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Readers Digest Foods That Harm

Try these energy-boosting foods for an instant pick-me-up. You Can Get Serious Digestive Problems It's a subject no one wants to dwell on, but the truth is that losing weight too quickly can lead ...

The Harmful Effects of Fad Diets | Reader's Digest Canada

Splenda®, the #1 sweetener brand recommended by healthcare professionals*, was recently recognized as one of the most trusted health brands ...

Splenda® Recognized As Consumers' #1 Trusted Brand in

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Reader's Digest Survey - 3 Years Straight!

If this is your chosen method of ACV consumption, though, it can actually be more harmful than helpful ... to give the vinegar time to digest. Here are the foods you should never eat past ...

Never Make These Apple Cider Vinegar Mistakes | Reader's Digest

Enjoy a sampling of bonus content from the May 2013 issue of Reader's Digest. You can also find ... but studies show that eating slowly, trying new foods, pushing your plate away when full ...

Reader's Digest Extras from June 2013

The other day a reader wrote, utterly condemning me for suggesting we use the bacteria Bt to kill delphinium defoliators that are emerging in the crowns of delphinium plants and destroying leaves. How ...

No gardener has the right to use a

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poison that could harm their neighbors or the environment

The Star Tribune Editorial Board got it exactly right in "A voice of reason on Park Board silliness" (April 26). The Minneapolis Park and Recreation Board resolved to bar State Patrol officers from

...

Readers Write: Minneapolis Park Board, a gun at a Plymouth school, eating meat, the deliciousness of quiche

In a remarkable interview with The HR Digest, Sarah Wagener talks about the value of creating a passionate work culture in the global business sector.

A Workplace That Inspires Passion: An Interview with Sarah Wagener

There's a growing trend of fusing food and fandom to create new ways for fans to feel connected to their favorite worlds and characters.

Green Milk, Batman Restaurants

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and More: How Food Is Taking Over Fandom

In January, I started to reintroduce foods and noticed that although everything tasted "different," some things tasted awful or seemed to affect me more than others. I had to keep adding foods to ...

Silent senses

These fallacies give a false sense of confidence about how close we are to achieving artificial general intelligence, and what this tech can do for us.

4 ideas about AI that even 'experts' get wrong

SOLUTIONS Farm in a Box For those who want to start a farm but live in a city, a desert or perpetually cold region, this company will help you grow produce inside a shipping container. The Greenery S ...

Warming Trends: Farming for City Dwellers, an Upbeat Climate Podcast and Soil Bacteria That May

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Outsmart Warming

After her financial circumstances changed, Toi Cudworth delayed payments on some loans, and bought frozen chicken and veggies because they're cheaper ...

'Life turns on a dime': She donated \$950 from her first stimulus check to a food bank — then received a cancer diagnosis

It asks consumers multiple choice questions from topics including Food ... of random questions. Reader's Digest is known for being the pocket-sized, on-the-go magazine, but Mr. Hills said he does not ...

Reader's Digest eyes brand extension with new app

To nominate a pet, you must be a legal U.S. resident age 18 or older at the time of participation and fill out the entry form with all required sections. The entry period will run from January 1 ...

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Reader's Digest America's Best Pet Pals Official Rules

There were several important developments in the startup space during the week. Here's a wrap of all the startup stories this week. Get latest Startup online at cnbctv18.com ...

STARTUP DIGEST: Top stories of the week

and chocolate could be harmful to your furry guests. I always go for dry foods, such as croissants and quiches, and often make a cake to bring with me. It is perfect to share with others and you ...

Forget the mayonnaise but remember the honey: readers' tried and tested tips for a perfect picnic

We recently asked readers to share their stories of what it's like to house ... The broker would throw a handful of fish food into the pond and the water would erupt with starving trout. At any rate ...

'There were 30 other offers like

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ours': Readers share what it's like to be house hunting in Mass.

The Chicago Tribune opinion section publishes op-eds from readers and experts about specific ... that some are worried about the potential harm to pregnant people and their unborn babies.

Op-ed: Treating vaccine skeptics like crackpots won't get us to herd immunity

This #SF digital health care firm has just reached a valuation of \$1.5B after raising \$280 million in new funding in the latest sign that investors are eager to bet on private health care companies.

SFBT Tuesday Digest: Super-sizing biotech campus; Big health care bet

As a barrister, he was renowned for his ability to digest complex briefs ... also writes powerfully about the value of work and the damage done by its absence. He attacks the often leftwing ...

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