

Easy Way To Control Alcohol

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Easy Way To Control Alcohol

Here are five easy tips to curb drinking. Keeping alcohol out of your house is one of the most effective ways to keep yourself ... it can indicate a loss of control over your drinking and a ...

5 easy ways to curb drinking alcohol

CHRIS MARSHALL, 38, had been sober from alcohol for ten years when he decided to open a bar. His spot, Sans Bar, in Austin, lacks one thing: booze.As the only Black kid in a primarily white ...

After 10 Years of Sobriety, This Guy Opened a Bar That Doesn't Serve Alcohol

You might not think about it as much as you do eating healthy, exercising, and getting enough sleep, but maintaining good circulation is one of the most important building blocks to keeping your ...

Doctors Explain How to Improve Your Circulation for Healthier Blood Flow

Facebook approved alcohol and gambling ads targeting teens, Consumer Reports says. Two studies show companies can target Facebook ads at 13- to 17-year-olds the social media giant thinks are ...

Facebook Approved Alcohol and Gambling Ads Targeting Teens

You might not think about it as much as you do eating healthy, exercising, and getting enough sleep, but maintaining good circulation is one of the most important building blocks to keeping your ...

12 Ways to Improve Your Circulation for Healthy Blood Flow, According to Doctors

I lived in the military town of Aldershot in Hampshire at the time and it was easy to ... learned that alcohol was having a serious negative impact and making my state of mind way worse than ...

How changing your relationship to alcohol could help your stress levels

If you want to avoid developing high blood pressure or making your hypertension worse, it's time to scale back on these foods.

Eating Habits to Avoid if You Don't Want High Blood Pressure, Say Experts

Important: To stay healthy, the Centers for Disease Control and Prevention recommends ... to 1-2 nights a week with your alcohol consumption." 5 easy ways to curb drinking alcoholCan you die ...

5 healthier alcoholic drinks to have instead of beer and sugary cocktails

Direct-to-consumer online liquor sales is anything but straight forward. Find out why it's so complicated and hard to fix.

Why Isn't there a Better Way to Buy Booze Online?

Kelly Osbourne is opening up about her relapse on alcohol during a candid chat with Dax Shepard, who revealed he relapsed after 16 years in September.

'In my mind, I was still in control': Kelly Osbourne and Dax Shepard discuss relapse, sobriety, and more

If there was one moment that summed up the current state of the Bureau of Alcohol, Tobacco, Firearms and Explosives, it was when the floor at the agency's gun-tracing center caved in a couple of years ...

How the ATF, Key to Biden's Gun Plan, Became an NRA 'Whipping Boy'

I drank alcohol regularly ... dance or running, find ways to move your body. Regular fitness activity can improve your mood, increase energy and help control stress. Furthermore, look at your ...

How Leaders Can Build A Calm Workplace

The social network has rules about what can be shown to minors. The Tech Transparency Project found that they aren't being enforced.

Facebook Allows Drug Ads to Target Teens, Activists Say

You don't have to be an addiction expert to know that stress, loneliness, anxiety and grief can be significant factors in alcohol use. Given the collective global distress caused by the COVID-19 ...

Healthy You: Rise in alcohol use another byproduct of the COVID-19 pandemic

From a struggling tourism sector to long effects of drug abuse to the emergence of criminal gangs and terror attacks, Mombasa can't breathe.

Mombasa struggles to stay afloat amid beaten nightlife

He says while he understands concerns about minors potentially gaining easy access to alcohol if the bill is passed, potential licensees would take liability very seriously. "I think the way the ...

Alabama House of Representatives approves bills to allow home delivery of alcohol

It's not easy being green, or is it? In honor of Earth Month, cannabis companies look closely at their environmental impact.

4 Ways Cannabis Is Becoming A Greener Industry

Gun control laws aren't perfect in Canada, but the system up here is better at keeping guns out of the hands of people looking to use them for violence, writes.

What we can learn from Canada on gun control

The ads are designed to influence senators whose votes may be in play as the gun-control ... way — a cheaper way of achieving the same goal in terms of number of jobs created?" (Press secretary Jen ...

Biden casts vaccinations as a patriotic duty, urges Americans to protect themselves, others

Advertisers can use Facebook and Instagram to target ads at teenagers who the social media giant thinks are interested in alcohol, tobacco, and extreme weight loss, two new studies have found.

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