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The Daily Includes Your Recommended

Welcome to The Daily 202 newsletter! Tell your friends to sign up here. On this day in 1971, President Richard Nixon announces on television that he has accepted an invitation to visit China in 1972.

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The Daily 202: Here are some of the big things in the Democrats' \$3.5 trillion plan

AFTER months of enduring your own cooking, dining out still might feel like a novelty following the lifting of coronavirus restrictions. But if you 're trying to lose weight or adopt a ...

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You CAN eat McDonald 's on a diet! The best (and worst) menu picks from your favourite restaurant chains revealed

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ACTION on Salt has revealed some of our favourite Saturday-night dinners contain five times more salt than a Big Mac. Liz Connor finds out more ...

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Health: Off for a takeaway? The salt in them could be damaging your health

EXCLUSIVE: Comedy Central is expanding The Daily Show universe with another podcast. Correspondent Roy Wood Jr. is hosting Beyond the Scenes, an audio series that will give listeners an inside ...

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‘ The Daily Show With Trevor Noah ’ To Tackle Racial Injustice & Sex Robots In Roy Wood Jr.-Hosted Podcast ‘ Beyond The Scenes ’

Triple-digit temperatures could smash records in the Upper Midwest this weekend as searing heat continues to fuel fires across the West.

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More extreme heat on the way in the West as wildfires rage. Nervous Paradise keeps watch on blaze 10 miles away.

In light of the new Johnson & Johnson vaccine warning, here's what you need to know about Guillain-Barr é syndrome and your risks.

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Here's the Deal with the Johnson & Johnson Vaccine and Guillain-Barr é Syndrome

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Shedding those love handles is not easy. Even with a strict workout regime and diet plan, you might feel you 've hit a dead-end after a while. If you 're tired of those pockets of fats. Let us tell you ...

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### Best Fat Burners to Burn Off the Extra Fat

If your fitness routine includes a pre-workout stretch, you may be spinning your wheels – or worse, hurting yourself.

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### The way you're stretching could actually be harming you

As we begin to get a little wiser about taking care of our skin, it 's important to think about choosing the products we use each day to target our actual skincare concerns and needs. Here are the top ...

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### Beauty expert shares the perfect products for your skincare concerns

If you took a new job during the pandemic and have yet to lay eyes on your co-workers, it's natural to have the first day of school of jitters.

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### Meeting your colleagues IRL for the first time? Here are 6 ways to squash the anxiety and make a good impression

Denmark 's new official dietary guidelines were developed with the environment in mind. Christine

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Nellemann, Director of Denmark ' s National Food Institute, talks us through the process.

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The nuts and bolts of factoring CO<sub>2</sub> emissions into Danish diets: ' We saw a unique opportunity for human and planetary health '

A new study has found that eating at least three servings each day can keep your weight, blood pressure and blood sugar levels in check as you age.

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Meet the superfood experts say could help manage weight and lower blood pressure

It is essential for every individual that uses cannabis to have an understanding of these cannabis laws, especially if they are traveling or relocating to another country.

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The 2021 guide to cannabis laws around the world

The popular research service can help you become a smarter, more self-assured investor, giving you access to daily updates of the Zacks Rank and Zacks Industry Rank, the Zacks #1 Rank List, Equity ...

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Why This 1 Value Stock Could Be a Great Addition to Your Portfolio

Here is a sampling of things to do in-person and online in the San Fernando Valley and Los Angeles area, July 15-22. Conejo Valley Days: This year ' s event includes carnival rides and food only ...

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Things to do in the San Fernando Valley, LA area, July 15-22

Earlier this week, an article appeared in the Daily Local News about Critical Race Theory (CRT) titled “ Mistaken Identity. ” The general point was that parents are unnecessarily concerned and misinform ...

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CRT: We should be teaching the Golden Rule in our schools

Here's a roundup of top developments in the biotech space over the last 24 hours: Scaling The Peaks (Biotech Stocks Hitting 52-week Highs July 12) AbbVie Inc. (NYSE: ABBV) Alexion Pharmaceuticals, Inc ...

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The Daily Biotech Pulse: Equillium Issues Positive Regulatory Update, Biogen In-Licenses Multiple Sclerosis Drug, Aridis Releases COVID-19 Antibody Cocktail Data

Last year, water use in Frisco averaged 158 gallons per person a day, which yearly reports indicate is 1 gallon up from 2019.

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Annual water use in Frisco swells by 1.1B gallons as average daily use remains stable

With DraftKings running a \$2.5M Fantasy Golf Millionaire and FanDuel running a \$450K Thursday PGA Eagle for this week's 2021 Open Championship, building balanced PGA DFS lineups that maximize the ...

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PGA DFS, British Open 2021: Top DraftKings, FanDuel daily fantasy golf picks, Open Championship advice  
American golfers have had a hard time securing the Claret Jug in the last decade. Phil Mickelson , Zach Johnson and Jordan Spieth are the only Americans to win the British Open since ...

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