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Middle-Aged? High-Protein Diets May Pose Health Risks
High-protein diets promise to mold your muscles while whittling your waistline. But could they also hasten your demise? A surprising new study suggests that, depending on your age, eating too much animal protein could shorten your lifespan.
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Low Back Pain: World’s Top Cause of Disability
Nearly everyone experiences back pain every once in a while. Now, new research shows just how common back pain is across the globe. Find out how you can prevent and treat this potentially debilitating problem.
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Fast Action May Add Months to Life Following Stroke
Fast stroke treatment can prevent disability and brain damage. But a new study shows just how important quick action can be—and gives a whole new meaning to the phrase “every second counts.” Learn the signs of a stroke so you can act fast when it matters most.
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Study: Even Gentle Exercise Lowers Risk for Kidney Stones
The searing pain of kidney stones sends 1.8 million Americans to the doctor each year—and more than 300,000 to the emergency room. Now, doctors believe reducing your risk for this common but agonizing condition could be as easy as a walk in the park.
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