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What if you could give up the fight and call a truce with dandelions? Here are seven reasons why you might want to make peace with this plant.

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Every day, he takes 2,000 mg of fish oil and 4,000 IU of vitamin D to help prevent heart disease and ... scientists currently understand aging as a function of seven to nine biological hallmarks, ...

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Experts share common diet and exercise mistakes that can be bad for your joints, along with their best tips on how to keep your joints healthy as you age.

~~12 Mistakes to Avoid if You Want Healthy Joints as You Age~~

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