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The Paleo Cardiologist The Natural

Here's what to keep in mind before following this—or any—low-carb diet.

Cardiologist Robert Atkins, M.D., published his book *Dr. Atkins' Diet Revolution* in 1972, arguing that a low-carb ...

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Here's What You Should Know About the Atkins Diet

Dr. Raj Khandwalla, a cardiologist at the Cedars Sinai Heart ... (And, by the way, she said that “natural” sugars such as honey and agave syrup aren't better for you than the white stuff.) ...

Healthy living through better

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habits: How changes in sleep, stress and diet can lead to a happier you

I recently had a puzzling experience and wonder whether you might be able to shed some light on it. Over the past few years I've become increasingly unable to eat wheat without experiencing ...

Is Being Gluten-Intolerant an

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South Beach! Paleo!). Fast-forward to today, when books like Wheat Belly and last year's Grain Brain claim that carbs, especially wheat, can cause everything from dementia to belly fat.

The Truth About Low-Carb Diets

Broil or roast chicken and lean beef.

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Steam veggies to maximize their natural flavors — and don't smother them with butter, salt, or sugar. When a recipe calls for some fat, choose the ...

10 Diet Tips for Atrial Fibrillation Prevention

Since its founding in Plano, Texas in 2007, Mooyah Burgers, Fries&Shakes

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has expanded to dozens of states and to several countries, bringing its vegetarian, paleo, keto, and other burgers to new ...

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