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Unfortunately, healthy eating isn't always quite as simple or fast as, say, stopping at McDonald's on the way home. Eating healthy all the time feels

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to be expensive and inaccessible to many people.

~~23 Ways To Make Healthy Eating Easier~~

The ketogenic, or keto, diet is a low carb, high fat eating pattern that involves limiting your ... While there

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are many ways to live a healthy lifestyle, the keto diet is worth considering if you're ...

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a Dietitian Who Eats Keto~~

There is no doubt that our eating habits changed during the pandemic.

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One significant difference was a reduction in eating out at restaurants. Restaurant shutdowns, decreased seating capacity and ...

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~~3 Simple Steps to Start "Clean Eating" to Lose Weight and Boost Immunity~~

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Snacking can be part of a healthy diet, but there are some snack foods you should think twice about before adding them to your grocery cart.

~~6 snacks that aren't as healthy as they seem — and what to eat instead~~
The best way to do that is through ...

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~~Bacteria~~ living in your gut. Eating probiotics helps to boost quantity and variety of bacteria in your body, leading to a healthy gut overall.

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People are indulging in binge eating on unhealthy foods due to increased

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stress, anxiety or just out of boredom.

Since the time of lock down, everyone is turning chefs in our own little fancy ways ...

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Boost Your Immunity the Right Way
While at Home~~

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Give yourself time to chew. One of the easiest ways to climb back on the healthy eating wagon is to slow it down at mealtime. Gobbling down food often leads to overeating. It takes 20 minutes for ...

~~How to restart healthy eating habits~~

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"For climate change, there is no way ... eat animal products. Is there a compromise? "We came up with something we called a 'planetary health diet' which is the minimal diet which is both healthy ...

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When eating in a calorie ... Mosley recommends keeping a healthy snack nearby. **READ MORE:** How to clean a mattress - The easy baking soda trick
He said: "The best way to prevent hunger when ...

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~~Weight loss: Michael Mosley shares
'best way to prevent hunger' when on
a diet~~

Is there a way to buy healthy and keep costs down ... A few years ago, researchers showed that, on average, it cost \$1.50 a day more to choose healthy foods when shopping in a

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~~Common Sense Health: Eat healthy
without breaking the bank~~

It's time to put to bed the age-old myth
about it being bad to eat late at night.
As long as you're eating healthy
bedtime snacks ... That's not the only

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way eating kiwi can help you sleep better.

~~The #1 Best Thing to Eat for Better
Sleep, Says a Dietitian~~

Until my husband turned 50 and realized that carbs were not a sport ...
Serve with fresh berries, which will

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make you feel righteously healthy after eating all those muffins.

~~Classic blueberry muffin recipe plus
two ways to use extra muffins~~

Food has the power to soothe or stoke stress. Here are the worst foods to eat when stress levels feel sky-high, and

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what to eat instead to help you find
calm.

~~The 4 Worst Foods to Eat When You're Stressed~~

With the following tips, you can work
on a computer while staying healthy
and well. Practice good sitting posture.

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When you've got emails to read and clients to call, thinking about the way you sit ...

~~8 Ways to Stay Healthy if You Sit at a
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That person may also help you think of your problems in a new way or

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Recommend... worse. Eat health-boosting foods like fruits, vegetables, beans, and whole grains. Follow healthy habits you ...

~~Healthy Tahoe: Ways to avoid the holiday blues~~

This article looks at what cholesterol

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is, how it affects health, how long it takes to reduce cholesterol, normal and high cholesterol levels, and the best ways ... of healthy eating and lots ...

~~The best ways to reduce cholesterol,
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In practical terms, people will repeatedly eat the donut ... 10 Proven Secrets that Motivate Healthy Behavior and Inspire Fulfillment in Men Over 50." Read more from Louis on his website.

~~Can financial incentives motivate~~

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~~People to adopt healthy lifestyles?~~
Possibly

Two Lumberton natives are teaming up to host a free fitness boot camp event on Saturday. Alexis Andrews and Alfonso Smith will host the Flexx Fitness Boot Camp event at Northeast Park, located at 500 ...

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