

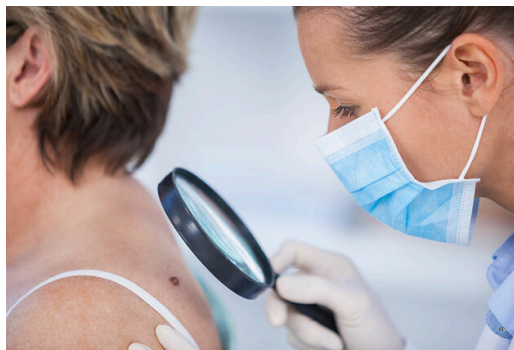
February 1, 2024



Sleep's Effects on Heart Rate

Your heart rate slows down when you sleep. But if you it drops low or spikes high while you're snoozing, is it a cause for concern?

[Checking on your BPM](#)



10 Warning Signs of Cancer

Sometimes, you might not experience any early symptoms of cancer. But these could be some early indications.

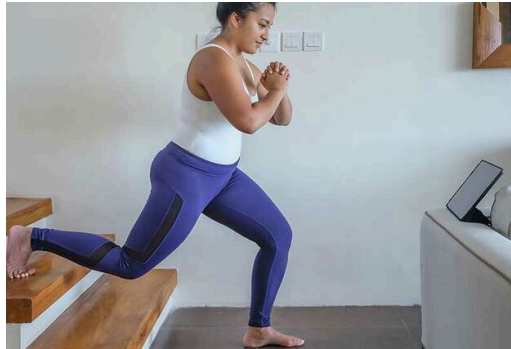
[Don't ignore these](#)



5-Minute Breakfast Fruit 'Pizza'

Pizza for breakfast? Yes, please, if it's full of vitamin C and fat-free cream cheese.

[Get the recipe](#)



The Psychology of the Silent Treatment

Learn whether the silent treatment counts as verbal abuse and what to do when it's happening to you.

[Deafening silence](#)

Losing Steam on Your Workout Resolution?

Started exercising with a full head of steam, but feeling ready to give up? Here's how to keep motivated.

[You got this](#)

FROM THE HEALTH ESSENTIALS PODCAST

Take the Bite Out of TMJ Jaw Pain

Achy jaw? Ending that hurt may be easier than you think. Dentist Karyn Kahn shares some self-treatment tips to make the pain go away.

[Listen now](#)