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Hollywood has a sordid history with portrayals of mental illness. It's trying to do better.

There are rituals that mark the beginning of every romantic relationship. Questions like where are you from? Where did you go to school? What do you like to eat? Who is your favorite band? However, ...

Columnist Susan Wozniak: Uncover your family history with a DNA test

When you put together the story of your brand or organization you need to have, like a painter, some basic elements.

The 9 elements that you should use to give 'color' to your stories

Pittsburgh was a hotspot for African-American Islam. Now Ali R. Abdullah is uncovering that history — and a deeper self-understanding.

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Pittsburgh was once a Black Muslim refuge. Here's one family's story.

Everyone has a story to tell. At the weekly Write Your Own Story (WYOS) gatherings at the Main Street Community Center, they can also write it down. The class was set up to encourage people to get ...

Community Spotlight: Main Street welcomes you to write your own story

"Peaches are generally non-toxic to dogs and can be a great summertime treat." Here are a few things to know before you serve a slice to your furry friend. If you picked or brought home fresh peaches, ...

Can Dogs Eat Peaches?

Tess Holliday shared that she is in recovery from anorexia, and

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has experienced the stigma of having what experts call an "atypical eating disorder" ...

Eating Disorder Expert Says Anorexia Can Affect All Body Sizes: It 'Doesn't Have One Look'

For centuries, stories of Black communities from the past have been limited by racism in the historical record. Now we can finally follow the trails they left behind.

The Future of Black History

Chlorophyll is fat-soluble, so if your diet contains healthy fats, you'll absorb it. Therefore, why spend a lot of money on stuff like chlorophyll water? Just eat lots of green vegetables ... Like us ...

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But while the false story lasted, it moved with a damaging speed and breadth, another example of a closed ecosystem of

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information affecting public opinion. An academic study published a year before ...

The Hamburglar? How a story about meat limits fell apart

You might shrug off the idea of skin cancer and assume it won't happen to you—or if it does, you'll just have a mole removed. No big deal, right? Not so fast. Skin cancer is the most common cancer in ...

15 Simple Steps That Keep Skin Cancer Out of Your Future, According to Dermatologists

It is how we love them and how they know we love them back. They seek our faces. They register our eyes. They read our mouths. Dogs have so adapted to our communication system that they get actual ...

For the love of Dog, burn your facemask ...

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Andi Berlin has been writing about food and restaurants in Tucson since 2009, but now she's coming home. Meet The Arizona Republic's new dining critic.

I'm Andi Berlin, the new dining critic at The Republic. I'm thrilled to be home. Let's eat

We're being joined by Jennifer Dumke. She's here today to share with us her story, about living with disordered eating, and how it still impacts your life even when in remission. BROOKINGS ...

Jennifer Dumke's eating disorder recovery story

Related:When a fitness obsession turns into an eating disorder: Asha's story Noticing she had lost a significant amount of weight in a short time it was Shelbi's doctor that first advised her to ...

Specialised eating disorder services inaccessible to many: Shelbi's story

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Global distributor All3Media International is partnering with Irish indie Animo TV and broadcaster Virgin Media Television to represent the format Eating with your Enemy (previously known as ...

Format focus: All3Media Int'l signs on for "Eating with your Enemy"; "Love Island" pickups

For more information about CBC's First Person stories ... welcomes your pitches for First Person essays. Please email povquebec@cbc.ca for details. Ffion is a fourth-year honours history student ...

My eating disorder is a terrible quarantine companion

According to health care professionals, post-lockdown life should start with taking stock of your own health. "It's a great time to do a (health) reboot," said Dr. Kathryn M. Rexrode, chief of the ...

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AHA News: Take Stock of Your Health With This Post-Lockdown Checklist

Allan, CNN | Posted - Jan. 27, 2020 at 9:26 a.m. This archived news story is available ... lead to the actual eating behavior. There are several kid-friendly cooking shows your child can watch ...

Want your kids to eat healthier? Let them watch cooking shows

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