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wellness book uses
personal analytics to

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create a customized
health and nutrition
plan for each ...

New Health Analytics from the book, Beyond Body, Reveal What Women Want To Change Most about their Body

There comes a time in
one's life when
suddenly, everyone
around them is
pregnant. It happens
quickly, and along with

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the joy of a new baby
to look forward to
comes an at times
overwhelming amount
of ...

Healthier You **40 Gifts the Pregnant Woman In Your Life Will Use for Nine Long Months—and Beyond**

Gynecologist Jen
Gunter's new book
debunks myths about
menopause. Gunter
said most startups that
are trying to tackle

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Big Book Of
menopause aren't
selling anything new.
Her expert advice for
Weeks To A
...

Leaner Sexier

**The doctor behind
'The Vagina Bible'
wrote a new book on
menopause, and she
says she's skeptical
of the startups
targeting middle-
aged women**

Hologic and Partners
Launch Project Health
Equality to Help
Transform the Care

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Women of Color
Receive in the Health
Care System ..

Lumberton Senior Launch Project Health Equality to Help Transform the Care Women of Color Receive in the Health Care System

A Lumberton woman is introducing Robeson County to her "mama" in her first book, titled "Our Cake Lady: A Collection of Lessons

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Learned, Recipes, and
Loving Memories from
My Mama." Pamela
Teel Wright, ...

Leaner Sexier

**Lumberton woman
releases book about
her mother the
'Cake Lady'**

The new business book
"From Farms to
Incubators" presents
inspiring case studies
of how women
entrepreneurs are
revolutionizing
agriculture through

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high technology,
stabilizing a secure
food supply ...

Inspiring Business Book "From Farms to Incubators" Puts a Spotlight on Women Leaders of the Agricultural Technology Revolution

Berlin is about to
release the English
translation of her book
Pussy Yoga - I think ...
blame a historical lack

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of interest in women's health, as well as squeamishness about anything to ...

The big squeeze: welcome to the pelvic floor revolution

I'm a Black woman. I can't separate 'Black' and 'woman'." Some of the hidden stories in the book may be better known than others ...

"it's about not forgetting those who

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were not the big
figures of ... Four

**Why the First Black
Woman to Be a
History Professor in
the U.K. Sees Her
New Book African
Europeans as a 'Call
to Arms'**

Georgia is the
deadliest state for
pregnant women. The
maternal mortality rate
is more than twice the
national average,
according to the

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Centers for Disease
Control and Prevention
(CDC).The numbers ...

Georgia is the deadliest state for pregnant women

The 2021 Federal
Budget has been
announced and there is
a whole lot of funding
being directed towards
easing childcare costs,
supporting women's
health issues and
helping first home
owners and single ...

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**How the Federal
Budget will impact
childcare, single
parents and
women's health**

Big Brother star Sarah Jane Adams has set the record straight on her 'friendship' with host Sonia Kruger before entering the house.

**Big Brother star
Sarah Jane Adams,
65, sets the record
straight on**

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Big Book Of 'friendship' with Sonia Kruger

But new technology is making managing health care easier than you might realize.

Factors like cost and inconvenience cause many of us to put off seeing a doctor. But new technology is making managing ...

Getting the health care you need — without a hassle

One big hurdle to

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treating mental health issues is the reluctance across much of society to talk about them—whether it's eating disorders or schizophrenia or any other mental illness.

**Billionaire John
Pritzker And Lisa
Stone Pritzker
Donating Nearly \$60
Million For Mental
Health At U.C. San
Francisco**

Voice over artist Nina

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Rolle has been identified as the actual person who the famous artificial intelligence service is patterned after.

Boulder, Colorado woman identified as person who voiced Amazon's Alexa

Dorie (Jenna Elfman) finds a new mystery — and her father-in-law — in the first look at Fear the Walking Dead Season 6 Episode 13,

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"J.D." When the
gunslinger widow splits
off to gather
information to ...

Leaner Sexier

**June Meets John
Dorie's Dad in Fear
the Walking Dead**

613 Trailer: "J.D."

On Friday, two local
individuals were
recognized with the
Chamber of
Commerce's highest
honors for the efforts
they made to help
others during several

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Big Book Of
months of
unpredictable change
created by the ...

Chamber recognizes Plainview's Man, Woman of the Year

Called one of Eastern
Kentucky's "greatest
saints," Eula Hall, the
founder of Mud Creek
Clinic, died Saturday at
age 93.

Appalachian health care 'hero' Eula Hall, a mother of the

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**mountains, dies at
93**

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Healthier You
Adam Campbell
Canada's largest
province says it will
stop giving out first
doses of the Oxford-
AstraZeneca vaccine
due to concerns over
blood clots. Ontario
Chief Medical Officer of
Health Dr. David
Williams says ...

**The Latest: Ontario
stops giving Oxford-
AstraZeneca vaccine**

Ovarian cancer is a

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tough diagnosis to cope with, and now a new study finds these patients face a much higher risk of depression and other mental health issues. And the emotional anguish exacted a ...

Ovarian cancer diagnosis can take big toll on women's mental health

Follow latest updates live ...

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