

“Happiness is the highest form of health.” “The four keys to good health: a working digestive system, an alkaline body, low stress, and a joyful state of being.” “A good laugh and a long sleep are the best cures in the doctor's book.” “A healthy lifestyle is the most potent medicine at your disposal.”

Plant-Based Omega-3s Reduce Risk Of Heart Disease, Study Finds



Omega 3 fats are a group of unsaturated fats that are important for heart health. Non-vegans get it from oily fish such as sardines, salmon, and mackerel.

But new research has found that plant-based omega-3 fatty acids are also equally beneficial to heart health and can reduce the risk of heart disease for people who don't eat seafood.

Research published in *Advances in Nutrition* and reported on by Science Direct, found that consuming alpha-linolenic acid (ALA), which can be found in foods like walnuts and flaxseeds was associated with a 10 percent lower risk of cardiovascular disease and a 20 percent reduced risk of fatal coronary heart disease - [Read More](#)

Why do I get heart palpitations after I eat?

Written by Mary West on March 29, 2022

Heart palpitations after eating could be due to a range of causes. Specific foods and drinks are often responsible. Learn more about causes and treatment here.

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<https://www.elanka.com.au/>

3 Most Common Symptoms of Undiagnosed Diabetes

Diabetes mellitus has become a worldwide epidemic. Diabetes may be present without signs and symptoms for a long time. [Read more...](#)



What to know about the different COVID-19 vaccines

Written by Zawn Villines on March 29, 2022

A variety of COVID-19 vaccines, such as the Pfizer and Moderna vaccines, have been approved for use in the U.S. Learn more.

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What to know about the vata dosha

Written by Emily Cronkleton on March 29, 2022

In Ayurveda, the vata dosha is associated with coldness, lightness, and space. Learn more.

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Viagra alternatives: Pills, natural remedies, and over-the-counter options

Written by Jayne Leonard and Kristina Galea on March 29, 2022

A person with erectile dysfunction has many treatment options, including medications, devices, surgical approaches, and lifestyle changes. Learn more here.

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What causes headache and neck pain?

Written by Jenna Fletcher on March 29, 2022

Experiencing neck pain with a headache is common, but people can usually manage them with home treatments. Learn more.

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What is acute myeloid leukemia with MRC?

Written by Zia Sherrell, MPH on March 29, 2022

Acute myeloid leukemia with MRC usually affects older people and is difficult to treat. Learn more.

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Women's Hair Loss: Causes, Treatments, and Solutions

We think of hair loss as a common problem in men, but women experience it, too. Hair loss in women has many... [Read more...](#)



SLIDESHOW

Three Types of Depression Symptoms

Depression is not a sign of weakness or a character flaw. It is a real and treatable medical illness. [Read more...](#)



SLIDESHOW

How to Ease Asthma Symptoms

Managing asthma isn't only about medication. You can do several other things to help you breathe as freely... [Read more...](#)

COVID vaccines go head-to-head

A rare apples-to-apples comparison suggests that the Pfizer–BioNTech and Moderna COVID-19 vaccines outperform those from Johnson & Johnson and Novavax. The data, which have not yet been peer-reviewed, provide [a finely detailed picture of the immune response to each vaccine](#) — which could be useful for designing future vaccines. “This is not meant to proclaim winners and losers,” says immunologist and study co-author Alessandro Sette. It’s just “a comprehensive evaluation of the different variables”.

[Nature | 4 min read](#)

Reference: [bioRxiv preprint](#)



SLIDESHOW

10 Things Every Child Needs

While everyone is busy these days, your children have basic needs to be met. Spending quality time with your kids doing everyday... [Read more...](#)

[Half of Women Get False-Positive Mammograms Over Time](#)

[Combo of COVID & Flu Even More Lethal](#)

[Does Social Media Harm Kids? It Might Depend on Their](#)

New hope on the long road to treating MS

Evidence suggesting a link between multiple sclerosis (MS) and the Epstein–Barr virus (EBV) raises [the tantalizing prospect of antivirals and vaccines that could treat or prevent the condition](#). It could take decades before an EBV-directed intervention proves to be a way to stave off MS. But interest is high, even beyond the MS community, because the spectre of long COVID has focused attention on the roots of post-viral diseases. Key will be the painstakingly collected biological samples stored in large biobanks, such as the one maintained by the US Department of Defense, which fuelled recent discoveries.

[Nature](#) | 11 min read

12 Clues You May Have Heart Disease

Sleep apnea, bleeding gums, even patches on your skin -- here are some unexpected symptoms you may not expect.

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11 Ways to Ease Inflammation

Your body needs some inflammation to fight infection and speed healing. But too much for too long can lead to heart disease, diabetes, cancer, and other diseases.

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Veggies That Are Healthy Sources of Carbs

If you're tired of old standbys like steamed greens, give these other nutritious and flavorful options a try.

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New Type of UV Light Kills Airborne Germs

Shining this UV light for less than 5 mins reduced the airborne microbes by...

