

## Dietetic Technician Study Guide

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### Dietetic Technician Study Guide

There are tons of buzzwords in the nutrition world, and “antioxidants” is definitely one of them. But what are antioxidants really, and how do they affect your body? From ketchup to pomegranate juice, ...

### What Are Antioxidants, and How Much of Them Should You Be Eating?

If your coffee consumption is heading up toward more than six cups a day, 'it's about time you rethink your next drink', according to experts in Adelaide, Australia.

### Drinking too much coffee can increase your risk of DEMENTIA - with more than six cups a day boosting the chance by 53 per cent, study warns

UHSM Health Share, a faith-based health care nonprofit founded on Christian beliefs and values and Brittney Moses, a Los Angeles-based content creator and mental health enthusiast, today announced the ...

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