

an ounce of Prevention



CHOCOLATE FOR CARDIO

Consuming small quantities of epicatechin, an active ingredient in chocolate, helped mice perform treadmill exercises 50% better



1 IN 5

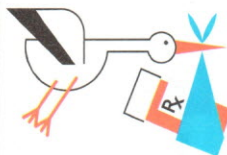
adults don't wash hands after using the bathroom

1oz

of soap nuts, a 100% natural (and affordable) clothing detergent made from saponin-rich berries, can clean 10 to 20 loads of laundry



Excessive alcohol intake during holiday partying can lead to temporary heart arrhythmias known as "holiday heart." Be careful not to overdo it.



A Sneaky Side Effect

Don't get pregnant because you're not reading a prescription label! Taking certain antibiotics while you're on oral contraception may cause your birth control pills to work less well—or not at all.

10 Years

The average amount of time silicone breast implants last before they need to be replaced in up to 50% of women

