

***Deep Nutrition Why Your Genes Need Traditional Food Catherine
Shanahan***

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Deep Nutrition Why Your Genes

Unlock your genetic potential with Deep Nutrition: Why Your Genes Need Traditional Food, the groundbreaking book that unites modern science with traditional wisdom to give you the full story of human health.

Deep Nutrition - drcate.com

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The Epidemic Of Sleep Deprivation. Sleeping problems have increased in conjunction with sitting and the increased usage of electronic devices. According to a 2011 study by the National Sleep Foundation, 63% of Americans say they do not sleep enough during the week. 48% of Americans report insomnia occasionally, while 22% experience insomnia every or almost every night.

Deep Sleep Decoded: Everything You Need To Know To Increase Your Deep Sleep Percentages. - bengreenfieldfitness.com

Some fishes in the deep, dark sea may see their world in more than just shades of gray. A survey of 101 fish species reveals that four from the deep sea had a surprising number of genes for light ...

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Genes and Genetics News. Read today's medical research in genetics including what can damage genes, what can protect them, and more.

Genes News -- ScienceDaily

Sports medicine doctor, fitness guru and long-time radio host Gabe Mirkin, M.D., brings you news and tips for your healthful lifestyle. A practicing physician for more than 50 years and a radio talk show host for 25 years, Dr. Mirkin is a graduate of Harvard University and Baylor University College of Medicine.

Dr. Gabe Mirkin on Health, Fitness and Nutrition.

I've never had a mammogram, and today I'm going to tell you why I intend to keep it that way. As much as Western medicine considers mammograms "life saving" and perpetuates that you would have to be "dumb" or "stupid" not to get one, I disagree.

Why I won't get a Mammogram | Butter Nutrition

Get latest on all things healthy with fun workout tips, nutrition information, and medical content. Whether you love yoga, running, strength training, or outdoor adventure, we've got advice to ...

Latest News, Diets, Workouts, Healthy Recipes | MSN Health & Fitness

Alternative Therapies - Electro-Medicine, Ozone Therapy, Nutritional Therapies, Colloidal Silver, etc. Protection from new emerging diseases & biological attack through immunity boosting.

Nutrition, The Key to Energy from educate-yourself.org

At Muhdo we believe the true measure of health is on the inside - our 'inner health'. Let us help you to find your way to a happier & healthier you.

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Your metabolism is the chemical engine that keeps you alive. The speed at which it runs varies by individual. Those with slow metabolism tend to have more leftover calories, which get stored as fat.

How to Get Fast Metabolism - Healthline

Extra virgin olive oil is loaded with antioxidants and healthy fats. Its benefits are among the few things in nutrition that people agree on.

Why Extra Virgin Olive Oil is The Healthiest Fat on Earth

Whenever I'm stumped on a patient case, or in my thinking about lipids, Dr. Ron Krauss is one of the first people I turn to for insight. I'm not alone. Ron is recognized globally for his research into lipidology and has worn many hats in his career, including clinician, lipidologist, nutrition, genetics, and drug researcher.

Ron Krauss, M.D.: a deep dive into heart disease - Peter Attia

The What the Hell is it Actually Called Blue Box. The cerebrum is the whole big top/outside part of the brain but it also technically includes some of the internal parts too.. Cortex means "bark" in Latin and is the word used for the outer layer of many organs, not just the brain. The outside of the cerebellum is the cerebellar cortex. And the outside of the cerebrum is the cerebral cortex.

Neuralink and the Brain's Magical Future — Wait But Why

Doctors who practice Functional Medicine and follow the principles I talk about in UltraWellness can help you find these problems. Once you identify the underlying causes of the imbalance, here are a few things that can help your mind get a tune-up:

The Daniel Plan - 9 Steps to Reverse Dementia

How sweet it is for your health to eat sweet potatoes! Not only do they taste like dessert, but they provide some surprising health benefits. Many people think about sweet potatoes as being nothing more than plain old potatoes that can tweak our taste buds with some extra flavor. Yet cutting-edge ...

Sweet potatoes - The World's Healthiest Foods

It might seem too good to be true, but dark chocolate is good for you and scientists now know why. Dark chocolate helps restore flexibility to arteries while also preventing white blood cells from ...

Why dark chocolate is good for your heart -- ScienceDaily

Clusterfuck Nation For your reading pleasure Mondays and Fridays Support this blog by visiting Jim's Patreon Page Watergate had tragic Shakespearean overtones, with Nixon as King Lear, but Russia-Gate — perhaps the last gate America goes through on its giant slalom run to collapse — is but a Chinese Fire Drill writ large. The reason? In more »

Deep Quandaries of the Deep State - Kunstler

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Nature vs. nurture: Do genes influence our morals?

What on earth is belly breathing? Don't we breathe with our lungs and not our belly? Is this a type of pilates or yoga? The term "belly" breathing definitely paints a funny mental image, so the questions make sense. But as odd it may sound, belly breathing is actually an ancient technique that ...

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