



Study says meat protein is unhealthy, but protein from nuts and seeds is heart smart

Loma Linda University Adventist Health Sciences Center



Inside the suburban grow houses of Australia's booming cannabis trade



Hiding in plain sight in homes all across Australia, international crime syndicates are growing millions of dollars worth of cannabis. Here's how they do it.



Marijuana for Pain Relief: Pros and Cons



It can help treat a range of conditions -- but long-term use may have side effects.

There is growing evidence that shows exposure to artificial light at night — such as from phones, tablet devices and computers — delays the body clock and leads to poor sleep.

PHOTO: Morning light exposure helps regulate the body's internal 24-hour clock. (Jo Joyce, ABC Open)

Poor sleep is linked to an array of health problems, including obesity, diabetes and mental health



The 10 Best Foods That Are High in Zinc

Zinc is involved in many important processes in your body and is absolutely essential for good health. Here are the 10 best foods that are high in zinc.

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Dry Mouth Causes, Treatments, and Remedies

When your mouth fails to produce enough saliva, you will find yourself with more problems than just being thirsty.

READ

The truth about kombucha



According to its fans, kombucha can do everything from settling your stomach to settling your mood. But do its supposed benefits stack up?

VIDEO

Give It Up for Blueberries

These sweet little berries are good for your heart -- and they're full of fiber, which can help you lose weight.



4 Stimulants in Tea – More Than Just Caffeine

