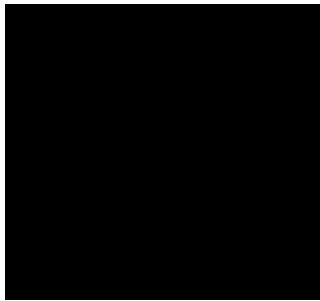


- Men's Health
- Summer Ailments
- Beauty Basics
- Recipes

- Top Ten Foods to Speed up Weight Loss
- Top Four Health Concerns in Working Women
- Manage Hypertension Naturally
- Why Should You Have Antioxidants
- Readers Request - How to Take Care of Your Knees



Nix 100 Calories

- » Have tea without sugar
- » Share soda
- » Avoid cookies during tea break

Spend 100 calories in ½ an hour

- » Walk the dog
- » Cook dinner
- » Play with kids

Ask Your Nutritionist



I have been recently diagnosed with diabetes and I've been a foodie all my life. What should be my diet now, so that I don't feel deprived.

[Click here](#) to read the answer

If you have a query, [ask us](#) and we will be happy to answer...

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