
mental health, today announced
it has made several promotions
and an addition to its executive
team.

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