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### Personal Health Perspectives Lifestyles Cengage

Readers can look forward to learning about such topics as financial literacy and investment; health; family and wellness; beauty and fashion; as ...

CNA Lifestyle launches new Women ' s section focusing on female voices, interests  
Anomaly: something that deviates from what is standard, normal, or expected. — Oxford Dictionaries ...

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The uniqueness of you

Since the early days of the pandemic, health officials have warned that obesity and related conditions such as diabetes were risk factors for severe COVID-19. It was another reminder of the many ...

Pandemic shows risk of obesity, and challenge of weight loss

A new medical approach is being offered to Airmen and Guardians, which has shown to improve and sustain medical readiness and health by taking a more patient-driven, whole body approach to care. The ...

Lifestyle and Performance Medicine shows promising impact on Airman, Guardian readiness  
Alternative medicine has been gaining popularity ever since Western audiences were introduced to it in the 70s. It's one of the more popular non-traditional healthcare methods, and its ...

William McGirr & Carol Robinson Are Promoting Health Via Angels Among Us Reiki & Two Peacocks

I fear the alcohol portion of the bill at my daughter's quinceanera is going to be astronomical, and I am not convinced I should be expected to pay half of ...

Ask Amy: Quinceanera guests' drinks may empty worried father's wallet

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Sunday is without a doubt the most favourite day of the week for a lot of us. We get one day out of an entire week to take some time out and look ...

Sunday Reads: 6 Books you must read for mental health and wellbeing

When the COVID-19 pandemic first hit, Tiffany Calcutt had to completely change the way she interacted with clients. As the owner of Harvest Nutrition and Wellness in Peterborough, Calcutt had ...

Intuitive eating is a non-diet approach to a balanced lifestyle

Readers who shared with The Times back in May 2020 their vision of a post-pandemic California update their letters to account for everything that's happened since then.

A year ago we asked you to reimagine California after the pandemic. This is what readers say now

News about the local health-care world.

## HEALTH BRIEFS

Here are three of the most valuable tips that personally helped me arrive at the healthy relationship I have with exercise today.

Reframing your relationship with exercise

Heuro Health is a new technology platform that offers its members the power to navigate

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their own wellness journeys with Heuro ' s guidance—inspiring them to track their own health, medical, and ...

Heuro Health Brings Wellness into the Conversation About Overall Health  
How a Philadelphian becomes a Philadelphian is also how Philadelphia becomes Philadelphia over and over again across generations, producing its particularly hot kind of magic. This is an act of ...

The Pandemic Forced Us Apart. Will Philadelphia Ever Fully Regain Its Intimacy?  
Find out in this weekly horoscope for Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius and Pisces.

Weekly horoscope from June 13 to 19: Your luck for next week; see which sun sign has lady luck smiling for them  
We would like to emphasise that the effects of self-control and cooperation emerged above and beyond the effects of variables such as personal cost of engaging in health-protective behaviors ...

Researchers take a different perspective to mitigate the spread of COVID-19  
The local market for single-family homes exploded this spring, pushing median prices and sales volume to levels lofty even for an area used to robust housing activity.

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Middle-class residents priced out of Sonoma County housing market

As it turns out, there are real benefits to meeting face-to-face, according to a new study published in the Journal of Neuroscience.

Why face-to-face gatherings still matter

OVER the course of the past year, Louisa Lytton has, in no particular order, planned her wedding and then cancelled it twice, bought and moved into a new house, and welcomed a new cockapoo puppy ...

EastEnders star Louisa Lytton says ‘ filming my on-screen miscarriage while secretly pregnant heightened my fears ’

“ We have been feeling that loss of communication and we wanted to bring that personal ... diabetes health. Above and beyond just medications, we take a look at lifestyle choices because at ...

Wellness Clinical Pharmacy focuses on personal connection in health care

And ultimately, it helps some people come to terms with their mental health in a more personal sense. Reading books can provide some perspective on mental health, but if you or someone you know ...

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