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Metformin Prescriptions Linked to Sons' Birth Defects

By Dan Robitzski
A new cohort study finds that boys whose fathers took the type 2 diabetes drug metformin three months before their conception were more likely to have a birth defect.

Sri Lankan black chicken curry

<https://youtu.be/QQEC0FQHfKQ>

FEATURED QUIZ

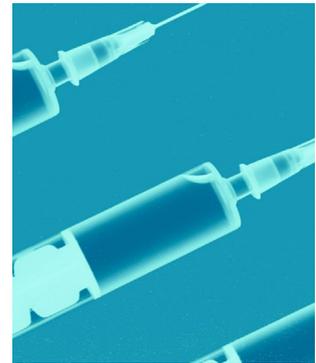
Best Foods High in Protein

Do you know how much of your daily intake of calories should come from protein?

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Health

FDA Authorizes Second COVID-19 Booster Dose for People 50 and Older



Health

This Protein Eating Strategy May Lessen Your Risk of High Blood Pressure



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New Data Confirms There Is No Link Between COVID-19 Vaccines and These Neurological Disorders



Surprising Uses for Hydrogen Peroxide

You may have a bottle at the back of your medicine cabinet, ready to clean cuts. Turns out it's not the best choice for that -- but it may help with earwax and these other problems.



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10 Things That Happen When You Stop Eating Processed Foods



You might rethink some of those grocery grabs.

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These Are 8 Foods GI Doctors Try Never to Eat

Gastroenterologists reveal the foods they try to avoid, ranging from artificial sweeteners to fried foods, to protect their digestive health.



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Why Does Coffee Make You Run to the Bathroom?

Coffee can wake up your brain, and your gut. Here's why it does both.

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13 Habits That Can Improve Your Mental Health

Here are some simple steps you can take to build a "happiness habit" that may help get you through a tough spell.

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12 Dangers of Sitting All Day

Don't let long hours in a chair cut your life short. See how being sedentary impacts your brain, your back, and a lot more.



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Best and Worst Exercises for Low Back Pain

Strengthening your back, stomach, and leg muscles can help support your spine and ease back pain. See which moves can help -- and which ones to avoid.

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Warning Signs of a Brain Aneurysm

Most people who have an aneurysm -- a weak spot in one of the brain's arteries -- don't know it. But if it bursts, it can be life-threatening. Here's what to watch for.

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FOOD

The 20 Healthiest Foods to Eat for Breakfast



SLIDESHOW

14 Causes of Heart Palpitations

Heart palpitations produce a sensation where it feels like the heart is fluttering, pounding, or skipping beats. Doctors use... [Read more...](#)

How To Make Herbed Turnip-Rutabaga Flatbread



Do Adults Really Need Tetanus Booster Shots?

Tetanus is a serious disease that can cause severe complications, such as death. Hence, it's best to prevent it with... [Read more...](#)

PATRIOTISM - IS IT FACT OR FICTION?

What a Wonderful World we live in!
What Wonderful Lands we lived in!
What Wonderful Principles built therein
What Wonderful Indoctrinations that are driven in

Patriotism is just a Double-Edged Principle
Politically Complicated & Confusing; though a word so Simple
In bringing out the Best in a person; to Kindle Love & set an Example
Placing Country before self and reaching the Pinnacle

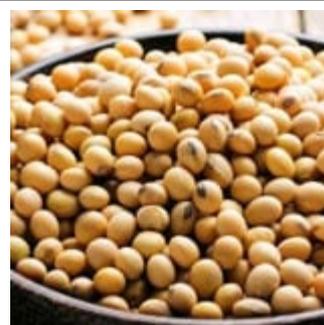
A Tool in the hands of the Politicians & Powers that wish to Remain in
At the Cost of Mised Pawns that lie therein
At the Mercy of those adapt at Manipulating
Often Indulging in Misdeed ; and oft Misleading

Patriotism has many an Obstacle
Primarily it is a Tool for the Majority who Rule
Using the Minority; with their Patriotic Rhetoric as a mere Tool
Just to made use of and Rid of; looking a mere Fool

Politicians thrive therein
Incurring & currying the Favour of the Majority where in
Implementing an Objective of Divide & Reign
In their Quest to Cling on to Power and Remain

You be the Judge if Patriotism is for the Wise or the Fool
Or it be a Political Tool
Or it be a Tool of the Old School
Bringing Glory to a Person with
a Gilt Edged Moral

Noor Rahim
1998.



SLIDESHOW

Health Benefits of Soy

Soy doesn't have to be a staple just for vegans and vegetarians. Learn how this protein can benefit everyone's health. [Read more...](#)



SLIDESHOW

Is Stress a Sex-Drive Killer?

Noticing a lack of intimacy with your partner? Here we explore reasons that can cause low sex drive. [Read more...](#)



SLIDESHOW

Why Can't I Lose Weight?

