

March 28, 2024



## How Much Water You Should Drink Every Day

We've all heard that 8 glasses a day is the ideal water intake. But that doesn't account for things like your diet and physical activity, which can change how much H<sub>2</sub>O your body needs. Here's how to know what's right for you.

[Gulp this down](#)

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## The Best Fish for Your Health

Our expert helps navigate the ocean of choices to get your share of omega-3s without the mercury.

[Fishy nutrition](#)



## Staying Safe on Blood Thinners

Blood thinners can be lifesaving but also pose potential bleeding risks. Here's what you need to know.

[Do's and don'ts](#)



## Why and How To Lose Belly Fat

The weight we carry in our midsection can be a sign of health concerns that are more than skin deep. Try these strategies to lower belly fat.

[Improve your well-being](#)



## The Problem With Rubbing Itchy Eyes

We all do it from time to time, and with good reason: It can feel really satisfying! But rubbing your eyes is a capital B Bad idea. Find out why.

[No pawing those peepers](#)

LOVE YOUR HEART

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## Combating High Blood Pressure

Your blood pressure is an important signifier of your overall health. Cardiologist Luke Laffin, MD, outlines the steps you can take to lower your blood pressure.

[Listen now](#)

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## Heart Health Quiz

Age, sex and genetics are just a few factors impacting your risk of developing coronary heart disease. Take our quiz to see where you stand.

[Assess your risk](#)

### LINKS TO LOVE

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- [Recipe: Classic Shrimp Remoulade](#)
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