



## [The Scent of Relaxing Essential Oils](#)



## [The Dangers of Imported Dietary Supplements and Nonprescription Drug Products](#)

If you buy imported products marketed as "dietary supplements" and nonprescription drugs, beware. Watch this video to learn more about protecting your family. [Read on](#) →



## **Surfing at Night**

Not waves -- the Internet. Too much of any light after the sun goes down can mess up your sleep, which is linked to diabetes, obesity, heart disease, and other health problems. And the "blue light" your smartphone gives off is especially bad. Keep your bedroom dark for better rest. You can also help your nighttime sleep if you get lots of natural light during the day.

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## [Exposing the Junk Food Industry's Biggest Lies](#)

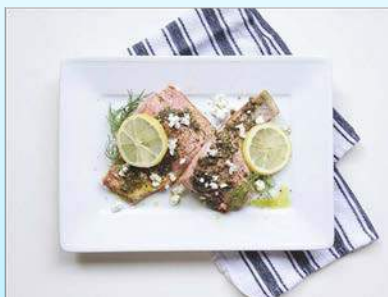
As certain food manufacturers redouble their efforts to hoodwink consumers, here's a list of misleading food marketing terms to keep on hand for your next shopping trip. [Read on](#) →



## [Rhodiola & Roobios Latte](#)



## [Longevity Elixir](#)



## [Tackle High Cholesterol with These Salmon Recipes](#)

A high-protein alternative to red meat, salmon is low in saturated fat and high in omega-3 fatty acids. Try one of these recommended recipes this weekend. [Read on](#) →



## **Text and Drive**

Just don't do it. Sending a text takes 5 seconds of your attention. That seems so quick. But it's not harmless. At 55 mph, your car goes about length of a football field -- more than enough space to cause a serious car wreck. Scientists figure this means you may be as much as 23 times more likely to crash. And the risk is the same whether you type or "voice text."



## **Awkward Phone Calls**

Ever pinch the phone between your shoulder and ear while you do something else? It's not a natural position. Do it for too long and you'll probably notice that your neck hurts. If you can't avoid it, take breaks and move your neck in other directions to keep it loose. If the damage is done, simple rest, a heating pad, and over-the-counter drugs for pain and stiffness should help. Talk to your doctor if it lasts more than a few days.

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## [Why Is Quinoa Good for Diabetes?](#)

Quinoa is a highly nutritious whole grain. Find out how it can help you manage your blood sugar and cholesterol.

[Read on](#) →



## **Germ**

Your cellphone probably goes with you everywhere. Ever check it while you were -- errr -- in the bathroom? And when's the last time you cleaned it? Ever? It makes sense that there might be bacteria, viruses, or other germs on it. One study found 1 in 6 phones has poop on it. On the bright side, it's a hard surface, which usually makes it harder for germs to survive. Still, it's probably a good idea to wipe it down now then.

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## **Text Neck Syndrome**

Too much time looking down at your phone can strain your neck muscles and cause tightness or spasms. You might even get nerve pain that goes to your back, or to your shoulder and down your arm. Take breaks at least every 20 minutes to stretch and arch your back. Try not to hunch forward. It helps to hold your phone higher up when you text, too. Posture exercises from yoga or Pilates will help you stay strong and avoid neck pain.