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Run out of mayo? Try one of these smart swaps.

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Probiotic-Packed Foods

Research shows these “good” bacteria can help with a variety of health issues, from IBS to eczema. See which foods are good sources.

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Strength Training You Can Do Anywhere

These exercises use your body’s weight as resistance instead of equipment -- and you can do them anywhere, any time.

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18 Secrets to a Longer Life

As you age, you’re more likely to get sick. But lifestyle changes like these healthy habits may slow aging at the cellular level.

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Heart-Smart Goals for Type 2 Diabetes

The same things that benefit blood sugar will help keep your “ABCs” -- A1c, blood pressure, and cholesterol -- in a healthy range to protect your heart.

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2 Early Signs of Diabetic Macular Edema

Some people won’t notice anything different, but most will have some vision loss, including these changes.

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Worst Habits for Your Brain

You do a few things you know you shouldn’t -- we all do. But some bad habits can take a toll on your brain. How many of these are you guilty of?

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These Fruits Are Low in Carbs

Yes, all fruits contain some natural sugars, but they’re also rich in fiber and other important nutrients. Find out how their carb counts compare.

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When Type 2 Diabetes Is Diagnosed in Childhood

[Benefits of Massage Therapy](#)

Why Walnuts Are So Good for You



A small handful of these nutrient-packed nuts is a satisfying snack that can boost brain health, help blood sugar, and even protect your heart.

Is Your Back Pain Sciatica?

Sciatica is a pain that radiates from the low back down a lower extremity; it is caused by irritation of... [Read more...](#)

Foods to Watch When You Have AFib

Think twice before you eat or drink these foods to help keep your heart healthy. When you have AFib... [Read more...](#)

Celebrities With Diabetes



Whether they faced type 1 in childhood or adjusted to a life with type 2 later on, these celebs show that you don't have to let a diabetes diagnosis stand in your way.

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Sleep Apnea Treatment Options

Warning Signs of Liver Problems



By the time a liver disease shows symptoms, it could already be advanced. Learn what to look for so you can take action.

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11 Health Problems Related to Obesity

Extra weight -- especially around the waist -- can lead to serious health issues. See what these problems are and what you can do to prevent them.

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Don't Make These 10 Sex Mistakes



You'd know if you had an STD, right? Not so fast. What's more, you may be using condoms the wrong way.

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10 Natural Ways to Stay Awake

Learn how diet, exercise, and other natural remedies can help with daytime sleepiness. If you have narcolepsy, there may be ways besides medications to stay more alert during the day.

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Diabetes-related health complications can lower life expectancy

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7 Diabetes-Friendly Sweets

When choosing sugary goods, it is important to understand how different desserts can affect your blood glucose levels. [Read more...](#)

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Can Diabetes Affect My Feet?

Learn more about diabetes related foot problems. Diabetes can cause serious foot...

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MNT RESOURCE

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Immunotherapy treatment uses a person's immune system to attack cancer cells. Learn about how immunotherapy works in people with lung cancer.

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Could this be why type 2 diabetes increases the risk of fractures in older women?

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The Best Dieting Tips Ever for Weight Loss

Learn to lose weight the smart way, as experts give their best advice for healthy weight loss by eating right, sleeping more... [Read more...](#)

Reasons for Memory Loss and Dementia Risk

Forget your keys? That might be absentmindedness. Forget what you did this morning? That might be a more serious memory problem. Find out what causes memory loss and what you can do about it.

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Tomato Tarte Tatin Is the Easiest Way to Make Your Tomatoes Fancy

Caramelized tomatoes and onions top crispy puff pastry in this elegant, savory pastry.

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How Common Is Thyroid Eye Disease?

Thyroid eye disease is an eye condition characterized by progressive inflammation and damage to the muscles and tissues... [Read more...](#)

Eating More of This Can Prevent High Blood Pressure

Plus, the delicious, nutrient-packed foods you can pair it with to maximize its heart-healthy benefits.

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This Is the Absolute Best Anti-Aging Workout, According to Science

Research from the Mayo Clinic suggests this type of exercise can actually reverse your cells' aging process.

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