

# Healthy Living Guide 2021 / 2022

A DIGEST ON HEALTHY EATING AND HEALTHY LIVING

From the Department of Nutrition at the Harvard T.H. Chan School of Public Health



## EAT

- Anti-inflammatory diets
- The science of cravings
- Exploring aquatic foods



## MOVE

- Workout supplement review
- Spotlight on yoga and HIIT



## SLEEP

- Sleep and dementia risk
- Do sleep supplements work?



## PLUS

Highlighting 5 key factors that contribute to not only a longer but also healthier lifespan.



**HARVARD**  
**T.H. CHAN**

SCHOOL OF PUBLIC HEALTH  
Department of Nutrition

# Guide To Healthy Living

**J Ma**



## **Guide To Healthy Living :**

## **Guide To Healthy Living** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Guide To Healthy Living** , a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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