

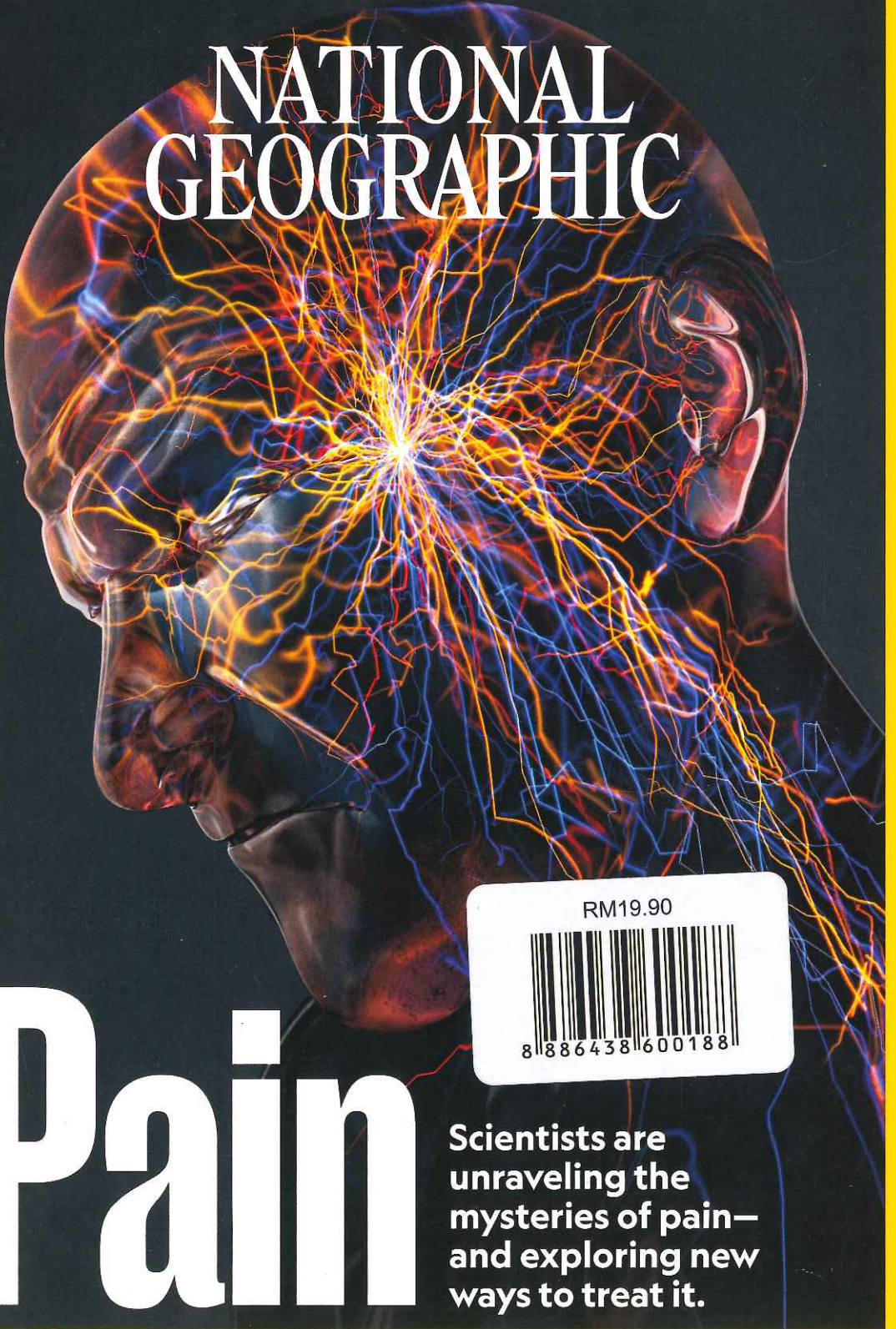
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The blue zones diet: Eat like a centenarian

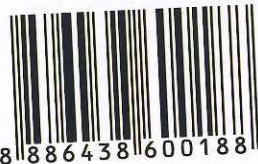
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Pain

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On the Cover

Pain serves as an alarm system to the brain. Scientists are finding new ways to manage and decrease it—without the use of opioids.

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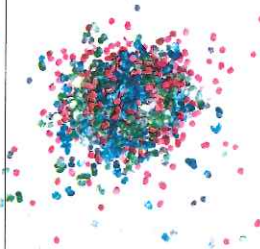
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THE BIG IDEA

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