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Water Fasting For Health 2nd

The practice of fasting has entered popular culture in recent years as a way to lose extra pounds. Featured in the bestselling book “The Fast Diet,” it advocates eating normally on select days of the ...

Fasting may have become a health fad, but religious communities have been doing it for millennia

THE COMPLEXITY of the gut and its importance to overall health has always fascinated the scientific community. A healthy gut contains healthy bacteria and immune cells that ward off infectious agents ...

Gut health 101 - the truth about your body's second brain - how it can affect your mood

For Caroline Malunga, safe water, sanitation and hygiene are pivotal to keeping children in schools. The 18-year-old girl is in Form Four at Umbwi Secondary School in Dedza. In 2019, the learners ...

No reason to strike for water

The pandemic hit the world in ways we could never have imagined. What started off as an issue that we could observe from afar with sympathy quickly infiltrated the western world and left us all in a ...

How Health Regulations have Changed Due to the Pandemic

An emerging TikTok trend suggests that drinking chia seed water can help you feel fuller longer and result in weight loss.

Can drinking chia seed water really help you lose weight?

Marine archaeologists have uncovered the wreck of an ancient Egyptian "fast galley," a rarely-found vessel class from the Ptolemaic period. This particular wreck is significant for its location at the ...

Archaeologists Uncover Rare "Fast Galley" From 2nd Century BCE

She shrieked! I shrieked a little too. I've always loved school supplies — from the plainest pencil to the fanciest Trapper Keeper. I even had the fifth-grade privilege of wheeling the supply cart ...

My kid and I give Walmart+ an A+ for making school-supply shopping fun with fast, free delivery

Karnataka Chief Minister Basavaraj Bommai on Saturday said that the state would get the Centre's approval for the Mekedatu dam water project over the Cauvery river. Bommai's statement comes after ...

Will get Centre's approval for Mekedatu dam: Karnataka CM

Fit and firing in his fifties, Shane Warne is ready to open up about his post-cricket life. Meanwhile, his son, Jackson, still energised by his breakout appearance on SAS Australia, is right beside ...

The Warne Men on Staying Healthy, Productive and Bonded as Father and Son

The Burke County Board of Education made the decision to adopt an optional mask policy at Thursday night's meeting.

School system adopts optional mask policy for year's start

With her father in tow, 13-year-old Gloria Raudjarv marched through a vaccination center inside a sports hall in Estonia's second-largest city and up to a nurse for her first dose of the COVID-19 ...

Bring in the kids: Estonian city targets youths for jabs

Gasping for breath after racing to her second silver medal of the Tokyo Games, Canadian swimmer Kylie Masse neatly summed up what it must be like to be an Olympian. "It's fun. It's definitely painful.

Kylie Masse earns second silver in pool, Andre De Grasse cruises into 100 semifinal

To beat 'tech neck' and back pain, the Edge Desk System — a kneeling desk and chair — offers a unique alternative to a traditional desk and standing desks. But does it help?

Smart Health: I Tried a Kneeling Desk for 'Tech Neck' and Back Pain — and It Helped

It's been a busy start to Saturday at the Tokyo 2020 Olympics with Adam Peaty leading Team GB's mixed medley relay swimming team to another gold ...

Tokyo 2020 Olympics LIVE: Peaty leads Team GB heroics, Asher-Smith set for 100m final and Biles withdraws from two more events

Honda CRF250RX off-road racer gets substantial updates to both the motor and the chassis. It's a platform for cross-country, enduro, desert, and other off-road racing disciplines, and this is the ...

2022 Honda CRF250RX First Look (21 Fast Facts)

The MEA said the second amendment expands the scope of capacity building activities undertaken jointly by India and the US and also provides for a consultative mechanism for biannual monitoring and ...

India, US Renew Global Development Partnership Deal For 5 Years

The British and Irish Lions can seal a first Test series win over South Africa since 1997 with a game to spare with a second successive victory in Cape Town today. Warren Gatland 's touring side ...

Lions vs South Africa LIVE! Second Test match stream, latest score, updates, team news, lineups and TV

Thinking too much before shooting means calculating speeds and angles. Taking the time to think about this means missed shots or even worse, wounded birds to fly away and die later. This is why all ...

Kenneth Kieser: Practice makes perfect for shooting waterfowl

Ballinlough and Meath Hill met once again in the Premier Championship having only recently played out last years Premier Div.7 Final and while Meath Hill had everything their own way in the opening ...

Premier Div 6: Subs turn the tide for Ballinlough

Oakland County Sheriff reported the 31-year-old suffered second-degree burns while trying to eliminate a bed bug infestation in her car.

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