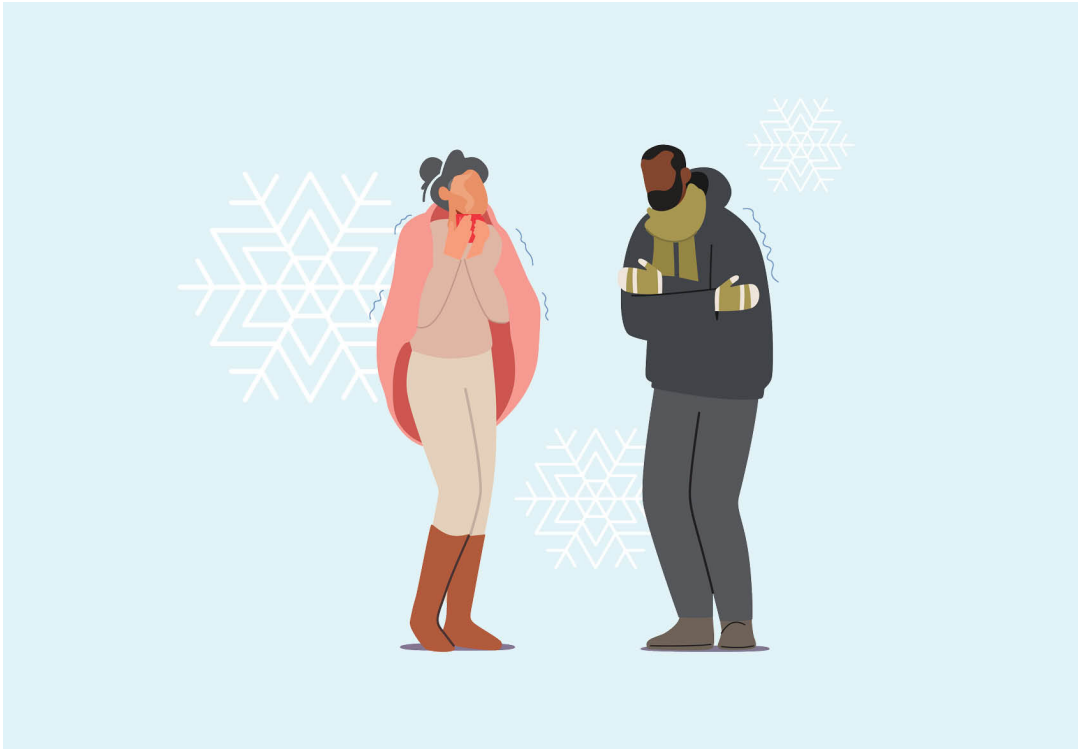
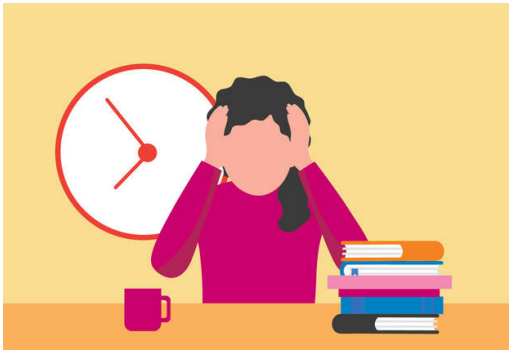

December 7, 2023



10 Colds Avoid This Winter

Common winter illnesses are typically highly contagious. A family physician breaks down 10 common winter illnesses and what to expect if you catch them.

[Stop the spread](#)



How To Ease Morning Anxiety

Anxiety got your morning off to a bad start? Try these tricks to improve start your mornings with fewer worries.

[Start with better sleep](#)



Can Soy Cause Breast Cancer?

Worried your soy milk and tofu could increase your risk of breast cancer? Here's what you need to know.

[Rumors, not research](#)