



Take 10 for You ...

The Dangers of Energy Drinks



Some energy drinks should come with a warning label, especially when mixed with alcohol.

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Health Minute



Depression and Body Weight

Does obesity lead to depression or does depression lead to weight gain? There is definitely a link.

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Ask the Expert

spotlight on

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[Diet](#) Does your closet need slimming, strengthening, supplements? Here are tips for conducting a closet checkup!

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[A Fresh Look at Organic](#)

[Produce](#) Organic is often more expensive. When does it matter most? Here's a list of the "dirty dozen."

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[Summer Skin](#) Help your skin survive the harshest effects of summer.

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Q. Based on a blood pressure reading at my doctor's office, I have prehypertension (blood pressure between 120/80 and 139/89). What should I do?

A. I would not base a diagnosis on just one blood pressure reading. Blood pressure fluctuates throughout the day and changes depending on the situation.

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Must-Reads

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Midlife & Beyond

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HealthyWomen
157 Broad Street, Suite 200
Red Bank, NJ 07701
1-877-986-9472 (toll-free)

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