

How To Change A Saturated Solution An Unsaturated

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How To Change A Saturated

Looking to lose some body fat? Kevin explains which types of food can help... from cayenne pepper to grapefruit.

How to lose body fat by changing what you eat...

As we come out of the pandemic, it's a great time to adopt new habits for better physical and mental health. Here are 60 tips to help you get started.

60 Ways to Live Longer, Stronger and Better

Hypertension, or high blood pressure, is one of the leading causes of death in South Africa. While a healthy diet seems inaccessible for many, doctors recommend this simple change to everyday eating.

This simple change can help reduce high blood pressure and save thousands of lives

Two new studies relating to pregnancy and breastfeeding are offering new insight about speed bumps and fat intake.

Latest maternal health research says to drive slow on speed bumps and eat saturated fats

THE LONG life expectancy of residents of Okinawa in Japan has ignited interest across the world. Research suggests the Okinawa diet may hold the answer.

How to live longer: Okinawa diet may hold the key to longevity - what is it?

E-commerce has been booming, but it's the mobile sales channel that has been seeing the biggest growth. Smartphone usage is high across all demographics, although younger shoppers are particularly ...

Tech Tuesdays: How Merchants Can Optimize Mobile in a Smartphone-Saturated Market

Banish bingo wings with the best diet, specific exercises and helpful workout tips to help lose weight on your arms ...

How to lose weight on your arms: Tone your arms to fight flab and build muscle

SL, a registered charity and one of the UK's leading leisure trusts suggest 10 ways to improve your health... Seems an obvious choice to begin with but how many of us drink at least the daily ...

10 ways to live a healthier, happier life this year and beyond

FATTY liver disease is a general term for conditions characterised by a build-up of fat in the liver. Non-alcoholic fatty liver disease (NAFLD) is one of the main types of fatty liver disease. The ...

Fatty liver disease symptoms: The colour of your pee can be a serious warning sign

The warming of the planet is a function of a build-up of gases in the atmosphere. Here are the basics of how it works.

How to understand the numbers of climate change

Health care professionals should consider prescribing medication for patients with slightly elevated blood pressure if levels do not decrease after six months of healthy lifestyle changes, according ...

If slightly high blood pressure doesn't respond to lifestyle change, medication can help

Mango just dropped its first ever homeware range, Mediterranean Views, with a range of bedding, towels and other household textiles. Here's our honest review ...

Is the new Mango homeware range worth the money? We put it to the test

Canola oil has a neutral taste that complements various cuisines and lets the spices retain the aroma and flavour ...

Here are four reasons you should switch to canola oil

What are the behaviors that increase your dementia risk, according to doctors? The brain is a mysterious machine, and there's a lot about the way it operates that experts still don't fully understand.

These Behaviors Increase Your Dementia Risk, According to Doctors

By Alisha Pawa Nuttawan "Yui" Supapong has always been a curious soul With backgrounds in chemical engineering and culinary training, Yui was intrigued about honey's chemical compounds and began to ...

Sweet obsession: 'Honeyful' cafe owner and her mission to spread honey on everyone

But he's far less aware of the big efforts behind China's now-widespread nutritional labels that people like himself rely on to make their eating choices. Xiao decided to do something about his heavy ...

In Depth: China's Updated Labeling Rule Gives Food-Makers More to Chew On

In the latter case, it is wise to check vehicle specs by VIN and be guided by the obtained results. However, the inspection of the vehicle exterior and interior is always essential. Car painting ...

Sponsored: How to Check the Quality of a Car Painting

Software Development UK (SDUK) was incorporated in 2020 by an experienced team of IT, software and sales & marketing professionals with a clear vision to connect qualified businesses and help ...

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