Finding it difficult to lose weight? There are some surprising reasons you may not be losing weight as quickly as you hope. [Read more...](#)

When Diabetes Strikes, Eye Exams Can Save Your Sight

More Evidence COVID 'Brain Fog' Is Biologically Based

Newer Sunscreens Can Better Match Your Skin Tone

Should You Get a COVID Booster Shot?

Health Benefits of Fermented Foods

The process that gives cheese, olives, sour cream, and yoghurt their distinct flavour also makes them good for your digestive and immune systems. [Read More](#)

How to Ease Sciatic Nerve Pain

Rheumatoid Arthritis Myths and Facts

How to Fix Common Walking Mistakes

Foods With More Protein Than an Egg

Why Beans Are So Good for You

In addition to being a delicious source of fiber and protein, these nutritional powerhouses are packed with lots of vitamins and minerals, too.

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How to Burn Up to 20 Calories a Minute

Foods That Are Sneaky Sources of Trans Fats

FEATURED QUIZ

Alcoholism and Health Effects

How long does alcohol stay in your system? Learn about the health risks.

TAKE THE QUIZ



10 REASONS YOU FEEL SO TIRED LATELY



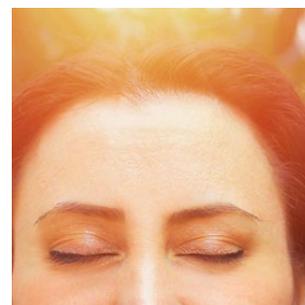
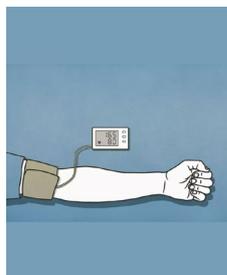
Health

CDC Says to Consider an mRNA Shot If You Received a J&J Vaccine and Booster



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Rising Blood Pressure in Early Adulthood Tied to These Health Issues Later in Life



The One Thrilling Ingredient Your Pizza Is Missing, Say Registered Dietitians

"Does cauliflower crust count as a serving of vegetables?" (You're going to like the answer!)



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6 SIMPLE SELF-CARE TIPS THAT CHANGED MY LIFE



How to clean under the nails

Written by Mathieu Rees on April 03, 2022

What is the best way for a person to clean under their nails? Read on to learn more about finger and toenail hygiene and how to keep them clean.

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Here's Why You Should Never Wrap Your Leftovers in Foil

Aluminum foil is for baking, not storing leftovers.



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18 Food Combinations that Can Dramatically Boost Your Health

Some foods are delicious—and even more nutritious—when they're eaten together. Talk about power duos.



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Artificial sweeteners linked with a 13% higher risk of cancer

Written by Robby Berman on April 03, 2022

A large new French study finds an association between the risk of developing cancer and the consumption of artificial sweeteners.

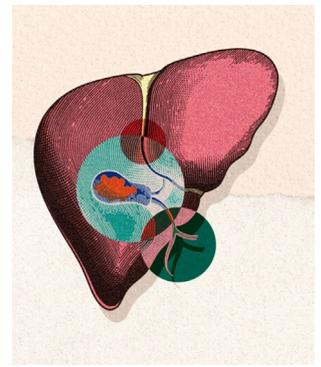
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DIGESTIVE HEALTH

5 Signs Your Gallbladder Is Inflamed—and What to Do About It

HYPERTENSION

New Research: Blood Pressure Increased 'Significantly' During COVID



The 7 Best Vitamins for Hair Growth, According to Dermatologists

[Blood Sugar, Cholesterol Issues in 30s Could Raise Alzheimer's Risk](#)

[Statins Tied to Lower Risk of Parkinson's](#)

RHEUMATOID-ARTHRITIS

11 Rheumatoid Arthritis Treatment Options, Explained by Doctors

RHEUMATIC-CONDITIONS

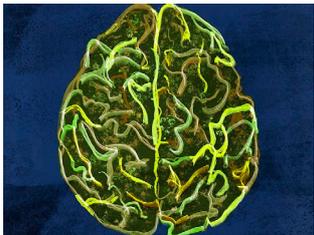
The 6 Best Exercises for Arthritis, According to Experts

Fatty Liver Disease: Is Your Liver Fatty?

Fatty liver could be the most common disease you've never heard of. At least 1 out of 4 people have it, which is more people than diabetes and arthritis combined.

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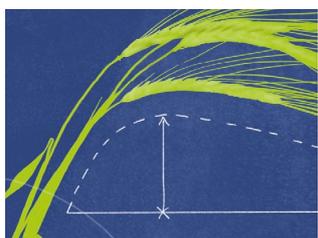
Is Parkinson's an autoimmune disease? Study explores role of T cells



Scientists have found that people with Parkinson's disease may have a “genetic signature” in their memory T cells, the culprits behind many autoimmune diseases.

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Does selenium really slow aging?



Can selenium really protect against aging? If so, how? In this feature, we assess the existing evidence and explain what selenium can and cannot do.

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