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Powerful Natural Healers All Your

In less than four years, serial entrepreneur Tiffany Davis has built out a multi-million dollar business and did so unconventionally. Imagine a supplement that actually helps women gain weight, ...

Wellness educator and serial entrepreneur Tiffany Davis is all about gains

Research shows that being near, in and on water can provide a long list of great health benefits. It can lower stress, anxiety, heart and breathing rates as well as increase an overall sense of ...

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Don't overlook powerful health benefits of being around water: Dr. Nina

Thankfully, these natural healing properties have not been lost and are available to us today. Take a look at four botanicals that can make your life healthier and better: Ashwagandha for All-over ...

Four Powerful Ways to Improve Your Health ☐ with Herbs

Naomi Osaka believes people in every line of work should be able to take a mental health day when they need to, no questions asked☐and that includes professional athletes. The tennis star wrote a ...

Naomi Osaka Argues for the Right to Take a Mental Health Day in a Powerful New Essay

The vitamin queen behind a celebrity-loved range of 'miracle' hair and skin supplements has added a new product to her line - and it's designed to improve your vaginal health.

Multi-millionaire vitamin queen behind hair and skin supplements launches a new formula to improve your vaginal health

Ahead, we☐ll give you the run-down on why this nutrient-packed algae has people☐s attention, the easiest step-by-step instructions on how to make your own hair gel at home, along with tips and tricks ...

How to Make DIY Sea Moss Gel for All-Natural Slip

If you're looking for a skincare brand that will help elevate your skincare routine with all-natural beauty products ... Barbalich had always used probiotics for her gut health but she realized that ...

This natural skincare brand is basically probiotics for your skin

If you have acne-prone skin, natural skin-care products might be the cause of your congestion and breakouts. These experts explain.

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We're Sorry to Say, Your Natural Skin-Care Products Could Be Exacerbating Your Breakouts

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 ...

Can Psychedelics Be Used to Better Our Mental Health? Doctors Explain

Just as you have a microbiome, the soil beneath your feet has one too. And promising new research suggests it may have a surprising influence on food and human wellness.

Cultivating Better Health

This scientific kidney supplement offers exceptional benefits to support good kidney health and paves the way for normal kidney function. Robert Galarowicz, a kidney sufferer and the founder of ...

Kidney Restore, A Science-Based Kidney Supplement Has Over 900 Positive Amazon Reviews, Helping 50,000+ To Support Good Kidney Health

State public health officials on Wednesday warned that ... Reduce mosquito populations on your property by getting on a weekly schedule to dump and drain all that standing water! the group tweeted.

Public health officials warn excessive rainfall will bring more mosquitos

The secret to many tried-and-true beauty routines as well as feeling your best? Keeping well hydrated with water. Finally, water is being given ...

evian Water Is Now Alongside Your Beauty and Wellness Must-Haves at Bluemercury

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Studio 17's Ilyana Capella talks to Julissa Prado, founder and CEO of Rizos Curls, about the company's natural hair care products. Rizos Curls is sold in 300 Ulta Beauty locations ...

Embrace your natural hair with Rizos Curls

And this week, we have a special series of health checks in honor of a big birthday our Sonia Azad has coming up: she's turning 40 on Friday. As part of the lead up to the day, she will be asking ...

Sonia Faces 40: Breaking down all the health info you need to celebrate your prime years

Through it all, there may just be a common link ... the spine and affects posture. In this case, your lumbar spine may lose its natural arch by becoming overly flattened or overly curved.

The Powerful Connection Between Your Hips and Your Emotions

Nikki Walton is a viral website creator, spiritual messenger, and television personality. And as if she is not already busy enough - Walton is gearing up to launch yet another enlightening and ...

Go(o)d Mornings With CurlyNikki - A New And Powerful Podcast To Help You Start Your Day With Love, Energy, And Gratitude

What was it like to step into your current role as Manitowoc County health officer ... you sane through all of this? I have a terrific family. It was always hard living away from them. I've really ...

Manitowoc County Health Officer Stephanie Lambert took over amid the pandemic. She says it's been 'intense.'

Today, Amazfit, a brand of Zepp Health (NYSE: ZEPP), launched the Amazfit PowerBuds Pro - their new true wireless stereo (TWS) earbuds with advanced health monitoring features and powerful ...

Listen to Your Body with the Newly-launched Amazfit PowerBuds

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Pro; TWS Earbuds with Advanced Health Monitoring Features

Los Angeles County reported the fifth straight day of more than 1,000 new coronavirus cases and health officials warned Tuesday that the especially contagious delta variant of the disease continues to ...

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