

Put Your Health In Your Own Hands

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September 16th, 2018 - Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others Many diseases and conditions are

Eating too much added sugar increases the risk of dying

January 11th, 2019 - A sugar laden diet may raise your risk of dying of heart disease even if you aren't overweight So says a major study published in JAMA Internal Medicine

Physical Health and The Human Body Basic Knowledge 101

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January 16th, 2019 - How long does spice stay in your system And no I am not talking about the peppers and chili I mean "spice" also known as K2 pep spice ocean breeze black

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