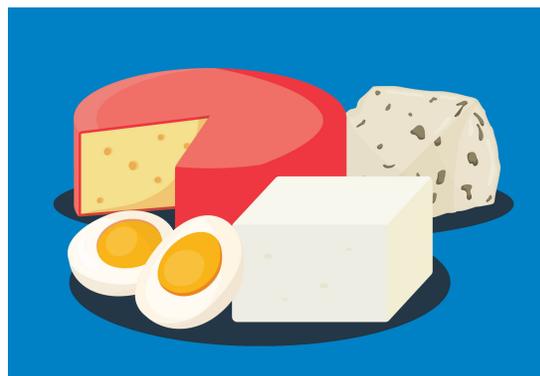




## Is Mushroom Coffee Healthier Than Your Average Cup of Joe?

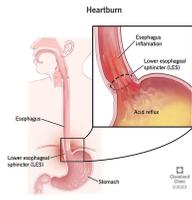


## The Truth About Waist Trainers



## Here's the Deal With Vitamin K2

# Health Library



[What Causes Heartburn? And How To Relieve It](#)

## Links to Love

- 1 [Is Screen Time To Blame for ADHD?](#)
- 2 [Tips for a Smooth Shave Every Time](#)
- 3 [Recipe: Easy Vegetable Tomato Soup](#)